

## CARE Tool Assist Levels

**Independent (06)** : Completed independently without a helper

**Setup/Cleanup (05)** : Help to setup or cleanup before or after activity, but no help during the activity

**SPV/Touching (04)** : Verbal cues, and/or touching/steadying. May have this level of assistance throughout activity or intermittently.

**Moderate Assist (03)** : Helper does <50% of the effort

**Max Assist (02)** : Helper does >50% of the effort

**Dependent (01)** : Helper does all of the effort. Client does none of the effort OR task requires two helpers.

**Patient Refused (07)**

**Not Applicable (09)** : Not attempted AND the patient did not perform this activity prior to the illness or injury.

**Not attempted d/t Environment (10)** : lack of equipment, space, weather constraints

**Not attempted d/t Safety (88)** : Pt unable to complete the task safely before intervention

## Precautions

### Spinal

NO bending past 90 degrees

NO twisting the spine

NO lifting more than 5-10 pounds

### Hip (Anterior)

NO extension of surgical hip (stepping backwards)

NO crossing legs

NO twisting hips or ankles

### Hip (Posterior)

NO flexion of surgical hip past 90 degrees

NO crossing legs

NO twisting hips or ankles

### Sternal

NO lifting, pushing, pulling >5-10 pounds

NO reaching behind back or >90 degrees shoulder flexion

### Weight-Bearing

**FWB**- pt allowed to put full body weight on surgical leg

**WBAT**- pt allowed to bear weight as tolerated

**PWB**- pt allowed to put certain % body weight on surgical leg

**TTWB/TDWB**- pt allowed to place toe on ground but bear

less weight than would squish a grape

**NWB**- pt not to place surgical foot on the ground

## Rancho Los Amigos Scale

**Level I**- No response

**Level II**- Generalized response

**Level III**- Localized response

**Level IV**- Confused, agitated response

**Level V**- Confused, inappropriate, non-agitated response

**Level VI**- Confused, appropriate response

**Level VII**- Automatic, appropriate response

**Level VIII**- Purposeful, appropriate response

## SCI Functional Levels

**C1-3**- talking, chewing, sipping, blowing

**C4**- shoulder shrug, respiration

**C5**- head & neck control, elbow flexion

**C6**- wrist extension (tenodesis grasp)

**C7**- elbow extension, wrist flexion,

finger extension

**C8-T1**- full upper extremity use

**T2-T8**- increased trunk control & respiration

**T9-T12**- increased abdominal function and endurance

**L2-L4**- Hip flexion & abduction, knee flexion

**L4-L5**- strong hip and knee flexion

**S1-S5**- varying degrees of bladder, bowel, and sexual function

## Range of Motion Prompts

### Shoulder

**Flexion**- bring arms straight in front of you as high as they can go

**Abduction**- bring arms out to the side as high as they can go

**Internal Rotation**- touch the small of your back

**External Rotation**- touch the back of your head

### Elbow

**Flexion/Extension**- bend and straighten elbows

### Forearm

**Pronation/Supination**- flip hands like pancakes

### Wrist

**Flexion/Extension**- rev the motorcycle

### Fingers

**Flexion/Extension**- make a fist then straighten your fingers

## Manual Muscle Test Grading

**0**- no visible or palpable contraction

**1**- no joint motion, but visible or palpable contraction

**2**- partial ROM against gravity

**3**- full ROM against gravity

**4**- full ROM against gravity, able to tolerate mod resistance

**5**- full ROM against gravity, able to tolerate full resistance

## Goal Writing

### COAST Method

**C**- Client

**O**- Occupation

**A**- Assist Level

**S**- Specific Condition

**T**- Time Frame

### SMART Method

**S**- Specific/Significant

**M**- Measurable/Meaningful

**A**- Achievable/Action-Oriented

**R**- Realistic/Relevant

**T**- Timely/Trackable

## Vital Sign Norms

**HR**- 60-100 beats/min

**BP**- <120/<80 mmHg

**RR**- 12-20 breaths/min

**O2 Sat**- 95-100%

# Reference Guide For Occupational Therapy Assistant

**Ian Pickup**



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