Olivia's Place Pediatric Therapy Center

儿童物理治疗评估计划

PLANNING THE PEDIATRIC PHYSICAL THERAPIST EXAMINATION

儿童姓名Child's Name: 日期Date:

诊断 Diagnosis: 年龄Age:

评估内容 Examination Component	计划 Plan
该年龄段正常发育儿童可以做到么？ **What is a typically developing child able to do at this age?**	
基于该医学诊断，通常会有哪些运动及其他方面的问题会出现？ **Given the child's medical diagnosis, what motor and other problems might be expected?**	
基于你对医学诊断和该儿童的病史的了解，对于其运动功能和状态你的初步印象是？ **Given what you know about the medical diagnosis and the patient's history, what are your initial impressions concerning this child's status and function?**	

Kenyon LK. (2013) The Hypothesis-Oriented Pediatric Focused Algorithm: A Framework for Clinical Reasoning in Pediatric Physical Therapist Practice. Journalism of the American Physical Therapy Association 93.3: 413-20.

Olivia's Place Pediatric Therapy Center

基于该医学诊断，你会对儿童家庭提出哪些具体问题？ **Given the child's medical diagnosis, what specific questions do you have for the family?**	
家庭的关注点和目标： （形成一个问题说明：即为什么这个家庭或儿童要寻求物理治疗？） **Family's goals and concerns** **(Create a problem statement: Why is this family or this child seeking physical therapy services?)**	这个家庭／孩子通过物理治疗是蔚蓝能够达到： This family/child is seeking physical therapy in order to be able to.....
假定目标 （长期目标和短期目标） **Hypothesize goals** **(STGs and LTG5)**	

Kenyon LK. (2013) The Hypothesis-Oriented Pediatric Focused Algorithm: A Framework for Clinical Reasoning in Pediatric Physical Therapist Practice. Journalism of the American Physical Therapy Association 93.3: 413-20.
Email:training@lih-oliviasplace.com   Website:www.oliviasplace.org

Olivia's Place Pediatric Therapy Center

基于你对该儿童的初步印象（包括年龄、诊断和预期的功能水平）和假设的目标，制定一套针对以下内容的评估方案：

Based on your initial impressions of this child (including the child's age, diagnosis, and anticipated level of function) and the hypothesized goals; create a plan to address the following examination components as indicated:

系统评估和筛查 **Systems review and screening**	
标准化评估工具和拟使用的疗效评估方法 **Standardized test(s) and outcome measures to be used** **(Consider the problem statement and all domains of the ICF)**	
除标准化运动评估工具之外，针对特定的功能性技能进行观察 （需要的话进行步态观察） **Specific functional skills to be observed in addition to any standardized motor testing (Including gait if appropriate**	
骨骼系统对线／关节活动度 **Skeletal alignment/ROM**	

Kenyon LK. (2013) The Hypothesis-Oriented Pediatric Focused Algorithm: A Framework for Clinical Reasoning in Pediatric Physical Therapist Practice. Journalism of the American Physical Therapy Association 93.3: 413-20.
Email:training@lih-oliviasplace.com   Website:www.oliviasplace.org

Olivia's Place Pediatric Therapy Center

平衡／姿势控制 《包括自动反应、前馈控制和自主控制》 **Balance/postural control(lncluding automatic responses, anticipatory postural control, and voluntary postural control)**	
肌力 **Muscle strength**	
运动质量 **Quality of movement**	

Kenyon LK. (2013) The Hypothesis-Oriented Pediatric Focused Algorithm: A Framework for Clinical Reasoning in Pediatric Physical Therapist Practice. Journalism of the American Physical Therapy Association 93.3: 413-20.

