





# PT COUNTS Model

# **Objectives**

Upon completion of this session, the learner will:

- 1. Identify the school-based physical therapy interventions associated with positive student outcomes on standardized and individualized measures.
- 2. Describe how the SFA and GAS can be used to monitor progress in school settings.
- 3. Engage in a self-analysis of the value of both services to the student and services on behalf of the student.
- Create solutions to implement successful interventions to achieve student goals in schoolbased practice.

# Participants

### – PTs:

- ■Licensed PTs with ≥ 1 year experience in school-based practice
- Recruited from school districts having at least 2 therapists (did not focus on rural areas and large cities)
- Had to complete ethics training (CITI), SFA, GAS, and S-PTIP training

-Students:
Inclusion criteria:
-Kindergarten - 6 grade, age 5-12 yrs
<ul> <li>Receive Special Education &amp; PT services at least monthly</li> </ul>
Exclusion criteria:
-Progressive disability
-Family plans to move within year
–Major surgery planned
<ul> <li>History of absences &gt; 30% of school days in previous year</li> </ul>

# Students Participating at End of Study n= 302 296 students had complete data

PTs	Particip	ating		
PTs Signed Consent Forms	47 SE 55 177	NW 41	Central 34	
PTs Recruited Students	28 SE 36 126	NW 31	Central 31	
Participating at Study End	22 SE 28 111	NW 31	Central 30	

Participants:	PTs	
Attributes	Participating PTs (n=111)	
Female Gender, n (%)	106 (95.5%)	
Age in years, Mean (SD)	46.1 (9.09)	
White Race, n (%)	107 (96.5%)	
Hispanic/Latino Ethnicity, n (%)	2 (1.9%)	
Degrees, n (%)	Certification: 2 (1.8%) BS: 60 (54.1%) MPT: 35 (31.5%) DPT: 14 (12.6%)	
Time worked, n (%)	75 (67.6%) FT; 36 (32.4%) PT	
Average # students/year, Mean (SD)	36.1 (12.6%) (includes 32% working part-time)	
APTA member, n (%)	57 (52.3%)	
PCS, n (%)	9 (8.1%) yes; 8 (7.2%) in process	



Participants: Students (5-12 years-old)		
Parent-reported data	Students (n=302)	
Female Gender, n (%)	131 (43.5%)	
Age, Mean (SD)	7.3 (2.01)	
White, n (%)	218 (72.2%)	
Hispanic/Latino Ethnicity, n (%)	51 (17.3%)	
Receive additional therapy outside school, n (%)	97 (32.4%)	
Receive school-based OT, n (%)	262 (86.8%)	
Receive school-based SLP, n (%)	240 (79.5%)	
Receive school-based Adapted PE, n (%)	124 (41.1%)	





Diagnosis Categories	# (%) n=302
Cerebral palsy	102 (34.6%)
Down syndrome	48 (16.3%)
Other genetic syndromes	41 (13.9%)
Global developmental delay	31 (10.5%)
Autism/PDD	22 (7.5%)
Learning disability/ ADHD/SLD/DCD	16 (5.4%)
Developmental delay due to medical issues	15 (5.1%)
Myelomeningocele	8 (2.7%)
Visual &/or hearing impairment	6 (2.0%)
Traumatic brain injury	5 (1.7%)
Limb deficiency	1 (0.3%)

	School Physical Therapy Interventions for Pediatrics (S-PTIP)
•	S-PTIP Form and Manual further developed by research team from their previous research Posted at :
	<ul> <li>- http://www.mc.uky.edu/healthsciences/gra nts/ptcounts</li> </ul>
•	<ul> <li>S-PTIP Reliability</li> <li>Effgen S, McCoy S, Jeffries L, Chiarello L, Smarr J, Bush H, Smith T. (2014). Reliability of the School-Physical Therapy Interventions for Pediatrics Data System. <i>Pediatric Physical Therapy</i>, 26(1), 118-119.</li> </ul>

