ICU Tracker App

Enter ID...

Login

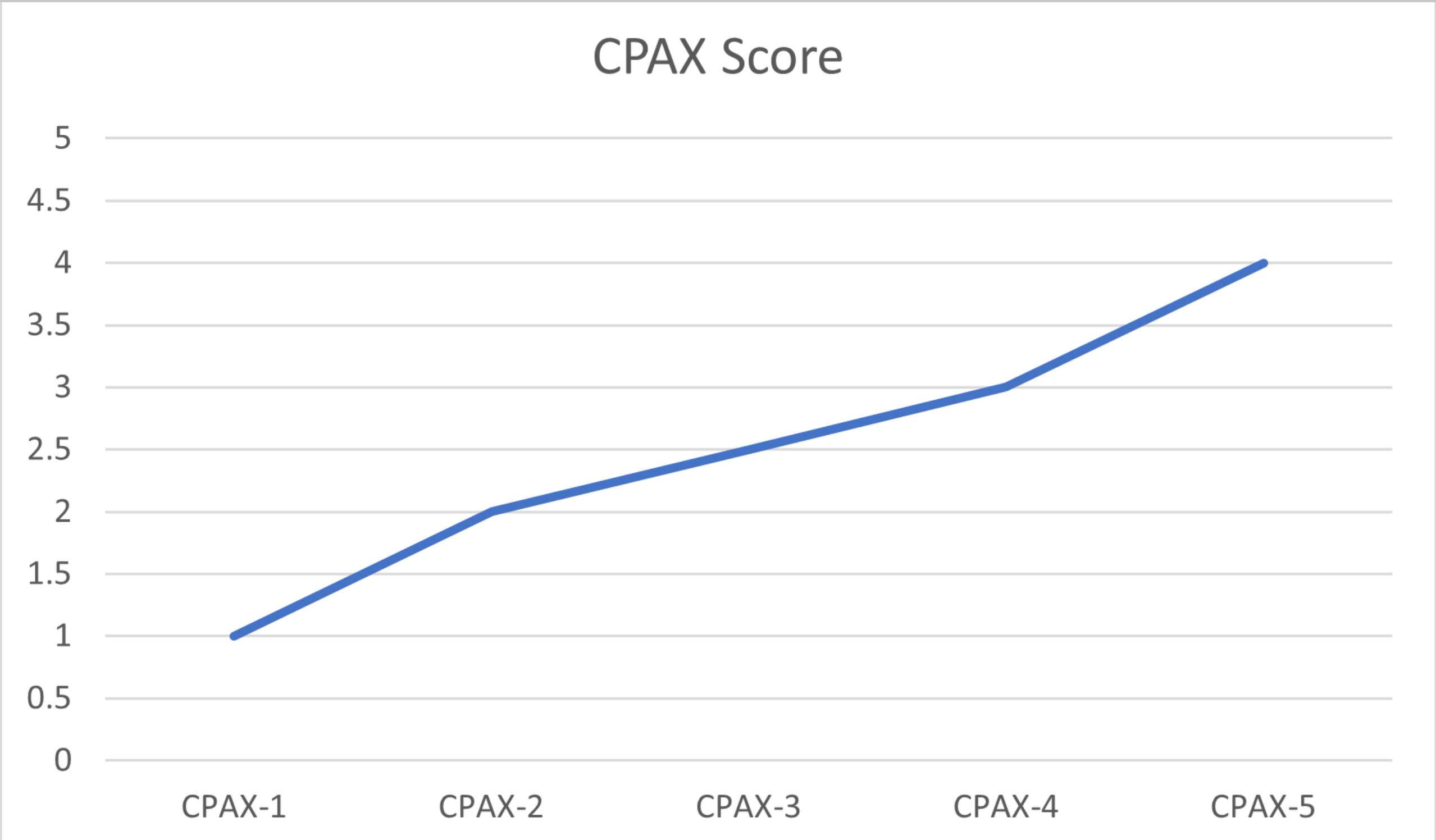# Who/Where Am I?