Olivia's Place Pediatric Therapy Center

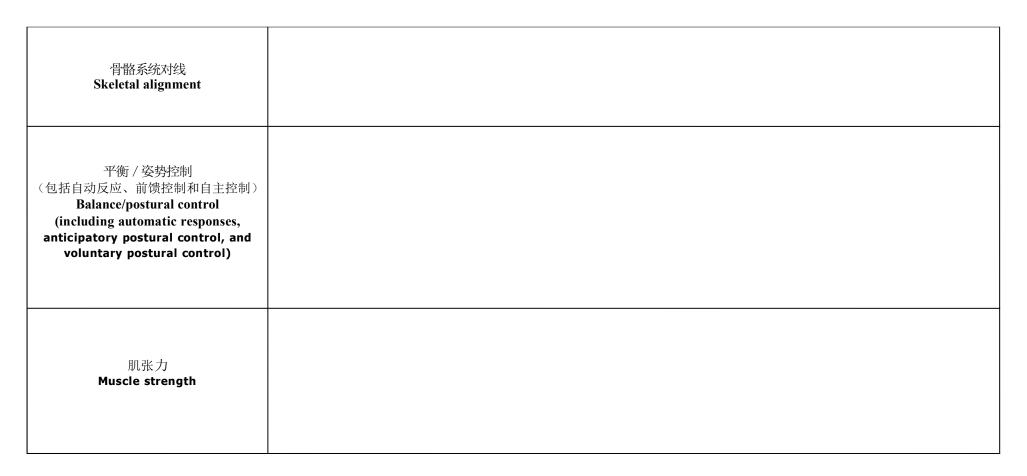## 儿童物理治疗评估
THE PEDIATRIC PHYSICAL THERAPIST EXAMINATION

儿童姓名Child's Name: 日期Date:

诊断Diagnosis: 年龄Age:

使用以下格式来记录评估过程中的发现Use the following format to record pertinent findings during the examination process

评估内容 Examination Component	结果 Findings
肌张力 Muscle tone	
关节活动度 Range of motion	

Kenyon LK. (2013) The Hypothesis-Oriented Pediatric Focused Algorithm: A Framework for Clinical Reasoning in Pediatric Physical Therapist Practice. Journalism of the American Physical Therapy Association 93.3: 413-20.
Email:training@lih-oliviasplace.com   Website:www.oliviasplace.org

Olivia's Place Pediatric Therapy Center

骨骼系统对线 **Skeletal alignment**	
平衡／姿势控制 （包括自动反应、前馈控制和自主控制） **Balance/postural control (including automatic responses, anticipatory postural control, and voluntary postural control)**	
肌张力 **Muscle strength**	

Kenyon LK. (2013) The Hypothesis-Oriented Pediatric Focused Algorithm: A Framework for Clinical Reasoning in Pediatric Physical Therapist Practice. Journalism of the American Physical Therapy Association 93.3: 413-20.
Email:training@lih-oliviasplace.com   Website:www.oliviasplace.org

Olivia's Place Pediatric Therapy Center

运动质量
- ✧ 姿势对线
- ✧ 承重方式
- ✧ 运动方式的使用和多样性
- ✧ 代偿机制的使用
- ✧ 对称性与非对称性. 运动的分级和控制. 运动的顺序和计划
- ✧ 感觉处理能力

Quality of movement
- ✧ Postural alignment
- ✧ Patterns of weight
- ✧ Bearing
- ✧ Use and variety of movement patterns
- ✧ Use of compensatory, strategies, Symmetry versus, Asymmetry, Grading and control of movement, Sequencing and planning of motor activities
- ✧ Sensory Processing Skills

Kenyon LK. (2013) The Hypothesis-Oriented Pediatric Focused Algorithm: A Framework for Clinical Reasoning in Pediatric Physical Therapist Practice. Journalism of the American Physical Therapy Association 93.3: 413-20.

