

Measuring outcomes is a vital component of therapy practice. They are important monitor progress, impact clinical decisions surrounding interventions, and can provide the rehabilitation field an opportunity to describe, compare and determine best case management.

The use of standardized tests and measures at initial assessment establishes the baseline status of the patient/client, providing a means to quantify change in the patient's/client's functioning. There are 4 basic types of measures:

1. Self-report measures, which include questionnaires completed by the client
2. Performance-based measures, which include many standardized tests, where a score is awarded for skill performance
3. Observer-reported measures include questionnaires completed by a caregiver
4. Clinician-reported measures are administered by the therapist, and include I measures such as ROM, Strength, posture, quality of movement, etc.

Standard medical framework for organizing client ability/disability uses the International Classification of Functioning, Disability, and Health (ICF). According to the Centers for Disease Control, the ICFR is a *“is a framework for describing and organising information on functioning and disability. It provides a standard language and a conceptual basis for the definition and measurement of health and disability.”*

(https://www.cdc.gov/nchs/data/icd/icfoverview_finalforwho10sept.pdf).

In the ICF, functioning and disability are multi-dimensional concepts, relating to:

- the body functions and structures of people, and impairments thereof (functioning at the level of the body);
- the activities of people (functioning at the level of the individual) and the activity limitations they experience;
- the participation or involvement of people in all areas of life, and the participation restrictions they experience (functioning of a person as a member of society);and
- the environmental factors which affect these experiences (and whether these factors are facilitators or barriers).

(https://www.cdc.gov/nchs/data/icd/icfoverview_finalforwho10sept.pdf)

The use of industry accepted outcome measures is a professional obligation and supports therapy practice. Outcome measures can assess any of these different areas of the ICF. Client improvements in the function or participation realm may be more meaningful and important for reimbursement.

Standard outcome measures include standardized such as Peabody Developmental Motor Scales, Developmental Test of Visual Perception, and the Therapy Outcome Measure, as well as timed

tasks, and specific task assessment. The following resources will help you understand more about standardized outcome measures in physical therapy.

<https://www.sralab.org/rehabilitation-measures>

<https://www.ptnow.org/tests-measures> (APTA members only)

<https://mh4ot.com/resources/ot-assessment-index/>

Adapted from APTA.org, accessed 4/20/19