

## 8 reassessment strategies

### Purpose of reassessment

- Demonstrating that therapy has been effective.
- Making the case that your patient would benefit from additional therapy.
- Specifying the new or modified goals.

### Possible outline for reassessment note

- Current Level of Function
- Objective Tests and Measures Performed and Compared to Previous.
- Progress Towards Goals and Modification of Goals.
- Rationale for Continued Therapy and Assessment of Effectiveness of Therapy.

### 8 strategies to make reassessments easier

1. Plan ahead!
  - a. Specify reassessment visit in EMR when input orders.
  - b. Flip ahead in schedule and make a note.
  - c. Each session or each week, take a peek at how many visits you have left.
2. Organize your materials.
  - a. During your weekly planning session, jot a reminder note of materials to bring.
  - b. Put copies of test materials or questionnaires in your patient's folder.
  - c. Carry a couple of extra copies of commonly used assessment tools, just in case.
3. Copy and paste short term goals from visit to visit, updating with data and the skill you provide during each session.
4. Mark short-term goals "MET" in the session prior to the reassessment visit.
5. Start the reassessment early, and document in the format you use for the reassessment visit.
6. Begin writing up the narrative early. Include observations from patient and family.
7. Score assessments during the session.
8. Work on the visit note in small chunks during the visit.

## During the reassessment visit

- Finish any testing and score it.
- Discuss with patient and family the test results and plan for moving forward.
- Call doctor and document the call.
- Complete any paperwork for insurance.

Also during the reassessment visit, try to copy and paste previous work in small chunks of time. You may not finish during the session, but every piece done is one less piece you'll have to do later.

- Current Level of Function.
  - I copy the information from the previous note and update it.
- Objective Tests and Measures Performed and Compared to Previous.
  - I copy the test results from the previous notes and update it.
  - Each set of data includes the date it was collected.
- Progress Towards Goals and Modification of Goals.
  - I copy the short term goals from the previous note and update them, writing new goals as needed.
  - Ideally most of the goals were marked "MET" in the previous session.
- Rationale for Continued Therapy and Assessment of Effectiveness of Therapy.
  - I write a quick summary of how my patient has improved as a result of therapy, and how their deficits are still affecting safety, participation, independence, and/or caregiver burden.
  - I include a statement to make clear that without continued therapy, my patient is likely to have XYZ problems but with continued therapy, my patient is likely to improve in meaningful ways.

See the blog post for links to freely-available assessment tools and for more details!

<https://eatspeakthink.com/8-strategies-easier-reassessments>