

## Guide to Physical Therapist Practice: A Critical Appraisal

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In virtually all physical therapy educational program today, it is standard procedure to teach, encourage, even require students to subject all sources of knowledge and information to critical appraisal, that is, to make judgments about the value of information based on assessing its source. However, in introducing the *Guide to Physical Therapist Practice* to students, we have found it difficult to encourage critical appraisal of the *Guide* for at least 2 reasons. First, the *Guide* itself contains few references and little discussion of the methods by which it was compiled. Second, we can point to no published intellectual or scientific attempts to critically appraise it. Nor do we see evidence that such a process of public critical appraisal is being planned. This article is an attempt to stimulate such discussion.

That said, we have neither the space nor, in truth, the expertise to set forth a comprehensive critique of the *Guide*. Instead, we will attempt to outline what we believe are some of the key issues that affect how we use and interpret the *Guide*, especially with reference to the chapters relevant to neurological physical therapy.

In attempting to critically appraise the *Guide*, our primary approach was to assess to what extent it achieves its stated goals to: 1) describe generally accepted physical therapist practice and to standardize terminology and 2) delineate "preferred practice patterns" *Guide*.<sup>1</sup> The first goal corresponds to Part One of the *Guide*, which defines a model or ideal of patient/client management. The second goal corresponds to Part Two, in which 3-4 practice patterns are presented in detail. A main conclusion of our appraisal will be that while Part One makes a strong conceptual statement about what physical therapists do and the way they do it, and Part Two fails to coherently apply the management model to different medical conditions.

### PART ONE BUILDS A MODEL OF CLINICAL PRACTICE AROUND THE DISABLEMENT CONCEPT

Part One of the *Guide*, "A Description of Patient/Client Management," sets forth a description of physical therapy practice, as it is or as it should be, that is impressive in both its clarity and its forward-looking vision. Indeed, the Introduction to the *Guide* makes the following remarkable statement:

The *Guide* is based on a framework that rejects the medical model of disease (which emphasizes

"treating the diagnosis") and that focuses instead on the process of disablement — that is, on the impact of conditions on function.<sup>2</sup>

This framework, based on the Nagi model for classifying the disablement process,<sup>3,4</sup> is the starting point for a novel conceptualization of what physical therapists do when they interact with patients. Five elements of patient/client management are described: examination, evaluation, diagnosis, prognosis, and intervention. The definitions and descriptions of these elements are generally lucid and precise and provide a clear sense of what should be involved in patient/client management by the physical therapist. An exception to this clarity, as we shall see, is in the discussion of diagnosis. Outcomes are described not only in terms of functional limitations and disability, but also, refreshingly, in terms of patient/client satisfaction and prevention. The description of 3 types of prevention — primary, secondary, and tertiary — is particularly cogent and will help physical therapists to better prepare themselves for this aspect of practice.

### Part One Establishes a Common Terminology

In the course of describing the patient/client management model, the *Guide* establishes a common terminology that is generally successful in capturing the common sense interpretation of terms such as examination, history, and evaluation. In a few places, however, the *Guide* over reaches in trying to standardize terminology. For example, the *Guide* states that

Goals generally relate to the remediation ... of impairments, whereas outcomes relate to minimization of functional limitation, optimization of health status, prevention of disability, and optimization of patient/client satisfaction.<sup>5,6</sup>

This attempted differentiation is clearly arbitrary and not very intuitive. In common usage, outcomes are the results or consequences of a process; they may be desirable or not. Goals are desired outcomes.

Nevertheless, despite rare misfires, Part One succeeds admirably in achieving the first goal of defining generally accepted physical therapist practice and establishing a standardized terminology. Indeed, we were pleasantly surprised to discover that it does not merely codify terminology. Part One establishes a model of practice that is contemporary and forward-looking and unflinching in discarding old ideas even when this might be unpopular in some quarters.