Goals

Exercises

Progress
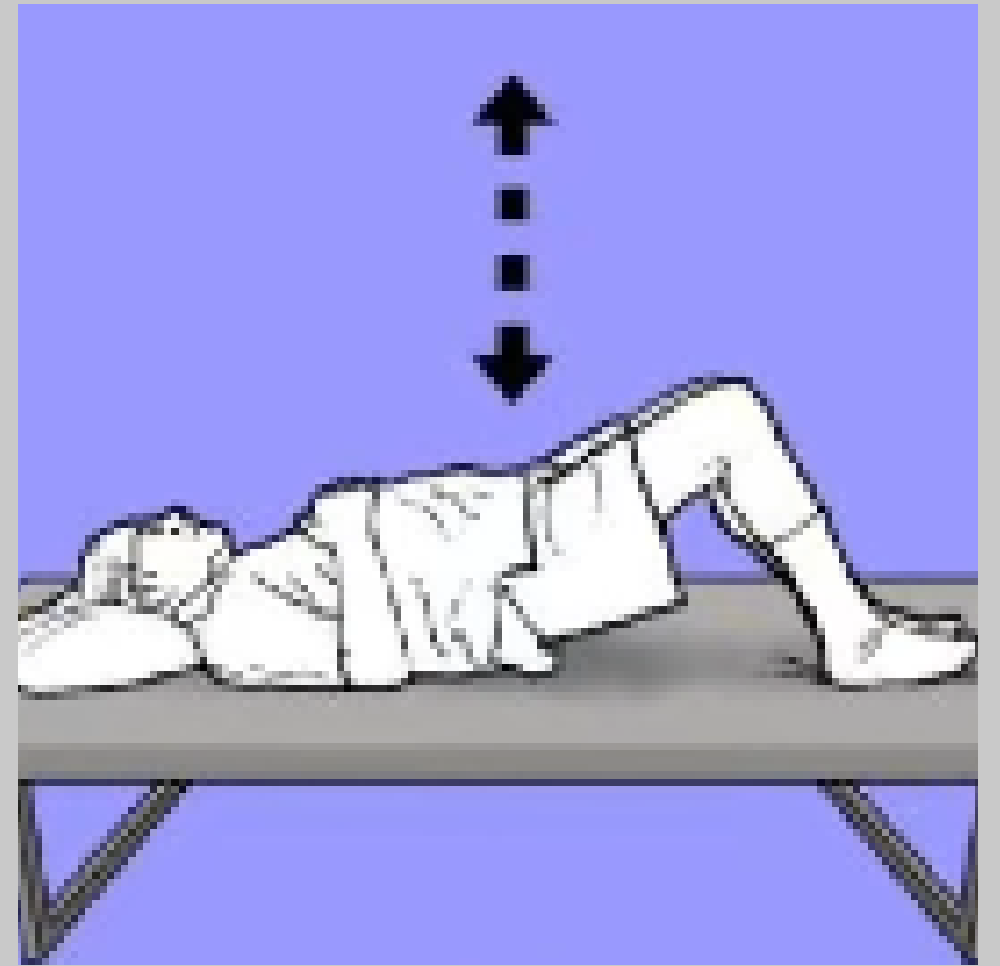
Progress

CPAX

CPAX Score

5	
4.5	
4	
3.5	
3	
2.5	
2	
1.5	
1	
0.5	
0	

CPAX-1   CPAX-2   CPAX-3   CPAX-4   CPAX-5

Achievements

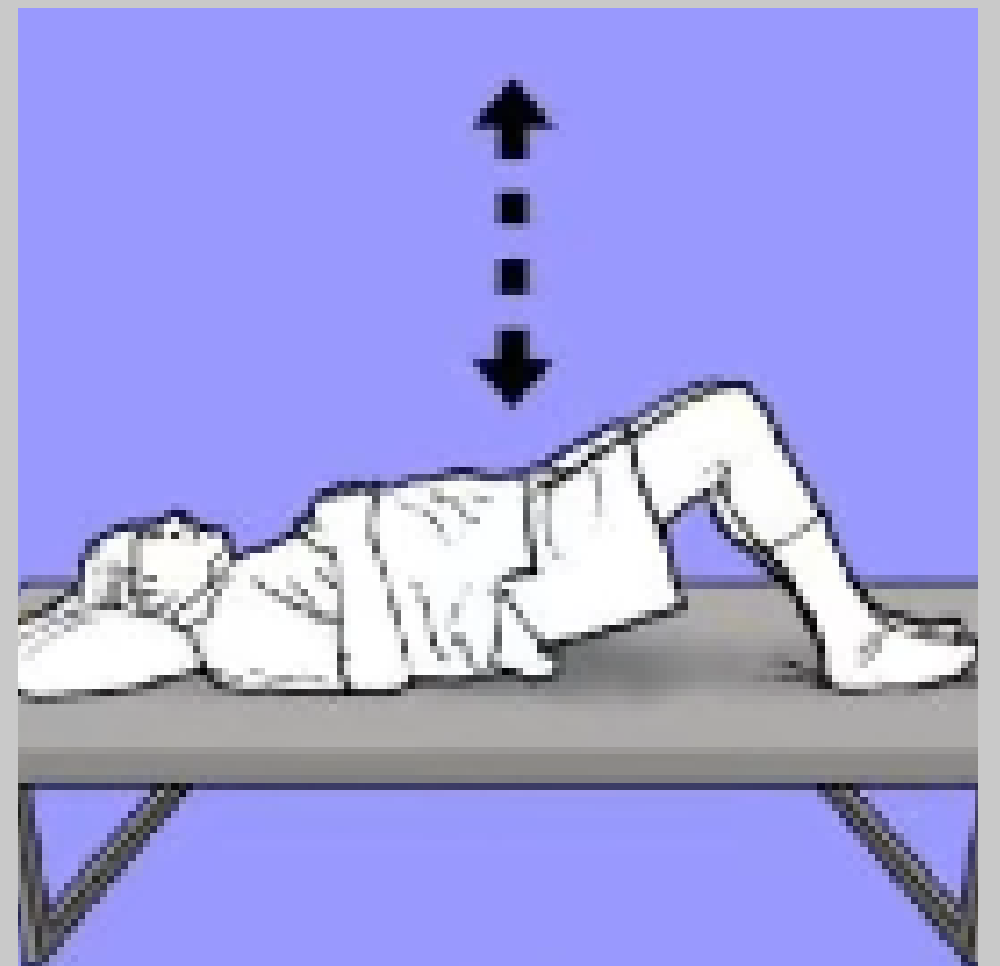| *Enter Achievement*	**Add**