Olivia's Place Pediatric Therapy Center

评估/诊断/预后〔valuation/Diagnosis/Prognosis:
在物理治疗评估之后，完成以下病患管理过程的步骤和内容Following the physical therapist examination, complete the following steps in the patient/ client management process:

评估：该儿童的优势是什么 **Evaluation: What are the child's strengths?**	
评估：物理治疗相关的问题是哪些？《损伤、功能限制和活动限制） **Evaluation: What are the physical therapy problem areas? (Impairments,functional limitations, activity restrictions)**	
评估：以上物理治疗问题如何影响该儿童？这些问题怎样限制了儿童参与到与其年龄相适应的活动中去？ **Evaluation: How do these physical therapy problem areas impact this child's function? How do these physical therapy problem areas result in activity limitations or restrict the child's ability to fully participate in activities that are appropriate for the child's age?**	

Kenyon LK. (2013) The Hypothesis-Oriented Pediatric Focused Algorithm: A Framework for Clinical Reasoning in Pediatric Physical Therapist Practice. Journalism of the American Physical Therapy Association 93.3: 413-20.
Email:training@lih-oliviasplace.com   Website:www.oliviasplace.org

Olivia's Place Pediatric Therapy Center

评估：以上问题是否有导致其他问题出现的潜力？这些尚未出现的问题是否可以避免？怎样避免？ **Evaluation: Do any of these problem areas have the potential to lead to the development of other problem area Can these future problems be prevented? How?**	
评估：在未来一年中，该儿童及其家庭要面对哪些改变？你预期未来一年后该儿童的功能是什么水平？五年后呢？现在需要做什么才能保证其未来功能的最大化 **Evaluation: What changes are coming up for this child and family in the next year? What do you expect this child's anticipated level of function to be in 1year? In 5 years? What needs to be done now to maximize future independence and function?**	
物理治疗诊断是什么？ **What is the physical therapy diagnosis?**	

Kenyon LK. (2013) The Hypothesis-Oriented Pediatric Focused Algorithm: A Framework for Clinical Reasoning in Pediatric Physical Therapist Practice. Journalism of the American Physical Therapy Association 93.3: 413-20.

Olivia's Place Pediatric Therapy Center

物理治疗预后是什么？对该儿童功能限制最大的1到2个问题领域是？ **What is the physical therapy prognosis? Which 1 or 2 problem areas are the rate limiting factors to this child's function?**	
是否需要转诊给别的临床工作人员？ **Are referrals to other practitioners indicated?**	
假定的治疗目标是否合理并可以实现？为什么是或为什么不是？假定治疗目标是否可以在修改后同时反映出家庭目标、评估结果和功能的最大化？为什么可以或不可以？ **Are the hypothesized goals reasonable and attainable? Why or why not? Can the hypothesized goals be modified to reflect both the family's goals, the examination findings, and to maximize future functional independence?Why or why not?**	

Kenyon LK. (2013) The Hypothesis-Oriented Pediatric Focused Algorithm: A Framework for Clinical Reasoning in Pediatric Physical Therapist Practice. Journalism of the American Physical Therapy Association 93.3: 413-20.

Olivia's Place Pediatric Therapy Center

是否有进行物理治疗的指征？该儿童是否有进行预防和其他健康问题的治疗需要？ **Are physical therapy services indicated? Does the child present with needs related to wellness and prevention?**	
如果需要，制定包括预期目标和结果的物理治疗计划并进行精炼，包括具体的治疗方法、频率和时长，以及预期的再评估日期和预期的出院计划。 **If indicated, develop the physical therapy plan of care including anticipated goals and expected outcomes as refined during this step, the specific physical therapy interventions to be used, the proposed frequency and duration of physical therapy services, anticipated dates for re-examination and re-administration of outcome measures, and predicted plans for discharge.**	

Kenyon LK. (2013) The Hypothesis-Oriented Pediatric Focused Algorithm: A Framework for Clinical Reasoning in Pediatric Physical Therapist Practice. Journalism of the American Physical Therapy Association 93.3: 413-20.