### Part One Proposes an Ordered Set of Intervention Categories

Some of the strongest, and certainly the most surprising sections of the *Guide*, are the ones in which types of interventions are described. First, the distinction between intervention and direct treatment is made clear. Direct

# Guide For Physical Therapist

**Scott M. Giles**



## **Guide For Physical Therapist:**

**Interactive Guide to Physical Therapist Practice with Catalog of Tests and Measures**, 2002 This guide describes the basics of patient management including the five elements provided by physical therapists examination evaluation diagnosis prognosis and intervention defines the categories of tests measures and interventions that physical therapists frequently use provides a catalog of tests and measures with annotated citations on reliability and validity of measurements that are obtained using those tests and measures delineates boundaries within which the physical therapist may design and implement plans of care for patients who are classified into specific practice patterns under four categories musculoskeletal neuromuscular cardiovascular pulmonary and integumentary **Guide to Physical Therapist Practice**, 1999 The Physical Therapist's Guide to Health Care Kathleen A. Curtis, 1999 The Physical Therapist's Guide to Health Care is the simple clear approach to understanding health care in today's changing environment This book provides a strategy based approach to help physical therapists successfully manage change and meet the challenges of clinical practice in common practice settings This essential text includes an introduction to health care that covers the basics of health care financing health care reimbursement systems cost containment strategies and referral services Important issues covered in this book include trends in acute subacute home health care practice outcomes management and prevention Chapters include information on health care reimbursement systems and cost containment strategies time and caseload management documentation requirements quality management in physical therapy and the role of the physical therapist in prevention and wellness Check out our new website dedicated to The Physical Therapist's Guide to Health Care This innovative new website presents valuable up to date information as it becomes available You can visit the site at [ptguide.slackinc.com](http://ptguide.slackinc.com) Dr Kathleen A Curtis is the winner of the President's Award of Excellence for 2005 at California State University Fresno *Acute Care Handbook for Physical Therapists - E-Book* Jaime C. Paz, Michele P. West, 2013-10-04 NEW Restructured table of contents helps you quickly locate information NEW Language from the International Classification of Functioning Disability and Health ICF model adopted by the American Physical Therapy Association increases your familiarity with terminology NEW New intervention algorithms along with existing algorithms break clinical decision making into individual steps and sharpens your on the spot critical thinking skills NEW A quick reference appendix covering abbreviations commonly found in the acute care environment supplies the translation tools you need while flagging any abbreviations that may be harmful to the patient *Guide to Physical Therapist Practice* American Physical Therapy Association, 2003 Documentation Basics Mia Erickson, Mia L. Erickson, 2012 Complete and accurate documentation is one of the most important skills for a physical therapist assistant to develop and use effectively The new Second Edition of Documentation Basics A Guide for the Physical Therapist Assistant continues the path of teaching the student and clinician documentation from A to Z Mia Erickson and Rebecca McKnight have updated this Second Edition to reflect changes of the American Physical Therapy Association and the

ever evolving profession Updated inside Documentation Basics A Guide for the Physical Therapist Assistant Second Edition The discussion on integrating disablement into documentation The discussion on how a PTA can show medical necessity and need for skilled care The discussion on using documentation to communicate with other providers Writing the assessment and plan to coincide with the initial documentation Sample notes completed on forms More examples and practice including physical agents school based services paediatrics traumatic brain injury spinal cord injury and interventions consistent with the Guide to Physical Therapist Practice Medicare reimbursement in different settings The importance of consistent reliable and valid measurements How to improve communication and consistency between documentation by the PT the PTA The discussion on disablement has also been updated shifting away from the Nagi Model toward the International Classification of Functioning Disability and Health ICF In addition the PTA Normative Model has been integrated throughout to include more information on clinical decision making New inside Documentation Basics A Guide for the Physical Therapist Assistant Second Edition Navigating the PT plan of care A step by step model for PTAs to use as they navigate the initial PT documentation and plan of care How the PTA uses the PT goals from the initial examination and evaluation Positive and negative aspects of using electronic documentation and a discussion on integrating SOAP notes and the problem oriented medical record into electronic documentation Sample notes and discussion of documentation in school based settings early intervention skilled nursing settings in patient rehabilitation and direct access Medicare Parts C and D Cash based services and pro bono services Instructors in educational settings can visit [www.efacultyounge.com](http://www.efacultyounge.com) for additional material to be used for teaching in the classroom Documentation Basics A Guide for the Physical Therapist Assistant Second Edition is the perfect guide for all physical therapist assistant students and clinicians who want to update and refine their knowledge and skills in documentation

