

Hydrotherapy Charting Notes

Patient Name: Cheryl Jones

Date	Subjective: How the patient feels/symptoms				
10/9/21	Patient complains of coughing productively intermittently; chest and upper respiratory congestion; feels tired and feverish				
	Objective: Practitioner's view of how the patient presents/signs. Vital signs.	BP: 118/76	HR: 82	RR: 16	T: 99.8
	Indications and any modifications for treatment: No contraindications present; HFB <102°F for diabetes.				
	Pt. looks tired. Cough is deep/raspy.				
	Application: Treatment Given: hot and cold to chest with hot foot bath (H & C to chest with HFB)				
	Purpose to increase circulation to decongest; stimulate immune response				
	Duration (Total time of treatment): 45 minutes followed by at least 30 minute rest				
	Intensity: Heat Temp: Thermophore on medium; HFB kept <102° F for diabetes				
	Cold Temp: with ice in water; cool cloth to head				
	Frequency (Cycles): 3-4 minutes hot; 30 seconds cold; x4 cycles				
	Patient response/Plan: Patient sweat profusely during treatment. Skin was pink; Patient states Chest feels much better; breathing easier; not coughing presently, and they feel like they can sleep well tonight.				
	Plan to repeat this evening and continue doing twice a day as needed (until congestion and coughing gone)				
	Vital signs remain stable after treatment—BP 110/70; HR 80; RR 14; T 99.6°				
	Therapist: R Smith, RN		Signature: R. Smith, RN		

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	Objective: Practitioner's view of how the patient presents/signs. Vital signs.	BP:	HR:	RR:	T:
	Indications and any modifications for treatment:				
	Application: Treatment Given:				
	Duration (Total time of treatment):				
	Intensity: Heat Temp:				
	Cold Temp:				
	Frequency (Cycles):				
	Patient response/Plan:				
	Therapist:		Signature:		

