

Interdisciplinary High Level Worksheet

When planning and reviewing a patient's rehabilitation program or prior to discontinuing therapy
on a patient performing at a high level, consider the following:

Have the following areas been assessed and addressed as necessary including patient/caregiver education and return demonstration?	OT Y/N	PT Y/N	ST Y/N	Comments (Tests and Measures ¹)
WC MOBILITY				
Locking/unlocking breaks				
Managing leg rests				
Sitting posture				
Chair fit				
Transfers in/out wheelchair				
Avoid obstacles				
Adequate vision/cognition				
Door thresholds				
Curbs/ramps				
Carpets				
Uneven surfaces				
POWER MOBILITY DEVICE				
Turn on/off				
Reach and manage controls				
Trunk stability (scooter)				
Speed management				
Stop on command				
Maneuver around obstacles				
Safety awareness (hallways intersections)				
GAIT				
Curbs				
Ramps				
Steps				
Carpets				
Uneven surfaces				
Grass				
Ambulation without obstacles/distractions				
Ambulation in complex environment				
Gait velocity				
Ambulatory reserve (fast pace – normal pace ambulation)				
DYNAMIC BALANCE				
Lifting/carrying loads				
Push/pull				
Accelerate/decelerate				
Unilateral stance				
Reaching				
Reaction time				
Fall recovery strategies				
TRANSFERS				
Car/van				
Bus/public transportation				
Floor to stand				
Kneeling/squatting				
Varied height surfaces				
Sofa/couch				
Tub				

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HOMEMAKING				
Food preparation				
Food clean-up				
Vacuuming				
Mopping				
Dusting				
Laundry management				
Appliance use				
ADLs				
Bathing				
Dressing				
Eating				
Toileting				
Grooming				
Equipment Use/Maintenance				
Don/Doff/Care: Prosthesis				
Evening ADLs – getting ready for bed				
Medication management				
Bowel or bladder				
OCCUPATIONAL PERFORMANCE				
Driving				
Work simulation				
Child care				
Pet care				
COGNITIVE PERFORMANCE				
Checking/bill paying				
Memory				
Phone/communication use				
Turn taking				
Mail/email				
Judgment				
Problem solving				
Humor/idioms/slang				
Comprehension of medication schedule				
COMMUNICATION				
Written expression				
Reading comprehension				
Complex conversation				
Fluency				
SWALLOWING				
Swallowing safety with foods and liquids of choice				
Swallowing efficiency				
COMMUNITY ACCESS				
Pre-driving				
Crossing streets				
Public transportation				
Shopping				
Groceries				
Restaurant				
Other activities important to patient				

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SAFETY ISSUES				
Temperature assessment and weather-related decisions/precautions				
Emergency calls				
Awareness of hazards in the home and outdoors				
HOME ASSESSMENT PERFORMANCE				
Mobility performance at home				
Home environment				
Written home exercise program				
Caregiver education				
Equipment needs				
ACTIVITY TOLERANCE				
Signs and symptoms of activity intolerance				
Large fluctuations in performance throughout day				
Self-management of activity tolerance				
PAIN				
Identification				
Assessment, education, interventions				
Education				
Intervention				
Pain meds (coordination with nursing)				
SKIN/WOUND CARE				
Pressure relief				
Self-skin inspection (diabetics)				
Scar management				
Wound care				