

Weight Management Programs – Physical Therapy Involvement - Summary October 2019

Hospital	PT Involvement	Insurance/Diagnoses/Reimbursement
ORG A	<p>Yes. Participates with multidisciplinary clinic completing screens for pain, poor posture – especially foot, completes endurance assessment. Set goals for patient to improve posture and discuss increase exercises/activity. Follow up yearly, pending no acute concerns of pain/functional mobility. Team screens pt’s q3 months at each visit and sends to PT if requires follow up sooner.</p> <p>Typically. That aligns with the clinic visits with the rest of the team. However, we have identified patients with specific needs and followed them directly. For example that might be a patient with more significant knee or foot posture/gait issues. In our experience, this is less frequent then the consultative role.</p> <p>In addition, we have worked to connect patients with therapy or recreation closer to their homes. Geographically, many patients travel a distance for their clinic visits and participating in ongoing services at our location can be prohibitive.</p>	<p>Yes- treating decreased endurance. Poor posture sometimes. No challenges as far as I know; insurance cleared prior to visit.</p>
ORG B	<p>My name is XXX and I am the Physical Therapist that is involved with our Teen’s Working on Wellness program here at ORG B. The program is a comprehensive multidisciplinary weight management program for children 12-18 with a BMI greater than the 95%ile through our Adolescent Medicine department. The program is very patient/family driven and we expect a high level of patient motivation/involvement at home. The patient for their initial appointment is scheduled with MD, RD, PT and our mental health intern who does some motivational interviewing.</p> <p>My specific involvement in the clinic is, on the patients first visit, I do a comprehensive PT eval which includes administration of a 6 minute walk test to assess their Cardiopulmonary response and the Balance, Strength, and Coordination sections of the Bruininks Osteretsky Test of Motor Proficiency in order to establish a baseline of developmental skills. I also inquire about pain at baseline and with exercise; fatigue levels, and current activity the pt may be</p>	

	<p>involved in. Utilizing this information if I feel the patient would benefit from direct skilled physical therapy intervention (typically if there is pain with exercise or fatigue that is affecting everyday life) I will recommend follow up appointments at an appropriate frequency. If not I provide the patient with recommendations to engage in cardio based exercise 3-5days a week (pt specific) for 30-45 minutes as well as a list of UE, LE and core strengthening exercises to be completed at home. We go through all the activities together so I can ensure good form before sending them home.</p> <p>In terms of scheduling, the patient is scheduled initially through the adolescent medicine department with the MD and weekly prior to clinic I go in and place Eval and Treat orders for the MD to co-sign with the diagnoses of Physical Deconditioning as primary diagnosis and secondary is pediatric obesity with corresponding BMI as indicated in the pt's chart. If I do recommend services we usually add in any corresponding pain or gait abnormality diagnoses, again as observed during the evaluation.</p>	
ORG C	<p>Our physical therapists used to be involved in the weight management clinic before I was over this team. They no longer are part of this clinic. My understanding is that they</p> <ol style="list-style-type: none"> <li>1. Did have insurance issues</li> <li>2. Had a poor attendance rate</li> <li>3. It was deemed cheaper for exercise physiologist to see patients vs PTs</li> </ol> <p>I believe the clinic made the decision to go with an exercise physiologist instead of a physical therapist</p>	
ORG D	<p>Years ago PT was involved in a weight management clinic giving exercise and wellness suggestions. That clinic is no longer around. Now there is an Adolescent Wellness Program through Adolescent Medicine that includes an ATC for fitness/wellness recommendations. PT is not involved.</p> <p>Many of the kids in Nephrology's Hypertension Clinic have weight issues and PT is involved in evaluating strength, endurance, coordination and making recommendations.</p>	<p>PT for those patients in Hypertension Clinic is billed. No known reimbursement issues.</p>

