

# INTERVIEW PHYSIOLOGY REPORT

## ***Capnometry: PetCO<sub>2</sub> (End Tidal PCO<sub>2</sub>)***

What were the Initial baseline readings (first two minutes): \_\_\_\_\_

**1. Was overbreathing (below 35 mmHg) present at the start of the session?**  Yes  No

If so, what symptoms/deficits were reported during this time? \_\_\_\_\_

\_\_\_\_\_

If so, did recovery take place on its own within a few minutes?  Yes  No

If so, what seemed to be the reasons for this? \_\_\_\_\_

\_\_\_\_\_

If not, did it return to normal? If so, when? \_\_\_\_\_

What seemed to be the reason for its return to normal, or not? \_\_\_\_\_

\_\_\_\_\_

Did you assist your client in restoring normal PCO<sub>2</sub> levels?  Yes  No

If so, What did you do? \_\_\_\_\_

\_\_\_\_\_

Was your client trapped in overbreathing?  Yes  No

What was your client's explanation for the symptoms? \_\_\_\_\_

\_\_\_\_\_

How did the symptoms/deficits change upon restoration of normal PCO<sub>2</sub> levels? \_\_\_\_\_

\_\_\_\_\_

**2. Did overbreathing occur at other times (NOT including guided overbreathing)?**  Yes  No

If so, what symptoms/deficits were reported during this time? \_\_\_\_\_

\_\_\_\_\_

What was your client's explanation for these symptoms? \_\_\_\_\_

\_\_\_\_\_

How many different times was overbreathing triggered? \_\_\_\_\_

If so, what triggered it on each occasion? \_\_\_\_\_

\_\_\_\_\_

What was the range of the values you observed? \_\_\_\_\_

Did the PetCO<sub>2</sub> levels return to normal levels  Yes  No

If so, how long did it take? \_\_\_\_\_

Was your client trapped in overbreathing?  Yes  No

Did your client recover on his/her own?  Yes  No

If so, what seemed to be the factor(s) in the recovery? \_\_\_\_\_

\_\_\_\_\_

If not, did you assist your client in recovery?  Yes  No

What strategies were, and were not, effective? \_\_\_\_\_

\_\_\_\_\_

How did the symptoms/deficits change upon restoration of normal PCO<sub>2</sub> levels? \_\_\_\_\_

\_\_\_\_\_

**What was the PetCO<sub>2</sub> at the end of interview session?** \_\_\_\_\_

**EMG (electromyography)**

**Initial placements (1 or 2)**

Specific muscle group 1 \_\_\_\_\_ Range (mv) \_\_\_\_\_

Specific muscle group 2 \_\_\_\_\_ Range (mv) \_\_\_\_\_

**Was your client “chest breathing” at the start of the session?**  Yes  No

If so, what breathing accessory muscles were being used? \_\_\_\_\_

What seemed to be the triggers for chest breathing? \_\_\_\_\_

What was your client’s explanation for the way that they were breathing? \_\_\_\_\_

Do they like chest breathing, and why? \_\_\_\_\_

If you asked them to breathe with the diaphragm, could they do it?  Yes  No  N/A

If so, which did they prefer?  chest  diaphragm

What was the preference based on? \_\_\_\_\_

**Do you suspect dyspnea?**  Yes  No

If so, what unrelated muscles seemed to be triggered (e.g., jaw)? \_\_\_\_\_

What seem to be the triggers for dyspnea? \_\_\_\_\_

**Subsequent placements (1 or 2) for dyspnea analysis**

Specific muscle group 1 \_\_\_\_\_ Range (mv) \_\_\_\_\_

Specific muscle group 2 \_\_\_\_\_ Range (mv) \_\_\_\_\_

How did breathing influence these muscles? \_\_\_\_\_

How was dyspnea affected when your client shifted into the diaphragm? \_\_\_\_\_

Did posture influence breathing?  Yes  No

If so, how? \_\_\_\_\_

How did emotions and thoughts shift muscle utilization? \_\_\_\_\_

What correlation did you observe among EMG, PetCO<sub>2</sub>, breathing rate, and breathing depth (if any)?

**Other measurements**

Initial temperature \_\_\_\_\_ Temp range \_\_\_\_\_ Ending temp \_\_\_\_\_

Initial HRV \_\_\_\_\_ HRV range \_\_\_\_\_ Ending HRV \_\_\_\_\_

Initial SaO<sub>2</sub> \_\_\_\_\_ SaO<sub>2</sub> range \_\_\_\_\_ Ending SaO<sub>2</sub> \_\_\_\_\_

Incentive Spirometer volumes \_\_\_\_\_

What correlations did you observe between PetCO<sub>2</sub> and these readings? \_\_\_\_\_