

## **SUGGESTED CHANGES TO GUIDE TO PT PRACTICE TEMPLATE**

The Section on Geriatrics Exercise Task Force has suggested the following edits for the history template and the systems review in the Guide to Physical Therapist Practice. The intent of these edits is to make the history-related questions for aging adults more informative.

### **Suggested items to be added to the APTA History Template – the numbers correspond to the current history template in the Guide.**

#### 19 General Health Status

- Have you unintentionally lost 10 pounds or more over the last year?

#### 22a Medical/Surgical History - Please check if you have ever had:

- Lightheadedness
- Dizziness
- Lightheadedness
- Sensation of spinning or vertigo (for example, while going from supine to sit, sit to stand, or during head movements)
- Do you have any visual problems?
- Have you had any eye surgery?
- Do you wear glasses?
- When was your last eye examination?
- Do you have any hearing difficulties?
- Do you use a hearing aid?
- When was your last hearing examination?

#### 24 Functional Status/Activity Level

- Have you fallen in the last year? If so, how many times?
- Do you have a fear of falling?
- How many times did you leave your home within the last week?
  - Daily
  - 3x/week
  - 1x/week
  - Other
- Do you need assistance to leave your home?
- Assistive device
- Personal assistance

#### 26 Other Clinical Tests

- Bone Mineral Density

### **Suggest items to be added to the APTA Systems Review**

#### Musculoskeletal System

- Height in typical standing posture
- Height in conscious erect posture
- Maximal height during lifetime

#### Add Genito-urinary System Review

- Bladder
  - Urinary frequency
  - Urgency
  - Incontinence
  - Reduced force of stream
  - Difficulty initiating
  - Dysuria
  - Color
- Bowel
  - Changes in regularity