Olivia's Place Pediatric Therapy Center

基本儿科物理治疗计划制定指南
GENERAL PLANNING GUIDELINES FOR PREDIATRIC PHYSICAL THERAPY INTERVENTION

儿童姓名Child's Name: **日期Date:**
诊断Diagnosis: **年龄Age:**

基于儿童年龄、诊断、功能水平和治疗计划，计划以下基本的治疗内容
Given the Child's age, diagnosis, level of function, and the goals established for the intervention; plan the following basic components of physical therapy intervention as indicated in the plan of care:

治疗内容 Intervention Component	计划 Plan
针对该儿童及家庭是哪些具体的协调性活动比较适合？ （日间照顾、学校治疗师或专科医师等等） **What specific coordination activities are indicated for this specific child and family? (Daycare, school therapists, specialty physicians, etc.)**	
是否有基本的安全问题和预防措施？ **Are there any basic safety issues or precautions?**	
你怎样利用该儿童的优势去帮助其实现目标? **How can you build upon this child's strengths to assist in achieving goals?**	

Kenyon LK. (2013) The Hypothesis-Oriented Pediatric Focused Algorithm: A Framework for Clinical Reasoning in Pediatric Physical Therapist Practice. Journalism of the American Physical Therapy Association 93.3: 413-20.
Email:training@lih-oliviasplace.com   Website:www.oliviasplace.org

Olivia's Place Pediatric Therapy Center

怎样对环境进行改造才能最佳的促进治疗活动并满足孩子的需要？ **How can the environment be set up to optimize intervention activities and to best meet the needs of this child?**	
哪些具体的鼓励及游戏技巧最能促进该儿童的参与？ **What specific motivational and play strategies are best to use with this child?**	
在治疗中应该鼓励哪些姿势和运动方式？ **What postures and movements should be encouraged during the session?**	
在治疗中应该避免哪些姿势和运动方式？ **What postures and movements should be discouraged during the session?**	

Kenyon LK. (2013) The Hypothesis-Oriented Pediatric Focused Algorithm: A Framework for Clinical Reasoning in Pediatric Physical Therapist Practice. Journalism of the American Physical Therapy Association 93.3: 413-20.

Olivia's Place Pediatric Therapy Center

哪些治疗方法针对物理治疗问题领域最有效果？ **Which procedural interventions will best target the rate limiting physical therapy problem areas?**	
有没有其他专业的治疗目标需要整合到物理治疗过程中去？ **Are there basic goals from other disciplines that should be integrated into the physical therapy intervention sessions?**	
教育计划：列出具体的针对病患、家庭和照看者的教育需求 **Education plan: List specific education need areas for the patient, family, and caregivers**	
教育计划：哪些策略最有利于治疗活动在家庭和学校的延续？ **Education plan: What strategies will be best to help achieve therapeutic carryover for this specific child?**	
治疗计划中的哪些部分可以委托给团队中的其他成员？哪些不可以？ What components of the plan of care can be delegated to a physical therapist assistant? Which components of the plan of care should not be delegated to a physical therapist assistant?	

Kenyon LK. (2013) The Hypothesis-Oriented Pediatric Focused Algorithm: A Framework for Clinical Reasoning in Pediatric Physical Therapist Practice. Journalism of the American Physical Therapy Association 93.3: 413-20.
Email:training@lih-oliviasplace.com   Website:www.oliviasplace.org

Olivia's Place Pediatric Therapy Center

为儿童制定具体的治疗内容
PLANNING A SPECIFIC INTERVENTION SESSION FOR THE CHILD

姓名Child's Name: 日期 Date:

本次治疗的功能性目标Functional Goal for the Session:

使用以下格式来制定每次治疗的内容
Use the following format to plan the specifics of an individual intervention session:

治疗内容 Intervention Component	计划 Plan
达到本次功能性目标的活动包括哪些组成部分和完成的要求？该目标是否有稳定性、灵活性与可操作性？是一个具体可持续的目标还是一个OPEN OR CLOSE。目标? 对姿势的要求有哪些? **What are the components and demands of the task outlined in this functional goal? Is the task a stability, mobility, manipulation task; a discrete or continuous task, an open or closed task? What are the postural control demands of the task?**	

Kenyon LK. (2013) The Hypothesis-Oriented Pediatric Focused Algorithm: A Framework for Clinical Reasoning in Pediatric Physical Therapist Practice. Journalism of the American Physical Therapy Association 93.3: 413-20.
Email:training@lih-oliviasplace.com   Website:www.oliviasplace.org

