

Final List of Critical Work Activities (PTA)

DATA COLLECTION

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...
- ...review prior and current level of function/activity
 - ...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, fall risk assessment)
- 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

- Check patient/client's current affect, cognition, communication, and learning preferences (e.g., ability to convey needs, 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

Cardiovascular/Pulmonary

- 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., 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)

Anthropometric

Perform tests and measures of...

- ...body dimensions (e.g., height, weight, girth, limb length)

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

Arousal, Attention, & Cognition

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

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)

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, learning, health literacy) 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

Ergonomics and Body Mechanics

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

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)
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Integumentary Integrity

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 classification, ulcer/injury 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

Joint Integrity & Range of Motion

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

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 and feedback (e.g., motor learning)
 - ...movement quality (e.g., purpose, precision, efficiency, biomechanics, kinematics)
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Muscle Performance

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

Perform tests and measures of...

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

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

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

Modify and/or progress within the 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 function strategies, positioning to avoid reflux)
 - ...manual/mechanical airway clearance techniques (e.g., assistive devices, assistive cough, incentive spirometer, flutter valve, percussion, vibration)
 - ...techniques to maximize ventilation and perfusion (e.g., positioning, active cycle breathing, autogenic drainage, paced breathing, pursed-lip breathing)

 - habituation/adaptation exercises for vestibular dysfunction
 - ...postural drainage
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Functional Training

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
 - ...gross motor developmental progression
 - ...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 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 (non-thrust)

Equipment & Devices

Apply and/or adjust...

- ...adaptive devices (e.g., utensils, seating and positioning devices, steering wheel devices)
- ...protective devices (e.g., braces, cushions, helmets)
- ...supportive devices (e.g., compression garments, corsets, elastic wraps, neck collars)
- ...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 prostheses)

...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 prostheses)

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

...supportive devices (e.g., compression garments, corsets, elastic wraps, neck collars)

Integumentary Repair & Protection Techniques

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

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

Therapeutic Modalities

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

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

...electrotherapy modalities, excluding iontophoresis (e.g., neuromuscular electrical stimulation (NMES), transcutaneous electrical nerve stimulation (TENS), functional electrical stimulation (FES), interferential therapy, high-voltage pulsed current)

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

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

...ultrasound procedures

...hot pack thermotherapy

...paraffin bath thermotherapy

Mechanical Modalities

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

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

...mechanical spinal traction

Non-procedural Interventions

Communication

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

...the supervising physical therapist

...interprofessional/interdisciplinary team members

...patient/client and caregiver

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

Documentation

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

Education

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

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, clinical practice guidelines)

Compare intervention outcomes with normative data

Professional Responsibilities

Supervise support personnel (e.g., physical therapy aide/technician)

Assign tasks to other personnel (e.g., physical therapy aide/technician) 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 health care 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 performance improvement and quality reporting activities (e.g., Physician Quality Reporting System, standardized outcomes measurement, application of health informatics)