Cycled 2km on the bike today	**Delete**
CPAX score hit 4	**Delete**
Completed goals for 1 day	**Delete**
Completed goals for 1 week	**Delete**

Exercises

Exercise 1

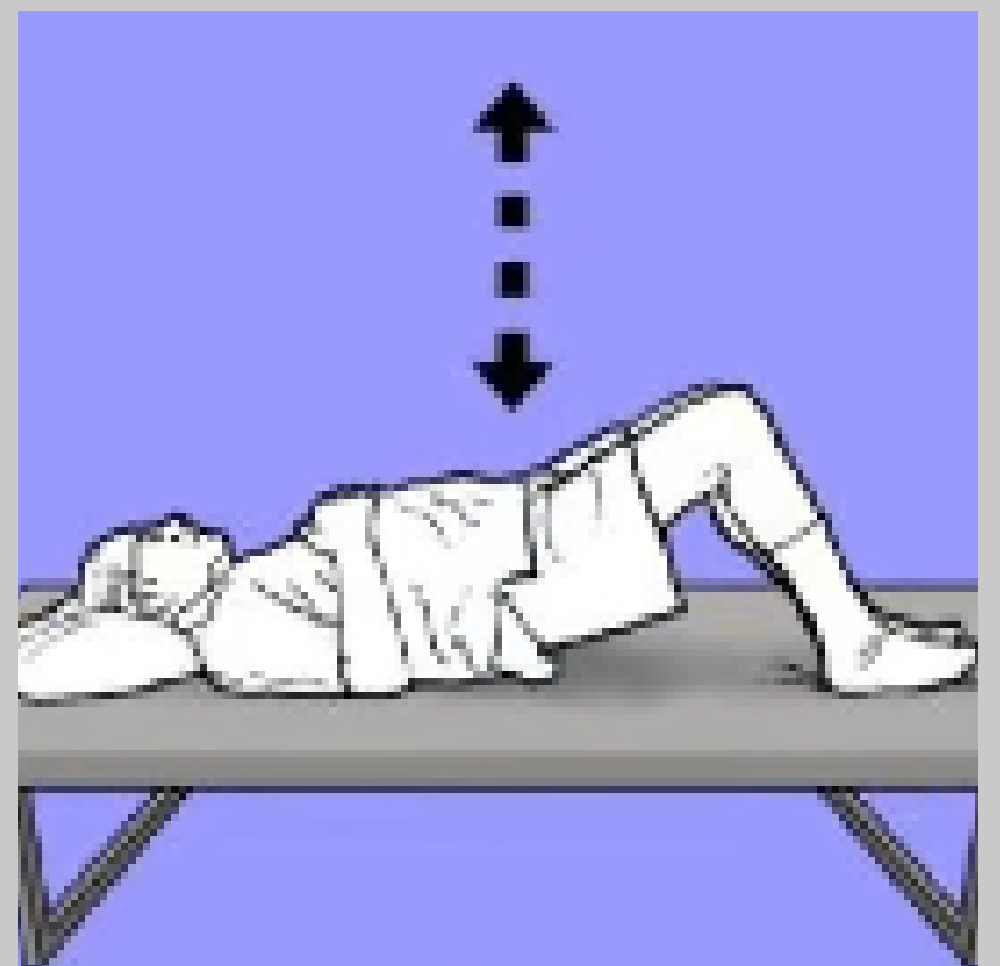This exercise helps to increase lower back strength