Students' Functional Class	sification
	Total (n=302) n (%)
Gross Motor Function Classification System	
I	117 (38.7%)
11/111	119 (39.4%)
IV/V	66 (21.9%)
Manual Abilities Classification System	
I	53 (17.6%)
11/111	179 (59.5%)
IV/V	69 (22.9%)
Communication Function Classification System	
l	48 (15.9%)
11/111	125 (41.5%)
IV/V	128 (42.5%)



Type of Activity	Type of Activity: Enter the duration of each activity in 5-minute Increments. Pre-Functional minutes Sitting minutes Standing minutes
Time spent on activities with child:	Transfersminutes Transfers Clessroom Activityminutes
<ul> <li>Based on primary intent of intervention</li> </ul>	Classroom Mobility minutes School Mobility minutes
Split time between activities if multiple intents	School Mobilityminutes Outdoors Community Mobility minutes
<ul> <li>Estimated duration in ~5 minute increments</li> </ul>	PE Asikityminutes
Highest activities were: PE/Recreation, Mobility, and     Dec. functional	Communication minutes Recreation minutes
TOTAL time spent with the student: Average = 26.8	Other Activity minutes
minutes/week	ninutea











# How could this method of documentation help you?

## Discussion:

- Research
- Clinical
- Teaching
- Administration



Used several subsections



# SFA Outcome Results

- Raw scores converted into criterion scores
- Standard error of measurement (SEM) varies by subscale but generally around 5 points (range 2-15)





Data results: SFA Outcomes			
Physical Tasks	SFA Criterion Score Below -5 n	SFA Criterion Score -5 to 5 n	SFA Criterion Score Above 5 n
Travel	11 (4%)	157 (53%)	127 (43%)
Maintaining & Changing Positions	9 (3%)	151 (51%)	134 (46%)
Recreational Movement	14 (5%)	155 (53%)	123 (42%)
Manipulation with Movement	9 (3%)	155 (53%)	127 (44%)
Eating & Drinking	18 (6%)	161 (55%)	114 (39%)
Hygiene	23 (8%)	160 (55%)	109 (37%)
Clothing Management	11 (4%)	172 (59%)	111 (38%)



Data results: SFA Outcomes			
Physical Tasks	SFA Criterion Score Below -5 n	SFA Criterion Score -5 to 5 n	SFA Criterion Score Above 5 n
Participation	9 (3%)	134 (46%)	148 (51%)
Task Supports: Assistance	24 (8%)	149 (51%)	117 (40%)
Task Supports: Adaptation	5 (2%)	155 (53%)	135 (46%)

=	However: Start of year: Travel raw score=43 End of year: Travel raw score=47
•	4 point improvement
	<ul> <li>Moves around room freely with no or infrequent bumping into obstacles or people</li> <li>Start year: Partial performance (2 pts)</li> <li>End year: Consistent performance (4 pts)</li> </ul>
	<ul> <li>Enters room and takes seat/place without bumping into obstacles or people</li> <li>Start year: Partial performance (2 pts)</li> <li>End year: Consistent performance (4 pts)</li> </ul>

■ Example:
– At beginning of year
Travel raw score=43; criteria score=52 SEM=2
■CI 52+/- (1.96 x 2 = 3.92)
■ 95% CI for student's score = 48.08 - 55.92
– At end of year
Travel raw score=47; criteria score=55 SEM=2
■CI 55 +/- (1.96 x 2 = 3.92)
■ 95% CI for student's score = 51.08 - 58.92
Was there improvement?

