



# 33 Functional Tests and Measures

Last Modified on 08/16/2024 11:30 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 **Reassessment (33)** 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
<input type="checkbox"/> EQUIPMENT/SUPPLIES
<input type="checkbox"/> MEDICATIONS
<input type="checkbox"/> RESPIRATORY
<input type="checkbox"/> CARDIOVASCULAR
<input type="checkbox"/> INTEGUMENTARY - <b>(ICC)</b>
<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"/>
<b>BERG FUNCTIONAL BALANCE SCALE <input checked="" type="checkbox"/></b>

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. N,

FUNCTIONAL TESTS (PT)

BERG BALANCE SCALE

Status 37

STG

37

Date

4/26/24

Comments

LTG

41

Date

5/17/24

Comments

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

INDICATE SPECIFIC FUNCTIONAL PROGRESS TOWARDS GOALS BY COMPARING OBJECTIVE MEASURES FROM PREVIOUS ASSESSMENT TO TODAY'S CURRENT ASSESSMENT.

BERG SCORE IMPROVED FROM 31 TO 37, WITH NOTABLE IMPROVEMENTS IN STANDING DYNAMIC BALANCE. PATIENT'S HOME PROGRAM COMPLIANCE IS 85%. PATIENT HAS MET SHORT TERM GOALS FOR BERG AND TRANSFERS. GAIT AND HOME EXERCISE SHORT TERM GOALS ARE NOT MET AT DATE OF ASSESSMENT WITH GAIT AT CGA WITH 4WW AND HEP COMPLIANCE UNDER 100%.

From article: 33 Functional Tests and Measures | Last Modified on 08/16/2024 11:30 am EDT