Exercise 2

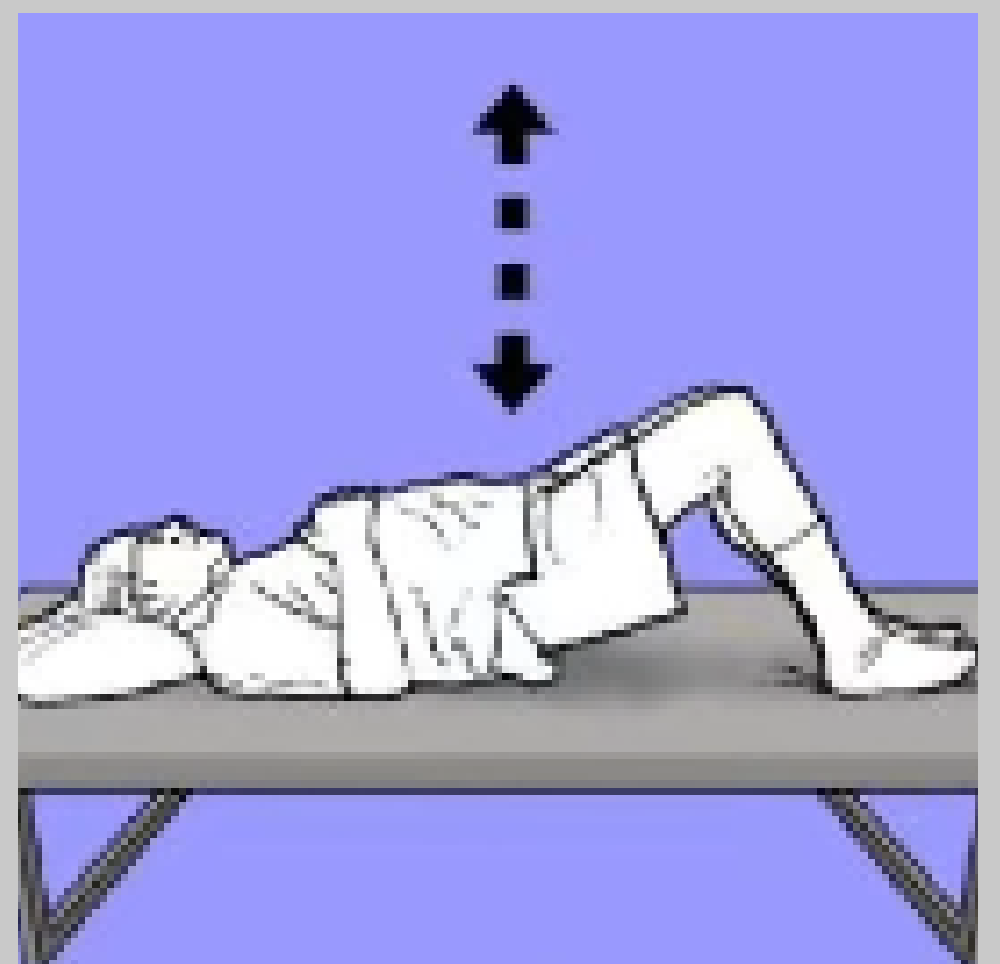This exercise helps to increase upper back strength