SFA Outcomes: GMFCS				
Physical Tasks	GMFCS Level I	GMFCS Levels	GMFCS Levels IV/V	Level of Significance
Travel				Not significant
Maintaining & Changing Positions			Less Change	p <u>&lt; 0</u> .0001
Recreational Movement	Most Change	Middle	Least Change	p <u>&lt; </u> 0.0001
Manipulation with Movement			Less Change	p <u>&lt; 0</u> .0001
Eating & Drinking			Less Change	p <u>&lt; 0</u> .0001
Hygiene			Less Change	p <u>&lt; 0</u> .0001
Clothing Management			Less Change	p <u>&lt; </u> 0.02

SFA Outcomes: GMFCS				
Physical Tasks	GMFCS Level I	GMFCS Levels 11/111	GMFCS Levels IV/V	Level of Significance
Participation			Less Change	p <u>&lt; 0</u> .0025
Task Supports: Assistance	Most Change	Middle	Least Change	p <u>&lt; 0</u> .0001
Task Supports: Adaptation	Most Change	Middle	Least Change	p <u>&lt;_</u> 0.0001













# Collaboration in Determining Goal Attainment

- Collaborated with IEP team for:
  - 78% of primary goals
  - -81% of posture & mobility goals
  - -71% of recreation goals
  - -94% of self-care goals
  - -89% of academic goals



### progress





# Classification of Primary Goals

- Posture / Mobility 58%
- Recreation 33%
- Self-care 5%
- Academics 4%



- Posture / Mobility: With verbal cues student maneuvers her manual wheelchair to 3 different locations within the classroom 3/5 observed opportunities.
- Recreation: Student climbs the steps to the playground structures and slide down with verbal prompts and close supervision.
- Self-care: With contact guard, student pushes pants down for 2 consecutive toileting routines.
- Academics: Student follows 2 step signed directions, 7 out of 10 opportunities with only 1 cue over 10 opportunities.



	Data results: GAS Outcomes					
Goal	Area	No Change or Regressed n goals	GAS -1 Score Improved n goals	GAS O Score Achieved Goal n goals	GAS + 1 or +2 Score Exceeded Goal n goals	Achieved Goal (0/+1/+2) n goals
Primai <i>(PT se</i> 296 go	ry Goal <i>lected)</i> oals	<b>21</b> (7%) 1 regressed	51 (17%)	105 (36%)	119 (40%)	224 (76%)



GAS Outcomes					
Goal Area	No Change or Regressed n goals	GAS -1 Score <i>Improved</i> <i>n</i> goals	GAS O Score <i>Achieved</i> <i>Goal</i> <i>n</i> goals	GAS + 1 or +2 Score Exceeded Goal n goals	Achieved Goal (0/+1/+2) n goals
Posture Mobility 205 goals	<b>18 (9%)</b> 2 regressed	41 (20%)	62(30%)	84(41%)	146 (71%)
Recreation 161 goals	11 (7%)	28 (17%)	59(37%)	63(39%)	122 (76%)
Self-Care 50 goals	1 (2%)	11 (22%)	18(36%)	20(40%)	38 (76%)
Academics 82 goals	<b>19 (23%)</b> 1 regressed	22 (27%)	19(23%)	22(27%)	41 (50%)













# What therapists told us about the tools

- 92% would use the SFA again, 72% the GAS, and 48% the S-PTIP
- GAS training improved goal writing
- 61% reported use of SFA promoted team collaboration a moderate to a great extent
- S-PTP promoted accountability and helped therapist consider a range of interventions both with and on behalf of the student
- Student assessment and documentation takes time and is challenging

# **Group Discussion**

Intervention planning starts with a good outcomes assessment

- How can we improve outcomes assessment process?
- What will be needed to make changes?

# Association of Student Outcomes with PT Services

### Services

- Amount: total minutes of service
- Activity types: minutes with student in various activities
- Frequency & rate of various interventions
- Service approaches: *i.e. individual / group,* within or separate from a school activity, services on behalf of the student
- Student engagement during PT sessions

# Our Thoughts Promote collaboration in outcomes assessment and monitoring Consider developing goals that reflect student's priorities in context of important school routines / activities integrated across domains

 Document and chart outcomes (goals, SFA items) for student evaluation, selfevaluation, and program evaluation

# Individualized Outcomes: Goal Attainment Scaling (GAS)

- Logistic regression: Two groups
   Those who scored -3, -2, -1, 0
  - Those who scored +1, +2
- Variables in model selected based on differences in services between the two groups
- Accounted for GMFCS level and age
- Slides for Primary and Posture / Mobility Goal Attainment Associations with Services and summary comparisons / take home messages are not in your handout



