

Final List of Critical Work Activities (PT)

PATIENT/CLIENT ASSESSMENT

Information Gathering & Synthesis

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...

- ...establish prior and current level of function
- ...establish general health status
- ...identify red flags (e.g., fever, malaise, unexplained weight change) and contraindications
- ...identify risk factors and needs for preventative measures
- ...identify patient/client's, family/caregiver's goals, values, and preferences
- ...determine if patient/client is appropriate for PT
- ...determine insurance and financial resources and issues (e.g., co-pays, deductibles, insurance limitations)
- ...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)

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 interprofessional/interdisciplinary team members

Systems Review

Perform screen of the...

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

Cardiovascular/Pulmonary

Select and 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

Select and perform tests and measures of...

- ...body composition (e.g., percent body fat, lean muscle mass)
- ...body dimensions (e.g., height, weight, girth, limb length, head circumference/shape)

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

Arousal, Attention, & Cognition

Select and 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

Select and 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)

Assess activities of daily living (ADL) (e.g., bed mobility, transfers, household mobility, dressing, self-care, toileting, sexual relations)

Assess instrumental activities of daily living (IADL) (e.g., household chores, hobbies)

Assess ability to perform skills needed for integration or reintegration into the community, work, or school

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

Assess safety in home, community, work, or school environments

Assess ability to participate in activities with or without the use of devices, equipment, or technologies

Ergonomics and Body Mechanics

Select and perform tests and measures of...

- ...ergonomics and body mechanics during functional activities
 - ...postural alignment and position (static and dynamic)
 - ...specific work conditions or activities
 - ...tools, devices, equipment, and workstations related to work actions, tasks, or activities
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Functional Mobility, Balance, & Vestibular

Select and 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

- Assess skin characteristics (e.g., continuity of skin color, sensation, temperature, texture, turgor)
 - Assess wound characteristics (e.g., tissue involvement, depth, tunneling, burn degree, ulcer classification)
 - Assess scar tissue characteristics (e.g., banding, pliability, sensation, and texture)
 - Assess activities, positioning, and postures that may produce or relieve trauma to the skin
 - Assess devices and equipment that may produce or relieve trauma to the skin
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Joint Integrity & Range of Motion

- Select and perform tests and measures of...
 - ...spinal and peripheral joint stability (e.g., ligamentous integrity, joint structure)
 - ...spinal and 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

- Select and 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

- Select and 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

- Select and 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

- Select and perform tests and measures of...
 - ...deep tendon/muscle stretch reflexes (e.g., quadriceps, biceps)
 - ...upper motor neuron integrity (e.g., Babinski reflex, Hoffman sign)
 - ...superficial reflexes and reactions (e.g., cremasteric reflex, abdominal reflexes)
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Pain & Sensory Integrity

- Select and 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)
 - ...visceral organ sensitivity and integrity (e.g., palpation, auscultation)
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Evaluation & Diagnosis

Interpret each of the following types of data to determine the need for intervention or the response to intervention:

- cardiovascular/pulmonary system
- lymphatic system
- arousal, attention, cognition, and communication
- neuromuscular system
- functional mobility, balance, and vestibular
- musculoskeletal system
- integumentary system
- anthropomorphic
- gastrointestinal system
- genitourinary system
- need for or use of assistive and adaptive devices/technologies
- need for or use of orthotic, protective, and supportive devices/technologies
- need for or use of prosthetic devices/technologies
- barriers to home, community, work, or school integration/reintegration
- ergonomics and body mechanics
- pain and sensory integrity
- ADLs/IADLs and home management
- imaging, lab values, and medications

Evaluate the patient/client's ability to assume or resume home, community, work, school, and/or leisure activities

Develop physical therapy diagnosis by integrating system and non-system data

Development of Prognosis, Plan of Care, & Goals

Establish PT prognosis based on information gathered during the examination process

Develop plan of care based on data gathered during the examination process, incorporating information from the patient/client, caregiver, family members, and other professionals