**Vault Career Guide to Physical Therapy** Annlee Burch,2007-04-02 Physical therapy is a growing area of medical practice encompassing four main components examination treatment consultation and research This Vault guide will walk you through this burgeoning industry its career options discussion of techniques and current trends from the direct access movement to the increasing emphasis on clinical doctorates for PTs

*Guide to Evidence-Based Physical Therapist Practice with Navigate Advantage Access* Dianne V. Jewell,2022-09-13 Guide to Evidence Based Physical Therapist Practice Fifth Edition teaches the knowledge and skills to evaluate medical evidence and apply it to the practice of physical therapy This valuable reference explains the fundamentals of medical research and how to determine which studies are useful in practice As the leading evidence based practice text for physical therapy this is a comprehensive resource no physical therapist or student should be without This practical guide empowers readers to learn how to evaluate research designs appraise evidence and apply research in clinical practice Its reader friendly style facilitates learning and presents the knowledge essential for physical therapist students to develop a strong foundation in research methods and methodologies related to evidence based medicine

*Acute Care Handbook for Physical Therapists* Jaime C Paz,Michele P West,2013-09-27

Review of body system basics and disease processes in each chapter provides concise information to help you better manage patients in a hospital setting Familiarizes you with the acute care environment by explaining medical terminology hospital protocol and surgical workups Includes updated information on medications laboratory and diagnostic tests and surgical and invasive procedures pertinent to physical therapy practice Clinical tips throughout the text show you how to maximize safety quality and efficiency of care Over 350 illustrations tables and boxed text highlight essential concepts and procedures for quick reference Uses terminology consistent with the Guide to Physical Therapist Practice Second Edition Focuses on evidence based practice to help you determine the best interventions including recent literature regarding rehabilitation in the critical care setting NEW Pertinent practice patterns from the Guide to Physical Therapist Practice Second Edition are included in each chapter NEW Additional illustrations to improve comprehension of the material NEW More pharmacologic implications for physical therapists specifically concerning side effects and use of combination drugs NEW Additional decision making algorithms facilitate critical thinking in the clinical setting NEW Updated surgical and invasive procedures include minimally invasive orthopedic surgery bariatric procedures and complete insight into circulatory assist devices NEW Expanded neurological chapter including vestibular dysfunction tests and measures a discussion of dementia and the latest in stroke evaluation and management NEW Revised appendices discuss the latest concepts in documentation standards palliative care and patient safety NEW Slimmer larger format allows the book to lie open for easier reading NEW Improved design highlighting clinical tips and other key features lets you locate important information quickly in a busy clinical setting

