

## Final List of Critical Work Activities (PTA)

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### DATA COLLECTION

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#### Information Gathering & Synthesis

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Interview patients/clients, caregivers, and family to obtain patient/client history and current information (e.g., medical, surgical, medications, social, cultural, language preference, economic) to...

- ...review prior and current level of function
- ...establish general health status
- ...identify red flags (e.g., fever, malaise, unexplained weight change) and contraindications
- ...identify patient/client's, family/caregiver's goals, values, and preferences
- ...determine impact of medications on plan of care (e.g., medication reconciliation, timing of intervention delivery, adherence)

Administer standardized questionnaires (e.g., pain inventory, falls scale)

Review medical records (e.g., lab values, diagnostic tests, imaging, specialty reports, narrative, consults, physical therapy documentation) prior to carrying out the PT plan of care

Gather information/discuss patient/client's current health status with interprofessional/interdisciplinary team members

Identify signs/symptoms of change in patient/client's health status that require intervention by physical therapist

Identify signs/symptoms of change in patient/client's health status that require intervention by interprofessional/interdisciplinary team members

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#### Systems Review

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Check patient/client's current affect, cognition, communication, and learning preferences (e.g., ability to make needs known, consciousness, orientation, expected emotional/behavioral responses)

Recognize changes in status of the...

- ...patient/client's quality of speech, hearing, and vision (e.g., dysarthria, pitch/tone, use of corrective lenses, use of hearing aids)
  - ...vestibular system (e.g., dizziness, vertigo)
  - ...gastrointestinal system (e.g., difficulty swallowing, nausea, change in appetite/diet, change in bowel function)
  - ...genitourinary system (e.g., changes in bladder function, catheter complications)
  - ...reproductive system (e.g., sexual and/or menstrual dysfunction, menopause status)
  - ...cardiovascular/pulmonary system (e.g., blood pressure, heart rate, respiration rate)
  - ...lymphatic system (e.g., primary and/or secondary edema)
  - ...integumentary system (e.g., presence of scar formation, skin integrity, discoloration)
  - ...musculoskeletal system (e.g., gross symmetry, strength, range of motion)
  - ...neuromuscular system (e.g., gross coordination, motor function, balance, locomotion, gross sensory function)
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#### Tests & Measures

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##### Cardiovascular/Pulmonary

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Perform tests and measures of...

- ...cardiovascular function (e.g., blood pressure, heart rate, heart sounds)
- ...pulmonary function (e.g., respiratory rate, breathing patterns, breath sounds, chest excursion)
- ...perfusion and gas exchange (e.g., airway protection, oxygen saturation)
- ...peripheral circulation (e.g., capillary refill, blood pressure in upper versus lower extremities)
- ...critical limb ischemia (e.g., peripheral pulses, skin perfusion pressure)

- ...physiological responses to position change (e.g., orthostatic hypotension, skin color, blood pressure, heart rate)
- ...aerobic capacity under maximal and submaximal conditions (e.g., endurance, exercise tolerance, metabolic equivalents, perceived exertion)

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**Anthropometric**

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Perform tests and measures of...

- ...body dimensions (e.g., height, weight, girth, limb length, head circumference/shape)

Quantify and qualify edema (e.g., pitting, volume, circumference)

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**Arousal, Attention, & Cognition**

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Perform tests and measures of...

- ...arousal and orientation (e.g., level of consciousness, time, person, place, situation)
  - ...attention and cognition (e.g., ability to process commands, delirium, confusion)
  - ...communication (e.g., expressive and receptive skills, following instructions)
  - ...recall (including memory and retention)
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**Nerve Integrity**

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Perform tests and measures of...