Revise treatment intervention plan based on treatment outcomes, change in patient/client's health status, and ongoing evaluation

Develop objective and measurable goals based on information gathered during the examination process, in collaboration with the patient/client, caregiver, family members, and/or other professionals

Select interventions based on information gathered during the examination process, incorporating information from the patient/client, caregiver, family members, and other professionals

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

INTERVENTIONS

Procedural Interventions

Therapeutic Exercise/Therapeutic Activities

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

Recommend barrier accommodations or modifications (e.g., ramps, grab bars, raised toilet, environmental control units)

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

Perform manual lymphatic drainage

Perform spinal and peripheral manual traction

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

Perform instrument-assisted soft tissue mobilization

Perform peripheral joint range of motion

Perform peripheral mobilization/manipulation (thrust)

Perform peripheral mobilization/manipulation (non-thrust)

Perform spinal mobilization/manipulation (thrust)

Perform spinal mobilization/manipulation (non-thrust)

Perform cervical spinal manipulation (thrust)

Perform thoracic and lumbar spinal manipulation (thrust)

Apply taping for...

- ...neuromuscular reeducation
- ...lymphatic drainage
- ...pain management

Equipment & Devices

Fabricate, 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)
- ...mechanical neuromuscular re-education devices/technologies (e.g., weighted vests, therapeutic suits, body weight supported treadmill, robotic exoskeletons)
- ...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)
- ...mechanical neuromuscular re-education devices/technologies (e.g., weighted vests, therapeutic suits, body weight supported treadmill, robotic exoskeletons)

Integumentary Repair & Protection Techniques

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

- ...nonselective debridement (e.g., removal of nonselective areas of devitalized tissue)
- ...selective enzymatic or autolytic debridement (e.g., removal of specific areas of devitalized tissue)
- ...sharp debridement (e.g., removal of specific 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)

Recommend topical agents (e.g., pharmacological to physician, over-the-counter to patient) and dressings (e.g., hydrogels, negative pressure wound therapy, wound coverings)

Therapeutic Modalities

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
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Mechanical Modalities

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

Communication

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

- ...physical therapists, physical therapist assistants, and/or support staff
- ...interprofessional/interdisciplinary team members
- ...patient/client and caregiver

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

Documentation

Document...

- ...examination results
- ...evaluation to include diagnosis, goals, and prognosis
- ...intervention(s) and patient/client response(s) to intervention
- ...patient/client and caregiver education
- ...outcomes (e.g., discharge summary, reassessments)
- ...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)
- ...letter of medical necessity (e.g., wheelchair, assistive equipment, disability parking placard)
- ...intervention/plan of care for specialized services and settings (e.g., individual education plan, individual family service plan, vocational transition plan)

Assign billing codes for physical therapy evaluation and treatment provided

Education

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

- ...patient/client's current condition and health status (e.g., nature of the condition, prognosis, 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

Patient/client & Staff Safety

Emergency Procedures

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

Perform first aid

Implement disaster response procedures

Environmental Safety

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)

Infection Control

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)

Research & Evidence-Based Practice

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)

Design, direct, and/or participate in research activities

Compare intervention outcomes with normative data

Professional Responsibilities

Supervise physical therapist assistant(s) and support personnel (licensed/unlicensed)

Assign tasks to other personnel (licensed/unlicensed) to assist with patient/client care

Discuss ongoing patient care with the interprofessional/interdisciplinary team members

Refer patient/client to specialists or other healthcare providers when necessary

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

Provide notice and information about alternative care when the physical therapist terminates provider relationship with the patient/client

Document transfer of patient/client care to another physical therapist (therapist of record)

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
Perform community based screenings (e.g., fall risk, posture, musculoskeletal, flexibility, sports-specific)
Participate in performance improvement and quality reporting activities (e.g., Physician Quality Reporting System, standardized outcomes measurement, application of health informatics)