# GAS: Association of Services to Primary Goal Attainment

### Final model included:

- Self-care activity minutes
- Total counts of balance, motor learning, and functional strength interventions
- Total counts of mobility training interventions related to halls, doors, stairs, and playground access
- Total counts of cognitive / behavioral training interventions
- Provision of group therapy
- Minutes of services on behalf of the student
- (consultation/collaboration and documentation)

# GAS: Association of Services to Primary Goal Attainment

- No service variables in the model were significantly (p<0.05) associated with exceeding goal attainment
- Minutes of services on behalf of students, p<0.09</li>
  - An increase in 100 minutes of services on behalf of the student (5 minutes per week) increases the odds of exceeding goal attainment by 16%

# GAS: Association of Services to Posture / Mobility Goals

- Less use of cognitive / behavioral training interventions was associated with exceeding goal expectations (p<0.05)</li>
  - Every increase in 1 cognitive / behavioral intervention decreases the odds of exceeding goal expectations by 10%

# GAS: Association of Services to Posture / Mobility Goals

- Final model included:
  - Self-care activity minutes
  - Total counts of mobility training interventions related to halls, doors, stairs, and playground access
  - Total counts of cognitive / behavioral training interventions
  - Provision of group therapy
  - Minutes of services on behalf of the student (consultation/collaboration and documentation)

# GAS: Association of Services to Recreation Goals

- Final model included: (model refined from handout)
   Total counts of cognitive / behavioral training interventions
  - Total counts of functional strength and mobility for playground access interventions
  - Provision of group therapy
  - Minutes of services on behalf of the student (consultation/collaboration and documentation)

# GAS: Association of Services to Posture / Mobility Goals

- Greater use of the following interventions was associated with exceeding goal expectations (p<0.05):</li>
  - Self care activity minutes
    - An increase in 100 self-care activity minutes (5 minutes per week) increases the odds of exceeding goal expectations by 380%
  - Minutes of services on behalf of student
    - An increase in 100 minutes of services on behalf of the student (5 minutes per week) increases the odds of exceeding goal expectations by 24%

# GAS: Association of Services to Recreation Goals

- Greater use of functional strength and mobility for playground access interventions was associated with exceeding goal expectations (p<0.05)</li>
- Every increase in any one of functional strength and mobility for playground access interventions increases the odds of exceeding goal expectations by 5.6%



- Self-care: Those who exceeded goal expectation
  - Higher average # of neuromuscular interventions (p<0.04)</li>
  - Less PT service time with no other students (p<0.05)</li>
  - Less documentation time (p<0.02)</li>
- Academic: Those who exceeded goal expectation
  - Higher average # of mobility interventions
  - <u>(p<0.03)</u>

# **SFA - Participation**

### Participation Score changes for a standardized 1 point increase in:

Change in Standardized Participation Score	Grouped activity or interventions	P value
<b>↑</b> 0.23	Average # of Mobility interventions	0.0002

Association of Services to GAS Outcomes Summary: Your thoughts on the results?			
Exceeded primary goal expectations when provided	Exceeded posture / mobility goal expectations when provided	Exceeded recreation goal expectations when provided	
·	More self-care activity minutes	Greater use of functional strength and mobility for playground access interventions	
	More minutes of services on behalf of student		
	Less use of cognitive / behavioral training interventions		

# SFA Mobility Composite

### Mobility Composite Score changes for a standardized 1 point increase in:

Change in Standardized Mobility Score	Grouped activity or interventions	P value
<b>V</b> 0.16	Total minutes of PE/Rec activity	0.02
♥ 0.16	Average # of Positioning interventions	0.02
<b>↑</b> 0.15	Average # of Mob Assistive interventions	0.03
<b>↑</b> 0.19	Total counts motor learning interventions	0.002
<b>↑</b> 0.16	Total counts aerobic/conditioning interventions	0.004
<b>↑</b> 0.12	Average student engagement rating	0.04

