

CPT's Functional Assessment Tests Competency for Physical Therapy

Name: _____ Date: _____ Facility _____ Homecare _____

What is CPT's clinical policy regarding functional assessment tests? When and how often should they be completed? Choose correct answer:

- At start of care and at discharge to show progress
- At discharge only
- Only if needed to assess balance loss
- At start of care to assess function, on an ongoing basis to monitor progress and assess functional gains and prior to discharge to indicate the final outcome

Choose 1 correct answer per question. The same answer may be used more than once.

Answer Key:

- Berg Balance
- Tinetti Gait and Balance
- Dynamic Gait Index
- 6 Minute Walk
- Self Assessment Tests (such as the ABC Confidence Scale, Depression Scale)

_____ Assesses the following: cardiopulmonary response to ambulation

_____ This test has both a sitting & standing balance component as well as a gait component which add together to assess fall risk

_____ Assesses the following: transfer ability, and balance with eyes closed, with feet close together, picking up an object, weight shifting, while standing in tandem, while standing on one leg, fall risk

_____ Assesses the following facets of Gait -- gait speed, gait with head turns, while pivoting, while maneuvering over or around obstacles, stair climbing

_____ Assesses the patient's perception of their ability/disabilities

_____ The patient may not use an assistive device during this functional assessment test (exclude self assessment tests for this answer)

_____ A score of 19 or less indicates a fall risk with either of these functional assessment tests

_____ This functional assessment test assesses community ambulation skills & safety

_____ This functional assessment test incorporates the forward reach as one of its testing criteria

_____ If a patient refuses to use an assistive device - but needs one – which test best supports your clinical knowledge in favor of using a device

If your patient lives in a senior retirement building & needs to use the elevator on a daily basis to get to the dining room which is approx. 800' from her studio apartment which FATs would you choose to assess her functional ability and safety? List any that would apply:

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Match the Berg balance scores to the rating scale:

- _____ 45 or more 1. Indicates the patient has a slight increased risk for falls, safe ambulator with a device
- _____ 35 to 44 2. Indicates a high fall risk, the lower the # the greater the risk for falls, patient may be able to ambulate with a device with the physical assistance of another due to safety concerns
- _____ 34 or less 3. Indicates the patient is less likely to fall, safe ambulator without a device
- _____ 56 4. Maximal score - no fall risk

True / False Answers:

Functional assessment tests allow therapists to measure ability and communicate deficits, safety concerns, and functional improvements in a standardized manner. True False

Functional assessment tests provide the evidence to back our clinical judgment. True False

Functional assessment tests uncover deficits standard evaluations may not have addressed. True False

Functional assessment test scores & findings support the need for skilled interventions more objectively than the subjective measures of maximal assist to contact guard assist. True False

Self Assessment tests are as valid for predicting fall risk as Functional Assessment Tests True False

Write down any other functional assessment tests you have utilized and why: