Cardiopulmonary Physical Therapy: Evidence Based Article

AM-Pac “6 Clicks” Functional Assessment Scores Predict Acute Care Hospital Discharge Destination

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PICO Question

• Would adding other discharge destination planning assessments to the “6 Clicks” criteria improve the accuracy of acute care patient placement following a stay in an acute care hospital as compared to the “6 Clicks” criteria alone?

Activity Measure for Post-Acute Care (AM-PAC) “6 Clicks” Assessment

• Assessment for discharge placement of patients after acute-care stay
• 3 functional domains:
  – Basic Mobility
  – Daily Activities
  – Applied Cognition
  • Not used in the “6 Clicks” assessment
• Provides PTs with quick, easy measure to help with discharge planning upon initial evaluation

Cognitive Functioning in the Acute Phase Poststroke: A Predictor of Discharge Destination

• Examined cognition element in discharge planning
• Cognitive Screening Test (CST) correlates well with patient’s ability to perform ADLs
• “6 Clicks” + CST would be give valid and reliable information, covering all functional domains, to plan for discharge upon initial evaluation

Descriptive Data Analysis Examining How Standardized Assessments Are Used to Guide Post-Acute Discharge Recommendations for Rehabilitation Services After Stroke

• Review of 2,738 records admitted to acute care hospital after stroke
• 4 discharge categories
  – IRF
  – SNF
  – Home with services
  – Home without services
• Correlation between scores on outcome measures and discharge placement
• Supports idea that standardized assessment can help guide discharge

Predicting discharge outcomes after total knee replacement using the Risk Assessment and Predictor Tool

• Questionnaire administered preoperatively
  – Includes age, gender, ambulatory status, use of walking aids, community support, living with a caregiver, whether the pt wants to be d/c home
    • Walking aids, caregiver, preferred d/c destination
• Assists the patient’s understanding of potential d/c, caregiver responsibilities, and coordination of HCPs
Conclusion

- “6 Clicks” assessment is a useful predictive measure for destination of acute care patients after d/c
- The aforementioned assessments reveal fair-good evidence
- There is moderately conclusive evidence that using another, more specific, assessment based on the patient’s diagnosis along with the “6 Clicks” can provide a more accurate d/c destination planning in patients in an acute care setting

References