- ...cranial nerve integrity (e.g., facial asymmetry, oculomotor function, hearing)
  - ...spinal nerve integrity (e.g., dermatome, myotome)
  - ...peripheral nerve integrity (e.g. sensation, strength)
  - ...neural provocation (e.g., tapping, tension, stretch)
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**Environmental & Community Integration/Reintegration (Home, Work, Job, School, Play, & Leisure)**

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Collect data on patient/client's ability to perform activities of daily living (ADL) (e.g., bed mobility, transfers, household mobility, dressing, self-care, toileting, sexual relations)

Collect data on patient/client's ability to perform instrumental activities of daily living (IADL) (e.g., household chores, hobbies)

Collect data on patient/client's ability to perform skills needed for integration or reintegration into the community, work, or school

Collect data on barriers (e.g., social, economic, physical, psychological, environmental, work conditions and activities) to home, community, work, or school integration/reintegration

Collect data on safety in home, community, work, or school environments

Collect data on patient/client's ability to participate in activities with or without the use of devices, equipment, or technologies

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**Ergonomics and Body Mechanics**

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Perform tests and measures of...

- ...ergonomics and body mechanics during functional activities
  - ...postural alignment and position (static and dynamic)
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**Functional Mobility, Balance, & Vestibular**

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Perform tests and measures of...

- ...balance (dynamic and static) with or without the use of specialized equipment
  - ...gait and locomotion (e.g., ambulation, wheelchair mobility) with or without the use of specialized equipment
  - ...mobility during functional activities and transitional movements (e.g., transfers, bed mobility)
  - ...vestibular function (e.g., peripheral dysfunction, central dysfunction, BPPV)
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**Integumentary Integrity**

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Observe skin characteristics (e.g., continuity of skin color, sensation, temperature, texture, turgor)

Collect data on wound characteristics (e.g., tissue involvement, depth, tunneling, burn degree, ulcer classification)

Observe scar tissue characteristics (e.g., banding, pliability, sensation, and texture)

Collect data on patient/client's activities, positioning, and postures that produce or relieve trauma to the skin

Identify devices and equipment that produce or relieve trauma to the patient/client's skin

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### **Joint Integrity & Range of Motion**

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Perform tests and measures of...

- ...spinal joint stability (e.g., ligamentous integrity, joint structure)
  - ...peripheral joint stability (e.g., ligamentous integrity, joint structure)
  - ...spinal joint mobility (e.g., glide, end feel)
  - ...peripheral joint mobility (e.g., glide, end feel)
  - ...range of motion (e.g., passive, active, functional)
  - ...flexibility (e.g., muscle length, soft tissue extensibility)
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### **Motor Function**

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Perform tests and measures of...

- ...muscle tone (e.g., hypertonicity, hypotonicity, dystonia)
  - ...dexterity, coordination, and agility (e.g., rapid alternating movement, finger to nose)
  - ...ability to initiate, modify and control movement patterns and postures (e.g., catching a ball, gait)
  - ...ability to change movement performance with practice (e.g., motor learning)
  - ...movement quality (e.g., purpose, precision, efficiency, biomechanics, kinematics)
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### **Muscle Performance**

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Perform tests and measures of...

- ...muscle strength, power, and endurance without specialized equipment (e.g., manual muscle test, functional strength testing)
  - ...muscle strength, power, and endurance with specialized equipment (e.g., isokinetic testing, dynamometry)
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### **Neuromotor Development & Sensory Integration**

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Perform tests and measures of...

- ...acquisition and evolution of motor skills throughout the lifespan
  - ...sensorimotor integration
  - ...developmental reflexes and reactions (e.g., asymmetrical tonic neck reflex, righting reactions)
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### **Reflex Integrity**

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Perform tests and measures of...

- ...deep tendon/muscle stretch reflexes (e.g., quadriceps, biceps)
  - ...upper motor neuron integrity (e.g., Babinski reflex, Hoffman sign)
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### **Pain & Sensory Integrity**

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Perform tests and measures of...

- ...pain (e.g., location, intensity, frequency, central, peripheral, psychogenic)
  - ...deep sensation (e.g., proprioception, kinesthesia, pressure)
  - ...superficial sensation (e.g., touch, temperature discrimination)
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### **Plan of Care & Goals**

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Modify and/or progress within the plan of care based on patient/client's resources (e.g., financial, transportation, time, insurance benefits, available technologies)

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## **INTERVENTIONS**

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### **Procedural Interventions**

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#### **Therapeutic Exercise/Therapeutic Activities**

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Perform and/or train patient/client/caregiver in...

