

## 6-26-12 Elist Discussion on Cystic Fibrosis

### On June 26 Lisa wrote:

I have a patient who has cystic fibrosis, and who is a post-operative double lung transplant patient of 2 years. She has multiple other medical issues including diabetic, chronic hyponatremia with a recent hospitalization, and is currently anemic. She suffers from general overall pain and headaches, which is the reason for her aquatic therapy. I am curious of any precautions or contraindications with her multiple medical issues and what I should watch for while I have her in the pool. Thank you in advance for your advice.

On June 27 Julia replied:

For this client, there are several serious precautions if not an out right contraindication for full submersion in a warm water therapy pool. Has her doctor prescribed and released her for Aquatic Rehabilitation Therapy?

Lisa answered:

I do have a doctor's prescription for aquatic therapy. My problem is that most of the doctors in this area aren't aware of the aquatic environment. I saw her for the first time yesterday and completed some BRRM. I am monitoring her BP closely and we had some decrease in diastolic pressure after treatment yesterday. (It was initially above 90). I am still very apprehensive treating this patient due to her multiple medical issues, but would like to have some reasoning for not treating her if questioned.

Thank you for responding Julia!!

Julia replied again:

Lisa,

Please visit Dr Bruce Becker's web site for important information you need when talking with her medical doctors <http://www.comprehensiveaquatictherapy.com/> - Immersion Physiology.

Gentle aquatic movements can be extremely beneficial for thoracic mobilization, fascial release, and respiratory strengthening, but not knowing the complexities of her condition or medications, I hesitate to give advice. I hope others with a greater clinical and medical background provide more information.

June 28, Bruce wrote:

I would monitor her:

- 1 – Blood Pressure (BP) both during and for a short while following her therapy.
- 2 - Her breathing comfort, asking about dyspnea.
- 3 - Her heart rate during therapy.

I would ask her physicians to monitor her blood sodium levels on a pretty frequent basis, as she might diurese off some sodium during, and following therapy.

With these precautions, I think she will be pretty safe in the pool. If you want, I'd be happy to have her primary doctor call me for thoughts and/or concerns.

Lisa replied: Thank you so much Bruce!