Exercise 3

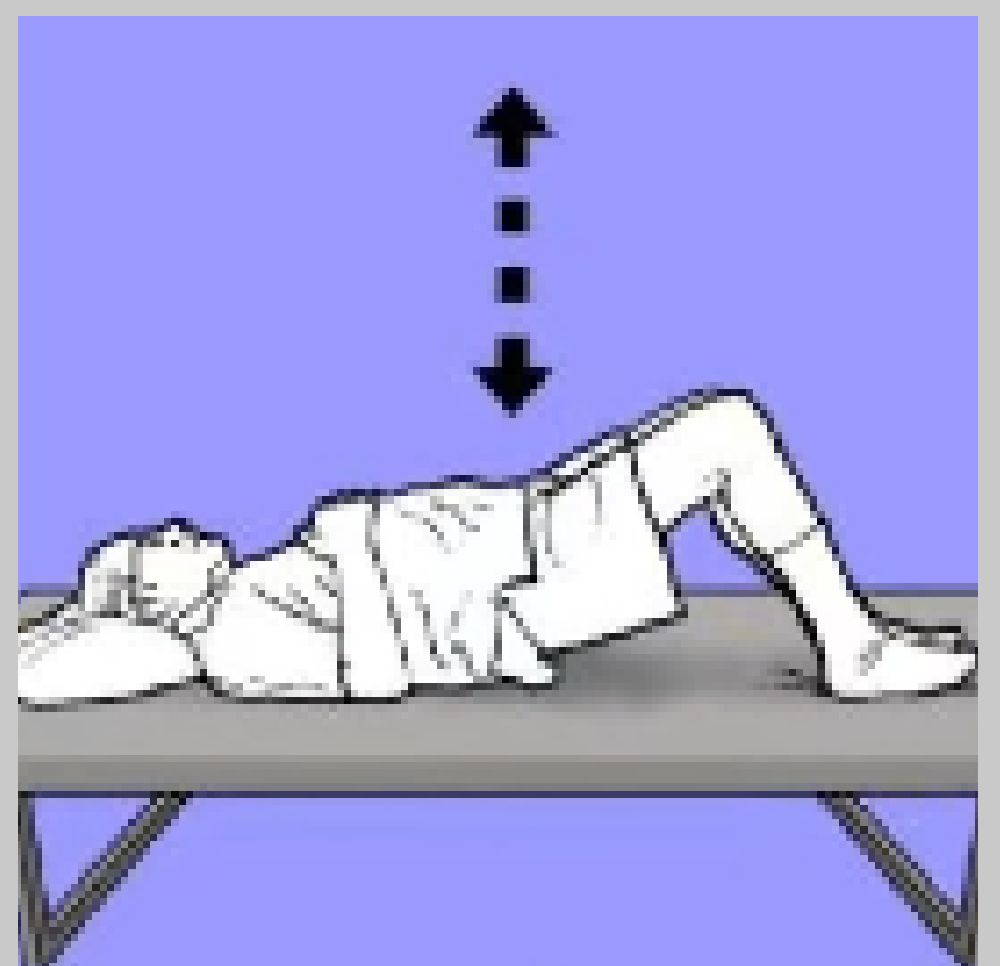This exercise helps to increase lower leg strength