- ...aerobic capacity/endurance conditioning

- ...balance, coordination, and agility activities
- ...body mechanics and postural stabilization techniques
- ...flexibility techniques
- ...neuromotor techniques (e.g., movement pattern training, neuromuscular education or reeducation)
- ...relaxation techniques
- ...strength, power, and endurance exercises
- ...genitourinary management (e.g., pelvic floor exercises, bladder strategies)
- ...gastrointestinal management (e.g., bowel strategies, positioning to avoid reflux)
- ...manual/mechanical airway clearance techniques (e.g., assistive devices, assistive cough, incentive spirometer, flutter valve, postural drainage, percussion, vibration, postural drainage)
- ...techniques to maximize ventilation and perfusion (e.g., positioning, active cycle breathing, autogenic drainage, paced breathing, pursed-lip breathing)
- ...mechanical repositioning for vestibular dysfunction
- ...habituation/adaptation exercises for vestibular dysfunction

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### **Functional Training**

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Perform and/or train patient/client in...

- ...the use of environmental modifications (e.g., ramps, grab bars, raised toilet, environmental control units)
- ...activities of daily living (ADL) (e.g., bed mobility, transfers, household mobility, dressing, self-care, toileting, sexual relations)
- ...community and leisure integration or reintegration (e.g., work/school/play)
- ...Instrumental Activities of Daily Living (IADL) (e.g., household chores, hobbies)
- ...mobility techniques
- ...fall prevention and fall recovery strategies
- ...behavior modification and strategies that enhance functioning (e.g., energy conservation, pacing, pre-activity planning, reminder schedules)

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### **Manual Therapy Techniques**

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Perform spinal manual traction

Perform peripheral manual traction

Perform and/or train patient/client/caregiver in soft tissue mobilization (e.g., connective tissue massage, therapeutic massage, foam rolling)

Perform peripheral joint range of motion

Perform peripheral mobilization/manipulation (non-thrust)

Perform spinal mobilization/manipulation (non-thrust)

Apply taping for...

- ... [to accomplish therapeutic treatment goals in] neuromuscular reeducation
- ...pain management

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### **Equipment & Devices**

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Apply and/or adjust...

- ...adaptive devices (e.g., utensils, seating and positioning devices, steering wheel devices)
- ...protective devices (e.g., braces, cushions, helmets, protective taping)
- ...supportive devices (e.g., compression garments, corsets, elastic wraps, neck collars serial casts, short-stretch bandages)
- ...orthotic devices (e.g., braces, shoe inserts, splints)

Apply and/or adjust...

- ...assistive devices/technologies (e.g., canes, crutches, walkers, wheelchairs, tilt tables, standing frames)

...prosthetic devices/technologies (e.g., lower extremity and upper-extremity, microprocessor-controlled prosthetic devices)

...prescribed oxygen during interventions

Train patient/client/caregiver in the use of...

...adaptive devices (e.g., utensils, seating and positioning devices, steering wheel devices)

...assistive devices/technologies (e.g., canes, crutches, walkers, wheelchairs, tilt tables, standing frames)

...orthotic devices (e.g., braces, shoe inserts, splints)

...prosthetic devices/technologies (e.g., lower extremity and upper-extremity, microprocessor-controlled prosthetic devices)

...protective devices (e.g., braces, cushions, helmets, protective taping)

...supportive devices (e.g., compression garments, corsets, elastic wraps, neck collars serial casts, short-stretch bandages)

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### **Integumentary Repair & Protection Techniques**

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Perform and/or train patient/client/caregiver in...

...nonselective debridement (e.g., removal of nonselective areas of devitalized tissue)

...application of topical agents (e.g., cleansers, creams, moisturizers, ointments, sealants) and dressings (e.g., hydrogels, wound coverings)

...desensitization techniques (e.g., brushing, tapping, use of textures)

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### **Therapeutic Modalities**

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Perform and/or train patient/client/caregiver in...

