PICO Question

Does the Physical Function Intensive Care Test (PFIT-s) show accurate predictive values for patients in an Intensive Care Unit to be discharged to long term care facilities or rehabilitation facilities when compared to the Functional Status Score of the ICU (FSS-ICU)?

Current Research

• 26 Measurement Tools

• 2 Specific to ICU
  – Physical Function Intensive Care Test (PFIT-s)
  – Functional Status Score for the ICU (FSS-ICU)

PFIT-s

• Purpose: Predictive of Function
  – Individual unable to perform submaximal exercise tests

• 4 Areas of Assessment
  – Assistance needed for Sit-to-Stand Transfers
  – Shoulder Flexion Strength
  – Knee Flexion Strength
  – Marching in Place

FSS-ICU

• Purpose: Functional Capacity of Patients

• 5 Functional Tasks
  – Rolling
  – Supine-to-Sit Transfers
  – Unsupported Sitting
  – Sit-to-Stand Transfers
  – Ambulation

The Physical Function Intensive Care Test: Implementation in Survivors of Critical Illness

• Level 4 Evidence ~ Observational Cohort Study

• Functional Tests
  – PFIT
  – Medical Research Council (MRC) sum score
  – Grip strength
The Physical Function Intensive Care Test: Implementation in Survivors of Critical Illness

- Feasible and valid measure
- Limitations
  - Not appropriate for all patients
  - Floor effect
- Clinical implementation
  - Direct physical therapy intervention
  - Examination strategy

Functional Outcomes in ICU: What Should We Be Using?

- Level 4 Evidence ~ Observational Cohort Study
- Functional Tests
  - PFIT-s
  - FSS-ICU
  - Short Physical Performance Battery (SPPB)
  - ICU Mobility Scale (IMS)

A Physical Function Test for Use in the Intensive Care Unit: Validity, Responsiveness, and Predictive Utility of the Physical Function ICU Test

- Level 1B Evidence ~ Randomized Control Trial
- PFIT-s:
  - Admission and Discharge
- Functional Outcome Measures:
  - Timed Up & Go (TUG)
  - Six Minute Walk Test (6-MWT)

The Clinical Utility of the Functional Status Score for the Intensive Care Unit (FSS-ICU) at a Long-Term Acute Care Hospital: A Prospective Cohort Study

- Level 4 evidence-Cohort Study
- PFIT
  - Floor and ceiling effect in LTACH
- FSS-ICU
  - Originally for acute care hospitals-ICU patients
  - Outcome measure for functional abilities
  - Administered at admission and discharge
The Clinical Utility of the Functional Status Score for the Intensive Care Unit (FSS-ICU) at a Long-Term Acute Care Hospital: A Prospective Cohort Study

- Clinical Implementation
  - Efficient
  - Routine assessment
- Results
  - Significant improvement in FSS-ICU scores
  - Various discharge settings

Conclusion
- PFIT-s & FSS-ICU are Clinically Relevant
- Predictive Value of Discharge Setting
- Future Research
  - Standardization of the FSS-ICU
  - Patient Status for Implementation

References