Olivia's Place Pediatric Therapy Center

进行治疗活动的环境包括哪些组成部分？有什么要求？哪些因素可控哪些因素不可控？ **What are the components and demands of the environment where this task will be functionally performed? Include regulatory and non---regulatory conditions. What are the potential environmental control parameters?**	
该儿童自身的哪些优势可以起到促进达到治疗目标的作用？ **What strengths does the child have that will help achieve this goal?**	
该活动的哪些部分目前还不在儿童的能力范围之内？该活动最终发生的生活环境会对完成效果产生哪些潜在的影响？ **What components of the task are missing from the child's movement Repertoire? What is the potential impact of the functional environment where this task will ultimately be performed?**	

Kenyon LK. (2013) The Hypothesis-Oriented Pediatric Focused Algorithm: A Framework for Clinical Reasoning in Pediatric Physical Therapist Practice. Journalism of the American Physical Therapy Association 93.3: 413-20.

Olivia's Place Pediatric Therapy Center

姓名 **Child's Name:**   日期 Date:

本次治疗的功能性目标 **Functional Goal for the Session:**

列出治疗中具体的活动顺序，包括准备活动、运动内容和与下次治疗的承接关系 List the specific sequence of the activities during the session Including preparation activities, motor tasks,&links to the next session					
针对的损伤或物理治疗问题领域 Targeted impairment/physical therapy problem area	活动 Activity	游戏或促进动力成分 Motivational or play component	反馈 Feedback	增进难度 ↑Challenge	降低难度 小Challenge

Kenyon LK. (2013) The Hypothesis-Oriented Pediatric Focused Algorithm: A Framework for Clinical Reasoning in Pediatric Physical Therapist Practice. Journalism of the American Physical Therapy Association 93.3: 413-20.
Email:training@lih-oliviasplace.com   Website:www.oliviasplace.org

Olivia's Place Pediatric Therapy Center

附录II 一假设型小儿聚焦算法表格，供诊所使用Appendix II 一HOP-FA Forms for Clinic Use

思考 Reflection:

干预课程后，请参考以下问题，写SOAP 记录，并思考课程进行情况以及孩子的进度Following the intervention session, write a SOAP note for the sessions and reflect upon the session and the child's progress using the following questions as a guide:

课程中进行的好的方面? **What went well in the session?**	
课程中仍可改进的方面? **What could have gone better?**	

Kenyon LK. (2013) The Hypothesis-Oriented Pediatric Focused Algorithm: A Framework for Clinical Reasoning in Pediatric Physical Therapist Practice. Journalism of the American Physical Therapy Association 93.3: 413-20.
Email:training@lih-oliviasplace.com   Website:www.oliviasplace.org

Olivia's Place Pediatric Therapy Center

下节课中，你会对哪些方面进行改进，以取得更好成效？ What could you do differently at the next session to make the intervention session more effective?	
孩子是否按照预设目标取得进步，效果如预期般理想吗？是，为什么？否，为什么？物理治疗是否仍旧对该孩子有效，或该孩子已经取得物理治疗在本阶段能提供的最大疗效？ Is the child progressing towards the established goals and outcomes as expected? Why or why not? Does physical therapy continue to be indicated for this child or has the child achieved maximal benefit from physical therapy services?	

Kenyon LK. (2013) The Hypothesis-Oriented Pediatric Focused Algorithm: A Framework for Clinical Reasoning in Pediatric Physical Therapist Practice. Journalism of the American Physical Therapy Association 93.3: 413-20.

| 关怀计划中有哪些可以改进的地方，能提高疗效，并最大化孩子功能的独立性?? 是否需要全面的再次评估? 治疗结束计划是否需要因本次治疗而发生更改的?

What changes to the plan of care are needed to improve goal acquisition and maximize functional independence?

Is a formal re-examination indicated? Are changes in the discharge plan indicated? | |

Kenyon LK. (2013) The Hypothesis-Oriented Pediatric Focused Algorithm: A Framework for Clinical Reasoning in Pediatric Physical Therapist Practice. Journalism of the American Physical Therapy Association 93.3: 413-20.
Email:training@lih-oliviasplace.com   Website:www.oliviasplace.org