



# 19 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 **Agency Discharge (18)** and **Discipline Discharge (19)** visits the Therapist will always perform a functional test to meet our requirements of objective successive measurements. The therapist will select Functional Tests and Measures in the Physical Assessment to choose their test(s):

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 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: 37

DISMISS

Functional tests should be tracked and documented throughout the patient's episode, and always at the '33' Reassessment visits. To assist with this, all functional tests will be entered into Therapy Goals/Status. Below is an example of the 2 MINUTE STEP TEST in Therapy Goals/Status where the LTG of 60 has been met.

FUNCTIONAL TESTS (PT)

2 MINUTE STEP TEST

Status 63 44

STG	Date	Comments
50	4/26/24	
50	4/26/24	
LTG	Date	Comments
60	5/10/24	
60	5/10/24	

Lastly, Functional Tests are to be interpreted in the Therapy Assessment/Plan. Below is an example of an interpretation of the 2 minute step test goal being met in the Assessment/Plan:

Therapy Assess/Plan

SUMMARIZE THE PATIENTS FUNCTIONAL PROGRESS AND/OR OUTCOMES RELATED TO THERAPY SPECIFIC GOALS.

JOHN HAS MET ALL THERAPY GOALS, DEMONSTRATING 63 STEPS IN THE 2 MINUTE STEP TEST WHICH INDICATES SAFE PHYSICAL INDEPENDENCE PER THE AGE RELATED CUT OFF. JOHN DEMONSTRATES MODIFIED INDEPENDENT AMBULATION WITH 4WW ON EVEN AND UNEVEN SURFACES, SBA STAIR NEGOTIATION WITH SPOUSE ASSISTANCE, AS WELL AS INDEPENDENT SIT TO STAND TRANSFERS AND BED MOBILITY. JOHN WILL CONTINUE TREATMENT IN OUTPATIENT CARDIAC REHAB FOLLOWING DISCHARGE.

From article: 19 Functional Tests and Measures | Last Modified on 08/16/2024 11:29 am EDT