**Guide to Physical Therapist Practice** American Physical Therapy Association, 1997     *Physical Therapy in Acute Care* Daniel Joseph Malone, Kathy Lee Bishop Lindsay, 2006 Safe and effective management is a top priority for every physical therapy student or clinician involved with patients in the acute care setting *Physical Therapy in Acute Care A Clinician's Guide* is a user friendly pocket sized evidence based text that guides and reinforces successful acute care patient management *Physical Therapy in Acute Care* provides clinicians with an understanding of the basic physiological mechanisms underlying normal function of all major organ systems contrasted with the pathophysiology of the disease and disorders that physical therapists will most often encounter in an acute care environment Inside the pages of *Physical Therapy in Acute Care* Daniel Malone and Kathy Lee Bishop Lindsay provide a comprehensive review of acute physical therapy best practice This text builds upon fundamental knowledge by addressing important components of patient examination discussing relevant medical tests and listing diseases and diagnoses alphabetically with brief medical management Some Chapter Topics Include Cardiovascular pulmonary musculoskeletal gastrointestinal genitourinary and neurological diseases and disorders The immune system and infectious disease Oncology rehabilitation Wound care Transplantation Each chapter highlights important physical therapy concerns examination findings and rehabilitation interventions In addition *Physical Therapy in Acute Care* includes numerous tables figures review questions and case studies

that highlight the physical therapy patient care model as outlined in the Guide to Physical Therapist Practice Exciting Features An in depth description of laboratory tests and procedures incorporating the physiologic significance of abnormal findings Pharmacologic information for each organ system chapter including side effects of common medical interventions A chapter on deconditioning and bed rest effects in the acute care environment A discharge recommendation decision tree Whether you are a student of physical therapy a physical therapist entering the acute care environment or an experienced acute care physical therapist Physical Therapy in Acute Care is the only resource for successful patient management you will need by your side **The Physical Therapist's Business Practice and Legal Guide** Sheila K. Nicholson,2008 As the profession of physical therapy continues its growth toward autonomous practice the physical therapist physical therapist assistant and student are going to face liability risks and exposure like never before Physical Therapist s Business Practice and Legal Guide provides the tools needed to integrate risk management practices into the daily patient care routine Each chapter includes key concepts and discussion questions Specific cases are also discussed to explain and support legal concepts and how these set the stage for future risks exposure *A Payer's Guide to Physical Therapist Documentation for Patient/client Management* American Physical Therapy Association,2006-01-01 *Guide to Evidence-based Physical Therapist Practice* Dianne V. Jewell,The Rehab Intel Network Ruther Glen Virginia Dianne V Jewell,2018 ISBN on p 4 of cover differs from ISBN on tp verso **Cardiopulmonary Physical Therapy** Scot Irwin,Jan Stephen Tecklin,2004-04-01

*Documentation for Rehabilitation* Lori Quinn,James Gordon,2015-12-11 Better patient management starts with better documentation *Documentation for Rehabilitation A Guide to Clinical Decision Making in Physical Therapy 3rd Edition* shows how to accurately document treatment progress and patient outcomes Designed for use by rehabilitation professionals documentation guidelines are easily adaptable to different practice settings and patient populations Realistic examples and practice exercises reinforce concepts and encourage you to apply what you ve learned Written by expert physical therapy educators Lori Quinn and James Gordon this book will improve your skills in both documentation and clinical reasoning A practical framework shows how to organize and structure PT records making it easier to document functional outcomes in many practice settings and is based on the International Classification for Functioning Disability and Health ICF model the one adopted by the APTA Coverage of practice settings includes documentation examples in acute care rehabilitation outpatient home care and nursing homes as well as a separate chapter on documentation in pediatric settings Guidelines to systematic documentation describe how to identify record measure and evaluate treatment and therapies especially important when insurance companies require evidence of functional progress in order to provide reimbursement Workbook textbook format uses examples and exercises in each chapter to reinforce your understanding of concepts NEW Standardized Outcome Measures chapter leads to better care and patient management by helping you select the right outcome measures for use in evaluations re evaluations and discharge summaries UPDATED content is based on data from current research

