



01 Functional Tests and Measures

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Purpose:

To guide therapists on the use of the FUNCTIONAL TESTS AND MEASURES section of the Physical Assessment to objectively track progress throughout the patient's home health episode.

Question Intent:

The FUNCTIONAL TESTS AND MEASURES section is intended to present a wide variety of evidence-based functional tests for each therapy discipline. Based on patient presentation, the therapist will select one or multiple tests to perform and document the test results in this section.

Once test results are entered, they should be included in the **THERAPY GOALS/STATUS** as well as interpreted in the **ASSESSMENT** of the note.

Per [Medicare Benefit Policy Manual Chapter 7 - Home Health Services](#), the Therapy Goals/Status portion of our notes helps support that "the condition of the patient will improve materially in a reasonable and generally predictable period of time. Improvement is evidenced by objective successive measurements." This is essential in our Restorative Therapy documentation.

Response - Specific Instructions:

At SOC (00) and Evaluation (01) visits the Therapist will select Functional Tests and Measures in the Physical Assessment:

Physical Assessment

- EQUIPMENT/SUPPLIES
- MEDICATIONS
- RESPIRATORY
- CARDIOVASCULAR
- INTEGUMENTARY - **(ICC)**
- NEUROLOGIC
- FUNCTIONAL
- GAIT DEVIATION
- FUNCTIONAL TESTS AND MEASURES**

This will prompt a list of functional tests available for the therapy discipline. In the example below, the therapist selected the BERG FUNCTIONAL BALANCE SCALE as indicated by the green checkmark:

FUNCTIONAL TESTS AND MEASURES

PLEASE INDICATE WHICH TESTS AND MEASURES WILL BE PERFORMED DURING THIS VISIT (MARK ALL THAT APPLY):

- NO TESTS PERFORMED THIS VISIT
- SPPB - SHORT PHYSICAL PERFORMANCE BATTERY
- TUG (TIMED UP AND GO) ASSESSMENT
- BARTHEL INDEX OF DAILY LIVING
- BERG FUNCTIONAL BALANCE SCALE**

Once the functional test(s) are selected the system will prompt the therapist to complete the test in the system:

FUNCTIONAL TESTS AND MEASURES

PLEASE COMPLETE THE FOLLOWING QUESTIONS AS RELATED TO THE BERG FUNCTIONAL BALANCE TEST:

Once the test is completed the total score/results (when relevant) will be displayed. Please keep track of these results to be utilized in Therapy Goals/Status and interpreted later in your note, as the system does not prominently display them well after the test.

FUNCTIONAL TESTS AND MEASURES

14. STANDING ON ONE LEG

INSTRUCTIONS: STAND ON ONE LEG AS LONG AS YOU CAN WITHOUT HOLDING ON.

4 - ABLE TO LIFT LEG INDEPENDENTLY AND HOLD >10 SECONDS

3 - ABLE TO LIFT LEG INDEPENDENTLY AND HOLD >5 SECONDS

2 - ABLE TO LIFT LEG INDEPENDENTLY AND HOLD >3 SECONDS

1 - TRIES TO LIFT LEG UNABLE TO HOLD

DISMISS

TOTAL BERG SCORE: 31

Functional tests should be tracked and documented throughout the patient's home health care. To assist with this, all functional tests performed should be entered into Therapy Goals/Status. Below is an example of the BERG BALANCE SCALE written as STG and LTGs in Therapy Goals/Status:

FUNCTIONAL TESTS (PT)

BERG BALANCE SCALE

Status	31
STG	Date
37	12/22/23
LTG	Date
41	1/19/24

Lastly, Functional Tests are to be interpreted in the Therapy Assessment/Plan. Below is an example of the score of 31 on the BERG interpreted in the PT00/01 Assessment:

Therapy Assess/Plan

INTERPRET THE SIGNIFICANCE OF THE RESULTS FROM OBJECTIVE TESTING*

PATIENT SCORED 31 ON THE BERG BALANCE SCALE, INDICATING A MEDIUM RISK OF FALLING. IMPAIRMENTS ARE MOST NOTABLE IN DYNAMIC STANDING STANDING BALANCE ACTIVITIES WHICH WILL BE ADDRESSED IN PATIENTS PLAN OF CARE WITH GOAL OF SCORING GREATER THAN 40 BY DISCHARGE TO PROGRESS PATIENT TO A LOW FALL RISK.

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