Exercise 4

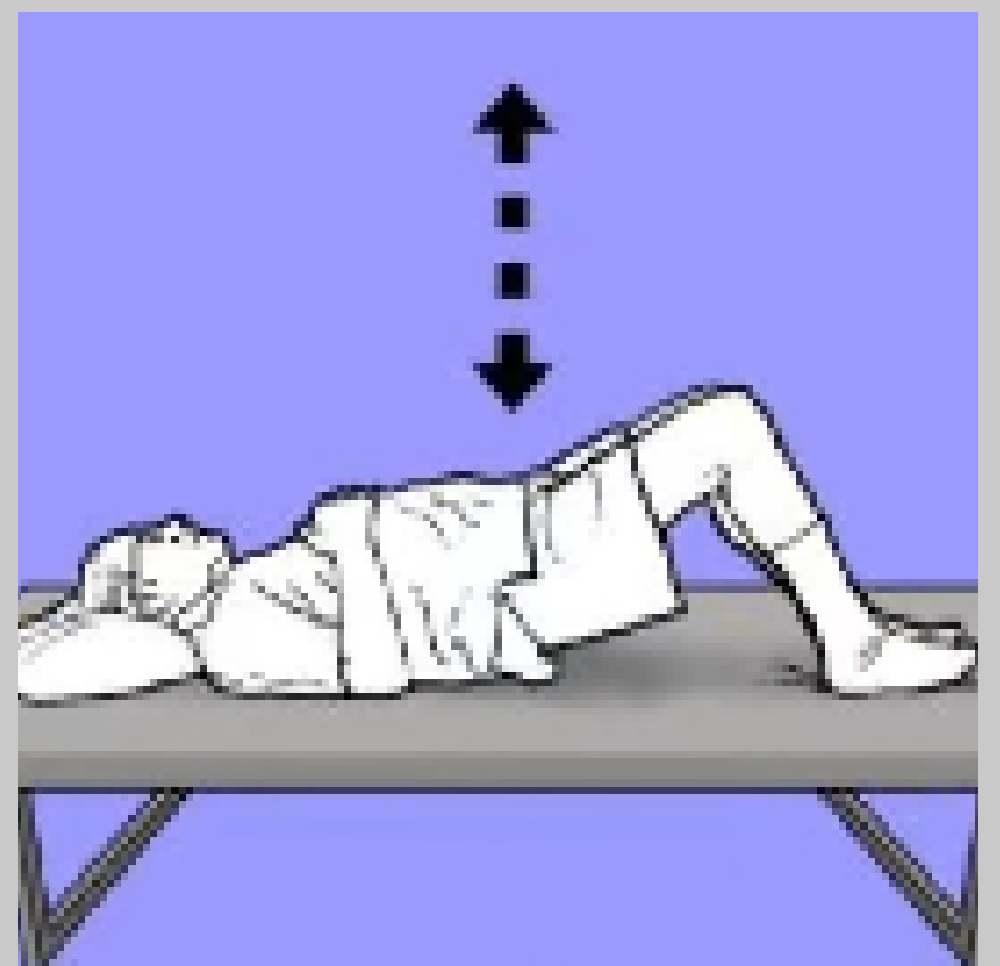This exercise helps to increase upper leg strength

Exercise 5

This exercise helps to increase bicep strength

Exercise 6

This exercise helps to increase tricep strength

Goals

Hospital Set
- Get Home
- Increase Movement In Legs
- Sit Up

Your Goals

Enter Goal	**Add Goal**
Sit on the end of bed	**Delete**
Walk to the toilet	**Delete**

Who/Where Am I?

Name: **Susan Jones**

Location: **Derriford Hospital**

Ward Location: **Intensive Care Unit (ICU)**

Admission Date: **23/01/2020**

Achievement has been added

Okay!
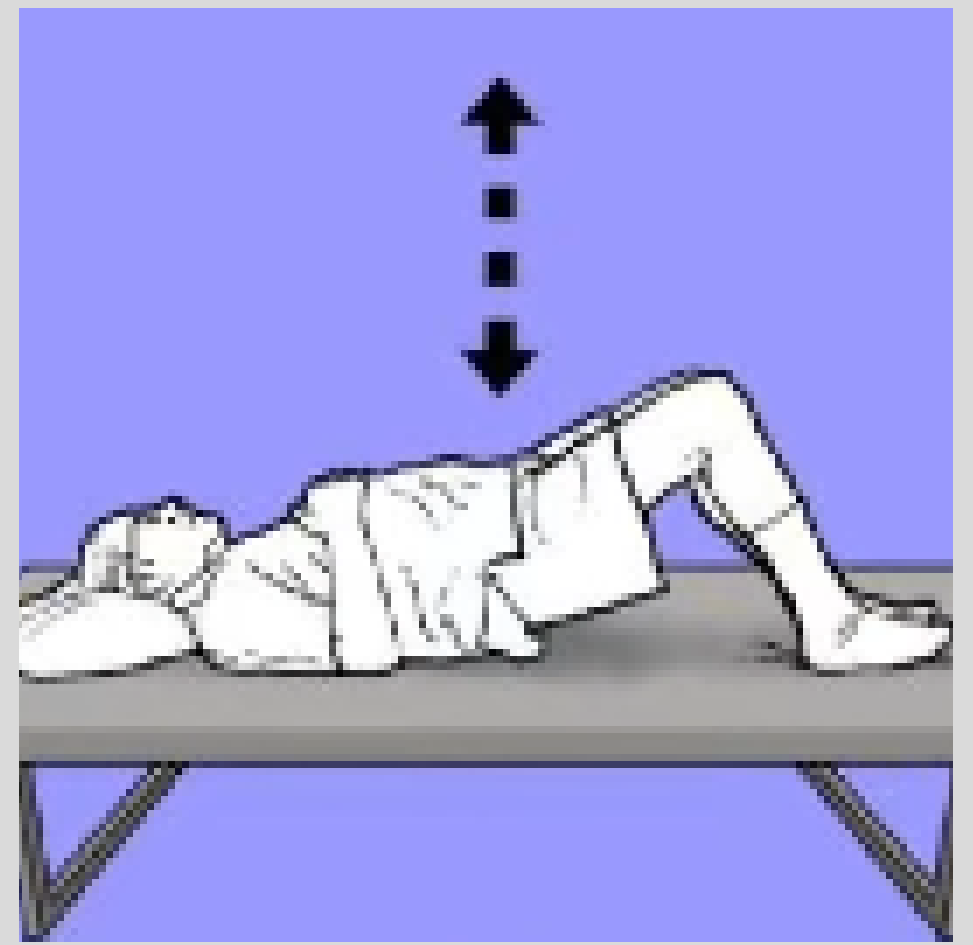
Are you sure you would like to delete X?

