

ASSESSMENTS

Importance of Assessments

Assessments are an important part of the therapeutic process. Assessments address a variety of performance skills and patterns. They can be standardized and non-standardized, depending on how they are structured.

Standardized vs. Non-Standardized

Standardized assessments have a fixed administration and scoring protocol. This allows for validity reliability when giving an assessment from patient to patient. Non-standardized assessments allow for the therapist to go off script while still having efficacy of the results.

Possible Assessments

- Timed Up and Go (TUG)
- 2 or 6-Minute Walk Test (6MWT)
- 30 Second Sit to Stand Test (30CTS)
- Amputee Mobility Predictor (AMP)
- Activities-specific Balance Confidence Scale (ABC)
- Berg Balance Scale (BBS)
- Basic Amputee Functional Measure (BAMS)
- Perceived Quality of Life Scale (PQoL Scale)
- WHO-Quality of Life BREF (WHOQOL-BREF)
- Functional Independence Measure (FIM)
- McGill Pain Questionnaire (MPQ)
- Hospital Anxiety and Depression Scale (HADS)
- 9 Hole Peg Test
- Box And Blocks Test

(T. McCullough, personal communication, December 2023; Smurr et al., 2008; Bennet 2016)

Why Are Assessments Used

- To help determine the effectiveness of a treatment intervention
 - To justify services to third-party payors
 - To evaluate patient progress
 - To guide clinical decision-making
 - To educate patient of their deficit(s)
- (Morgan et al., 2022)

References

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