



11 Functional Tests and Measures

Last Modified on 08/16/2024 11:27 am EDT

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 Routine (11) visits the Therapist will select Functional Tests and Measures in the Physical Assessment whenever a functional test is performed to document that the test was completed:

Physical Assessment
<input type="checkbox"/> EQUIPMENT/SUPPLIES
<input type="checkbox"/> MEDICATIONS
<input type="checkbox"/> RESPIRATORY
<input type="checkbox"/> CARDIOVASCULAR
<input type="checkbox"/> INTEGUMENTARY - (ICC)
<input type="checkbox"/> NEUROLOGIC
<input type="checkbox"/> FUNCTIONAL
<input type="checkbox"/> GAIT DEVIATION
<input checked="" type="checkbox"/> 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 <input type="checkbox"/>
SPPB - SHORT PHYSICAL PERFORMANCE BATTERY <input type="checkbox"/>
TUG (TIMED UP AND GO) ASSESSMENT <input type="checkbox"/>
BARTHEL INDEX OF DAILY LIVING <input type="checkbox"/>
BERG FUNCTIONAL BALANCE SCALE <input checked="" type="checkbox"/>

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 document these results in Therapy Goals/Status and interpret them in the assessment/plan later in your note:

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

2 - ABLE TO LIFT LEG INDEPENDENTLY

1 - TRIES TO LIFT LEG UNABLE TO



TOTAL BERG SCORE: 31

DISMISS

Functional tests should be tracked and documented throughout the patient's home health episode of care. To assist with this, all functional tests will be entered into Therapy Goals/Status. Below is an example of the TUG in Therapy Goals/Status. Note that the patient has progressed from 34 seconds to 26 seconds, meeting the short-term goal which has now turned purple.

TIMED UP AND GO (IN SECONDS)

Status 26 34

STG

31

31

LTG

21

21

Date

4/2/24

4/2/24

Date

4/27/24

4/19/24

Comments

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Lastly, Functional Tests are to be interpreted in the Therapy Assessment/Plan. Below is an example of the TJG improvement interpreted:

INDICATE SPECIFIC OBJECTIVE PROGRESS TOWARDS GOALS DURING TODAYS VISIT.

PATIENT HAS PROGRESSED IN THEIR TUG FROM 34 SECONDS AT EVALUATION 2 WEEKS AGO TO 26 SECONDS TODAY WITH IMPROVED GAIT MECHANICS AND GAIT SPEED. PATIENT HAS A GOOD PROGNOSIS TO MEET LONG TERM GOAL OF 21 SECONDS BY END OF EPISODE TO DEMONSTRATE REDUCED FALL RISK AND INCREASED INDEPENDENCE.

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