# Standardized Outcome: School Function Assessment (SFA)

### Criterion scores:

- Participation
- Mobility composite: travel, maintaining & changing positions, manipulation with movement
- Recreational movement
- Self-care composite: hygiene, eating, dressing
- Stepwise multiple regression
- Variables selected based on differences in services between students who improved and those who did not improve
- Adjusted for GMFCS, age, and pre-score

### **SFA Recreation**

### Recreational Movement Score changes for a standardized 1 point increase in:

Change in Standardized Recreation Score	Grouped activity or interventions	P value
♥ 0.19	Average # of Orthoses interventions	0.0005
♥ 0.13	Average # of Equipment interventions	0.02
<b>↑</b> 0.10	Total counts Sensory processing interventions	<0.05
<b>↑</b> 0.10	Total counts Playground access interventions	0.04
<b>↑</b> 0.21	Average student Engagement rating	<0.000

SFA – Activities of Daily Living Composite			
ADL Composite Score changes for a standardized 1 point increase in:			
Change in Standardized ADL Score	Grouped activity or interventions	P value	
<b>↑</b> 0.19	Average # of Mobility interventions	0.002	
<b>↑</b> 0.16	Total counts Motor learning interventions	0.005	
		+	

Servic Indivi	Services Associated with Similar Individualized & Standardized Outcomes			
Area	GAS	SFA		
Mobility	More self-care activity minutes More minutes of services on behalf of student Less use of cognitive / behavioral training interventions	More mobility assistive interventions More motor learning interventions More aerobic conditioning interventions		
Recreation	<u>More</u> functional strength and <u>mobility for</u> <u>playground access</u> <u>intervention</u>	More sensory processing interventions <u>More mobility for</u> playground access interventions		

### Association of Services to SFA Outcomes Summary: Your thoughts on the results?

Better school participation outcome with more	Better mobility outcome with more	Better Recreation outcome with more	Better ADL outcome with more
Mobility interventions	Mobility assistance interventions	Mobility for playground access interventions	Mobility interventions
	Motor learning interventions		Motor learning interventions
	Aerobic conditioning interventions	Sensory processing	
	Engagement of student during therapy session	Engagement of student during therapy session	





How might we change practice?	What will be needed to make changes?
Activities	<ul> <li>Barriers</li> </ul>
<ul> <li>More active practice</li> <li>Consider engaging others</li> <li>Task specific activity</li> <li>Engaging the students</li> <li>Interventions</li> </ul>	<ul> <li>Time for service on behalf</li> <li>Being allowed to be in classrooms/school activities</li> </ul>
<ul> <li>Motor learning</li> <li>Mobility training, functional strength</li> <li>Sensory processing</li> <li>Aerobic exercise</li> <li>Access to environment</li> <li>Service type</li> <li>Service on behalf</li> </ul>	<ul> <li>Solutions         <ul> <li>Getting administration to value service on behalf</li> <li>Education &amp; partnership with classroom teachers/staff</li> </ul> </li> </ul>

# PT COUNTS

- Engaged PTs across nation in study of school-based practice
- Importance of goal-setting process
- Systematic data collection of student outcomes and services
- Students achieve and sometimes exceed goals and improve on the SFA
- Evidence for mobility interventions
- Overall few interventions associated with outcomes
- Outcomes are complex





McDougal J, King G. (2007). Goal attainment scaling: Description, utility, and applications in pediatric therapy services, 2<sup>nd</sup> ed. Thames Valley Children's Centre.McDougal J, Wright V. The ICF-CY and Goal Attainment Scaling: benefits of their combined use for pediatric practice. *Disability & Rehabilitation*. 2009;31(16):1362-1372. Steenbeek D, Gorter JW, Ketelaar M, Galama K, Lindeman E. Responsiveness of Goal Attainment Scaling in comparison to two standardized measures in outcome evaluation of children with cerebral palsy. *Clin Rehabil*. 2011;25: 1128-1139.
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