federal policies and APTA guidelines including incorporation of new terminology from the Guide to Physical Therapist 3 0 and ICD 10 coding EXPANDED number of case examples covers an even broader range of clinical practice areas Prevention Practice Catherine Rush Thompson,2007 The all encompassingPrevention Practice A Physical Therapistsquo s Guide to Health Fitness and Wellnesssuccessfully details the impact health promotion health protection and the prevention of illness and disability have on increasing the quality and length of a healthy life for individuals across the lifespan Dr Catherine Thompson along with eight contributors all with diverse backgrounds in physical therapy rehabilitation and healthcare present the fundamental health fitness and wellness concepts that are critical for providing preventive care to healthy impaired and at risk populations as outlined in theGuide to Physical Therapist PracticeandHealthy People 2010 Prevention Practiceincludes screening tools for determining risk factors associated with common medical problems as well as resources for implementing prevention practice in clinical and community based settings including planning and marketing a prevention practice Additionally this unique guide offers suggestions for providing appropriate interventions consultation referral education resources and program development Some topics covered include bull Overview of holistic versus traditional medicine bull A comparison of isometric isotonic and isokinetic exercises bull Comprehensive physical health screening bull Musculoskeletal neuromuscular cardiopulmonary and integumentary impairments and developmental disabilities bull Tips letters and ldquo dorsquo s and donrsquo tsrdquo for providing advocacy to those in need of guidance Perfect for clinicians students allied health professionals rehabilitation specialists physical medicine specialists and recreation therapists Prevention Practiceis a valuable resource for everyone in the areas of health fitness and wellness Additional features bull Behavioral Risk Factor Surveillance table bull Lifestyle Behaviors Screening questionnaire bull Pathology specific signs and symptoms bull Womensquo s health issues bull Risk of injury based upon age gender and race bull Nutrition screening for older adults A Guide to Success Scott M. Giles,1992 **Guide to Evidence-Based Physical Therapist Practice** Dianne Jewell,2011 From the Publisher The latest version of this best selling text includes updates and new information designed specifically for physical therapists to facilitate evidence based practice in both the classroom and the clinical environment Guide to Evidence Based Physical Therapist Practice Second Edition continues to provide students and professionals with comprehensive accessible information to allow them to understand and critique studies as well as to apply evidence to actual patients in clinical settings Guide to Evidence Based Physical Therapist Practice Second Edition includes user friendly descriptions of research methods and statistical tests clinically relevant examples specific to physical therapist practice and worksheets for use during the evidence appraisal process The Second Edition is formatted to be consistent with the American Physical Therapy Association s Guide to Physical Therapist Practice Second Edition and includes terminology from the World Health Organization s International Classification of Functioning Disability and Health This is a comprehensive resource no physical therapist or student should be without Professionalism in Physical Therapy

Laura Lee (Dolly) Swisher, Catherine G. Page, 2005-02-15 As the role of the physical therapist widens to include more primary care and diagnostic responsibilities there is a greater need for a single up to date resource that explores professional roles and developments in this changing field This new book is the definitive reference on this important topic This concise book provides information on every vital area important to professionalism documentation law and ethics and leadership all in the context of the five roles of the physical therapist as defined by the APTA s Guide to Physical Therapist Practice 2nd Edition Readers will find information on the history of professionalism in physical therapy the five roles of the physical therapist Patient Client Manager Consultant Critical Inquirer Educator and Administrator the role of the physical therapist in today s health care system and professional leadership and development Case studies how to lists and tips from the field encourage critical thinking and provide strategies for various issues The book also offers tips on preparing a portfolio determining leadership style and preparing a professional development plan based on the APTA s five roles Develops and defines principles and concepts of professionalism to guide physical therapists in times of change Follows the APTA s Guide and includes quotes and information from this document throughout Offers a comprehensive history of physical therapy with unique information on origins of the profession Offers comprehensive coverage of legal and ethical issues showing how these issues affect the entire practice of physical therapy Discusses billing and reimbursement practices with specific information on how to document and bill as an aspect of practice Defines and explains the role of the consultant both as an autonomous health care provider or as a member of a health care team Features real life case studies and discussion questions at the end of each chapter to encourage practical application of concepts and test readers knowledge Provides end of chapter tips to help readers develop best practices

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