



# Consulting PT



## *DON'T* CONSULT



- Can walk or use wheelchair independently
- Dependent/bedbound at baseline (>6 months)
- Can't follow commands
- Chronic mobility limitation is unchanged

## *DO* CONSULT



Medically stable AND:

- Decline in functional status within 6 months
- Prolonged immobilization during hospitalization
- Specific discharge need (e.g. for DME)

**Note: A patient DOES NOT need a PT consult for referral to home PT**

## Physical Therapy FAQs

### **What's the difference between physical therapy and occupational therapy?**

In the hospital setting, there is a lot of crossover. OT mainly focuses on ADLs and cognition, while PT focuses on functional mobility (e.g. bed mobility, transfers, ambulation).

### **What's the difference between sub-acute rehabilitation (SAR) and acute rehabilitation(AR)?**

*AR is intense therapy (3 hours/day) and requires the patient to have a qualifying diagnosis, as well as strong social support. SAR is gentler therapy (1-2 hours/day) over a longer stay and has flexible admission requirements.*

### **Does my patient need an inpatient PT evaluation for home PT or outpatient PT?**

*No, home PT can be set up by social work without a formal recommendation from PT. If you feel that a patient is appropriate for outpatient PT, someone from the team can provide a script for outpatient PT upon discharge.*

### **Can PT do ambulatory sats for my patient?**

*Sure, we are happy to perform as part of our session. However, this should not be the only reason for a PT consult as any member of the team can assess.*

### **Can PT perform PROM for my patient?**

*This is not considered skilled PT, any member of the team can perform. PROM/stretching has minimal effect on advanced contractures.*

### **Can PT provide DME for my patient to use while in the hospital?**

*Refer to the unit to see what DME is available on the unit; typically rolling walkers and commodes.*

### **How long after I place a PT consult will you see my patient?**

*Our goal is to acknowledge new consults within 24 hours.*

### **How frequently will PT see my patient?**

*We prioritize based on discharge readiness, discharge recommendation, and PT prognosis.*