Back

Delete

Achievement deleted

Okay!

Exercise X

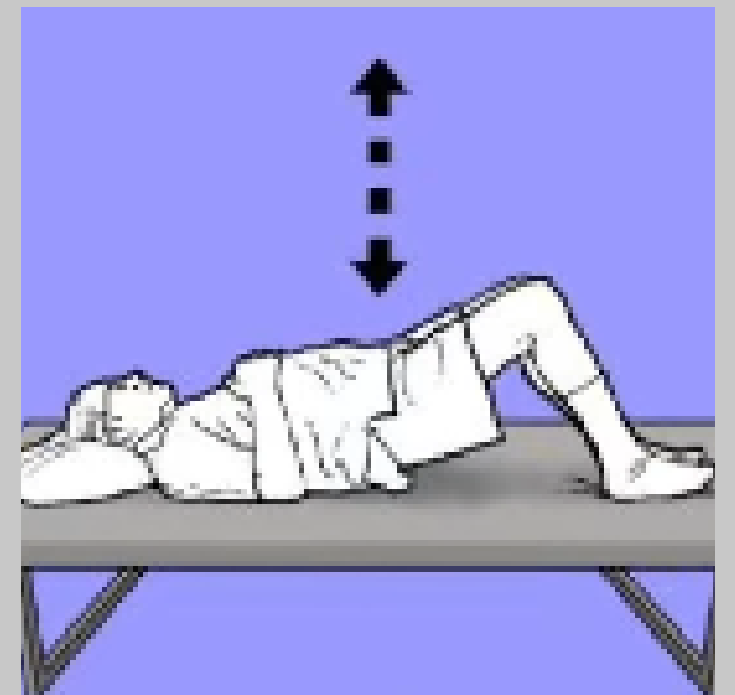This exercise helps to increase lower back strength

