



# Rehab Services Playbook – Physicians

## Goal for Physicians

Consulting Physical Therapy (PT) and/or Occupational Therapy (OT) only for patients with skilled needs.

## What Physical Therapists Do

- Diagnose and manage movement dysfunction as it relates to the restoration, maintenance, and promotion of optimal physical function and well-being
- Enable individuals to resume everyday life, whether returning to play, work, or athletic performance
- Develop an evidence-based treatment plan to improve Sofia's ability to move, reduce or manage pain, restore function, and prevent disability

Adapted from: [American Physical Therapy Association Guide to Physical Therapist Practice 4.0.](#)



## What Occupational Therapists Do



- Activities of daily living (such as bathing, dressing, and eating)
- Adaptive equipment (such as shower chairs, or equipment to make daily tasks easier)
- Caregiver and family training
- Planning and making the most of daily routines
- Returning to work, school, and leisure activities
- Techniques to aid in memory, concentration, and executive functioning (e.g., planning and prioritizing, functional cognition)
- Falls prevention and home safety and accessibility

Source: [American Occupational Therapy Association](#).

## Goals of Physical and Occupational Therapists in the Hospital Setting

1. Assess Sofia's functional mobility, safety and safety awareness, and potential for functional improvement

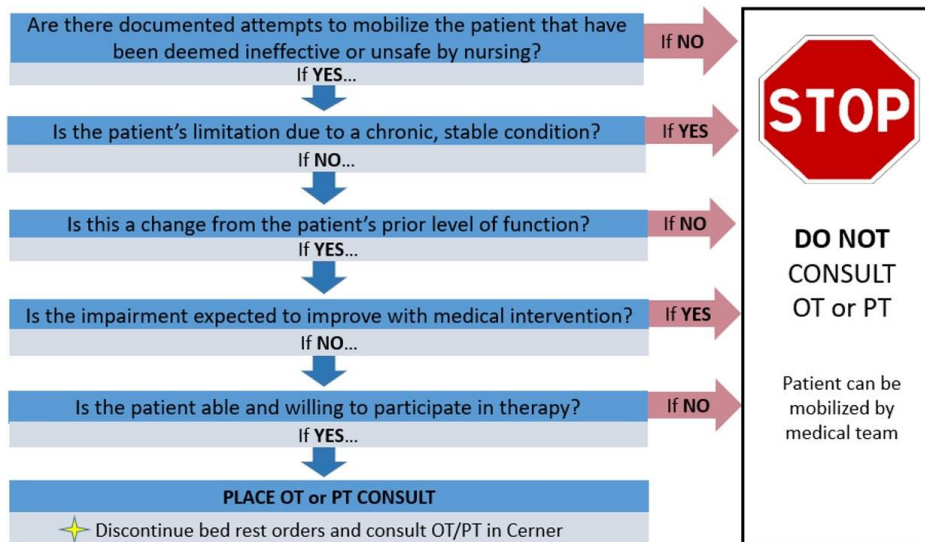
2. Determine whether skilled intervention is needed, currently and upon discharge from acute care
3. Compare current functional status with baseline (pre-admission) level of function. If Sofia is performing at baseline no therapy services may be indicated



## Should I consult OT or PT or both?

- For deficits in overall mobility: consult PT
- For deficits in ADLs, or specifically with an upper extremity: OT
- For deficits in mobility and ADLs: consult OT and PT

OTs and PTs collaborate closely. If only one discipline is consulted and it is evident Sofia will benefit from the other, Therapy will place a consult. If both services are ordered but after examining the patient the other service is not indicated, Therapy will communicate with each other and cancel the second consult.



## Other Considerations



- Please consider Sofia's current BMAT score and pre-admission/baseline level of function. BMAT 4 = independent mobility. Therapy may be unnecessary unless there is a specific need for skilled services
- During MDRs please ask RNs to report Sofia's BMAT score
- OBS- and OPIB-status patients are billed as outpatients and are subject to CMS therapy cap restrictions. Please be intentional when consulting Therapy Services. Patients will have an out-of-pocket copay and will draw down their available outpatient therapy cap days
- When ordering outpatient or Home Health services, no inpatient therapy consult is required

**If you have questions**, please contact **Dan Dziadura**, Director of Rehabilitation Services & Cardiac Rehab at Banner Estrella Medical Center: [daniel.dziadura@bannerhealth.com](mailto:daniel.dziadura@bannerhealth.com).