...biofeedback therapy (e.g., relaxation techniques, muscle reeducation, EMG)

...iontophoresis

...phonophoresis

...electrical stimulation therapy (e.g., electrical muscle stimulation (EMS), TENS, functional electrical stimulation (FES), interferential therapy, hi-volt)

...cryotherapy (e.g., cold pack, ice massage, vapocoolant spray)

...hydrotherapy (e.g., aquatic exercise, underwater treadmill)

...ultrasound procedures

...hot pack thermotherapy

...paraffin bath thermotherapy

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### **Mechanical Modalities**

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Apply and/or train patient/client/caregiver in...

...intermittent pneumatic compression

...assisted movement devices (e.g., continuous passive motion devices, dynamic splint)

...mechanical spinal traction

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### **Non-procedural Interventions**

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#### **Communication**

Discuss physical therapy evaluation findings, interventions, goals, prognosis, discharge planning, and plan of care with...

...supervising physical therapist

...interprofessional/interdisciplinary team members

...patient/client and caregiver

Provide written, oral, and electronic information to the patient/client and/or caregiver

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#### **Documentation**

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Document...

...data collection results

- ...intervention(s) and patient/client response(s) to intervention
- ...patient/client and caregiver education
- ...communication with the interdisciplinary/interprofessional team related to the patient/client's care
- ...rationale for billing and reimbursement
- ...disclosure and consent (e.g., disclosure of medical information, consent for treatment)

Assign billing codes for physical therapy treatment provided

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### **Education**

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Educate patient/client and/or caregiver about...

- ...patient/client's current condition and health status (e.g., nature of the condition, potential benefits of physical therapy interventions, potential treatment outcomes)
- ...role of the physical therapist and/or physical therapist assistant in patient/client management
- ...lifestyle and behavioral changes to promote wellness (e.g., nutrition, physical activity, tobacco cessation)
- ...the role of physical therapy in transitional planning (e.g., hospice, palliative care, setting changes)

Educate the healthcare team about...

- ...the role of the physical therapist and/or physical therapist assistant in patient/client management
- ...safe patient handling (e.g., injury prevention, ergonomics, use of equipment)

Educate community groups on lifestyle and behavioral changes to promote wellness (e.g., nutrition, physical activity, tobacco cessation)

Participate in the clinical education of students

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### **Patient/client & Staff Safety**

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#### **Emergency Procedures**

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Implement emergency procedures (e.g., CPR, AED, calling a code)

Perform first aid

Implement disaster response procedures

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#### **Environmental Safety**

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Perform risk assessment of the physical environment (e.g., barrier-free environment, outlets, windows, floors, lighting)

Prepare and maintain a safe working environment for performing interventions (e.g., unobstructed walkways, equipment availability)

Perform regular equipment inspections and/or maintenance (e.g., modalities, assistive devices)

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#### **Infection Control**

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Perform and/or train patient/client and/or caregiver on appropriate infection control practices (e.g., universal precautions, hand hygiene, isolation, airborne precautions, equipment cleaning)

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#### **Research & Evidence-Based Practice**

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Search the literature for current best evidence

Evaluate the quality of published data

Integrate current best evidence, clinical experience, and patient values in clinical practice (e.g., clinical prediction rules, patient preference)

Compare intervention outcomes with normative data

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#### **Professional Responsibilities**

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Supervise support personnel (e.g., physical therapy aides)

Assign tasks to other personnel (e.g., physical therapy aides) to assist with patient/client care

Disclose financial interest in recommended products or services to patient/client

Communicate with the physical therapist when the expectations of the PTA are beyond their knowledge, skills, and abilities

Report health care providers that are suspected to not perform their professional responsibilities with reasonable skill and safety to the appropriate authorities

Report suspected cases of abuse to the appropriate authority

Report suspected illegal or unethical acts performed by health care professionals to the relevant authority

Advocate for public access to physical therapy and other healthcare services

Determine own need for professional development

Participate in learning and/or development activities (e.g., journal clubs, self-directed reading, continuing competence activities) to maintain the currency of knowledge, skills, and abilities

Practice within the federal and jurisdiction regulations and professional standards.

Participate in professional organizations

Participate in performance improvement and quality reporting activities (e.g., Physician Quality Reporting System, standardized outcomes measurement, application of health informatics)

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