Steps

Gif Here

Step 1

Do X

Step 2

Do X

Step 3

Do X

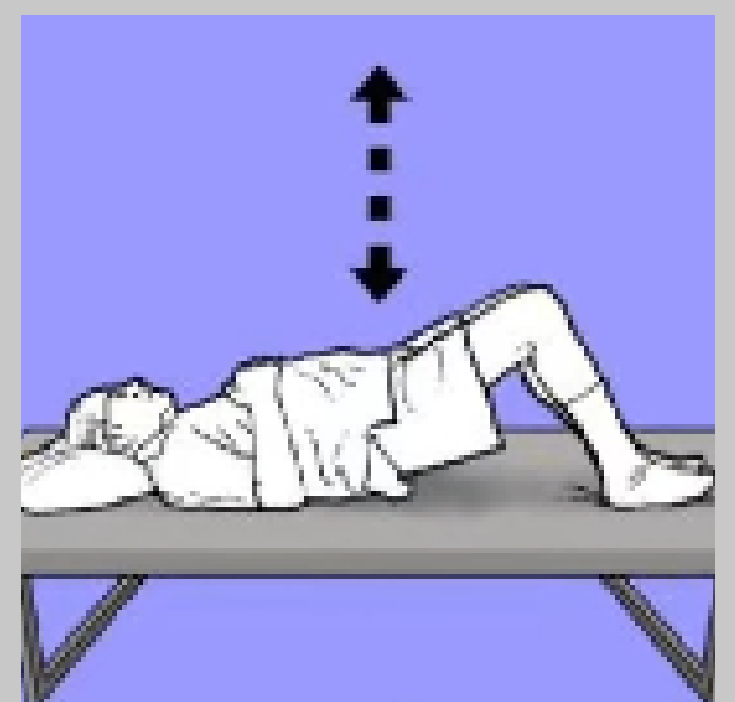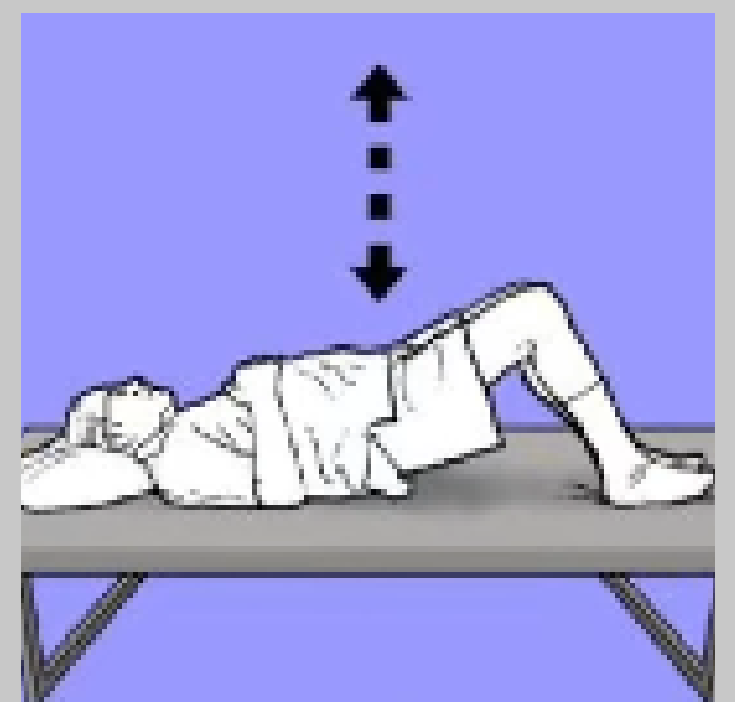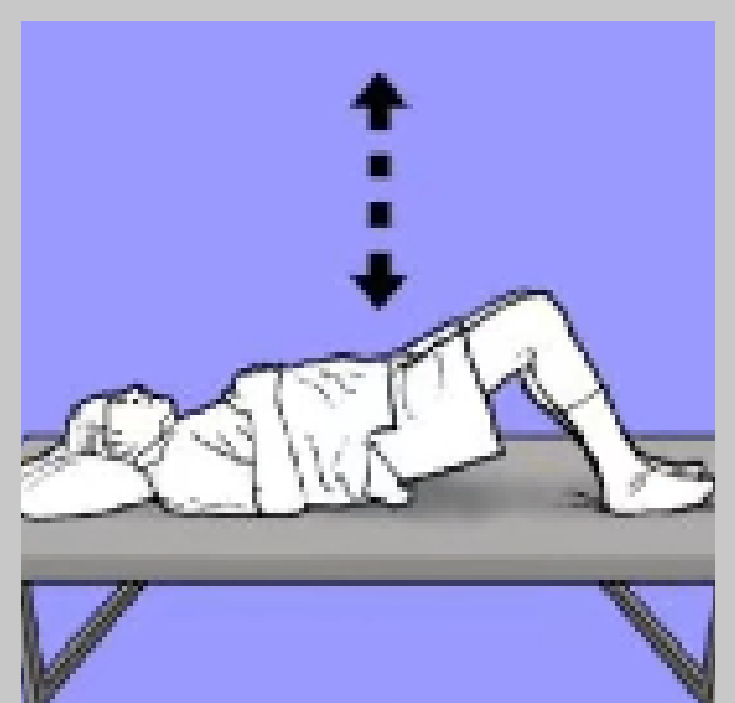### *Step 4*

Do X

Goal has been added!

Okay!

Are you sure you would like to delete X?

Back

Delete

Goal deleted

Okay!