A 77-year-old female is admitted to hospital with a diagnosis of left lower lobe (LLL) pneumonia and atelectasis. She is receiving intravenous antibiotics. She is a moderately frail individual, weighing 45 kg (100 lbs) and less than 150 cm (5 ft) tall. Her medical history includes a diagnosis of osteoporosis with multiple vertebral compression fractures. The patient is a widow and continues to live in her one-story home. Her 44-year-old son has been living with her for the past two years.

### Question
The physical therapist receives a referral to assess and treat the patient for her chest condition. After introducing themselves to the patient and inquiring about her symptoms, the physical therapist asks for permission to proceed with the physical exam. The patient consents but is wearing a thick sweater and is reluctant to remove it for the exam. How should the physical therapist proceed? Indicate True or False.

- a. Ask the patient for permission to auscultate the lungs by placing the stethoscope under the sweater. **TRUE**
- b. Skip the physical exam and proceed to teach the patient active cycle of breathing exercises. **FALSE**
- c. Explain the purpose of requesting the patient to undress and provide options for draping. **TRUE**
- d. Proceed to disrobe the patient by removing her sweater for her. **FALSE**
- e. Auscultate the lungs on top of the sweater as the patient is reluctant to undress. **FALSE**

The CORRECT answers show sensitivity to the patient's reluctance to disrobe by providing an explanation for why disrobing is helpful, and providing an assessment alternative if the patient still isn't comfortable. Proceeding to disrobe the patient when they show reluctance does not respect the patient's wishes. Auscultating over a thick sweater will not produce accurate breath sounds, and skipping the physical exam means the physical therapist would have no objective information on which to base a treatment plan.

### Resources
- Practice Standard No. 11- Draping for Patients

The physical therapist has been treating the patient for three days and upon re-assessment observes that there are improvements in her clinical symptoms such as increased air...
ADULT and OLDER ADULT CARDIORESPIRATORY

The entry to the left base and fewer crackles. The physical therapist has a heavy caseload and runs out of time that day to record the patient's improvements in the interdisciplinary clinical record. The next day at work, how should the physical therapist complete the clinical record? (Select 2)

- a. Enter the findings on the clinical record and date it to reflect the date the note was written.
- b. Enter the findings on the clinical record and back date the note to reflect the assessment date.
- c. The findings should be entered in the clinical record because they indicate a change in the patient's condition.
- d. Not enter a note in the clinical record since it will be out of chronological order and would cause confusion.
- e. Enter the findings on the clinical record and record the entry as a 'late entry' for the previous day.

The assessment findings should be recorded in the interdisciplinary clinical record as they represent a change in the patient's status, and the note should be labeled as a 'late entry', which will avoid confusion if it is out of chronological order with other entries. Dating the entry with yesterday's date implies the note was written yesterday, which is not accurate. Dating the entry with today's date, without marking it as a 'late entry' is also inaccurate as it implies that these are the clinical findings from assessing the patient today, instead of yesterday.

**Resources**

- Practice Standard No. 1 - Clinical Records  

The physical therapist has been treating the patient for five days, and the patient is becoming more comfortable sharing information. She tells the physical therapist that her son has been taking her bank card without her permission and removing large sums of money from her bank account. She worries she will not have enough money for food and to pay her bills, but asks that the physical therapist not mention this to her son as she is afraid of him. How should the physical therapist proceed? (Select 1)

- a. Do not report the conversation as it is not relevant to the physical therapy assessment and treatment findings.
- b. Offer strategies to the patient on how to communicate with her son and suggest she deal with the situation on her own.
- c. Confide to the physical therapist's spouse the concerns regarding financial abuse of this patient.
- d. Report the conversation to the team social worker or physician for further investigation.

Correct answer: d

The Code of Ethics states that physical therapists are committed to respect the rights and dignity of all individuals, and to recognize their responsibility to society. We must consider the well-being of the patient as the primary concern by respecting the client’s legal rights, dignity, needs, wishes and values. While the findings aren't related to physical therapy, and the law in BC does not require reporting of abuse of adults, the Adult Guardianship Act makes a special case for vulnerable adults who can not report on their own behalf due to physical disability, restraint, or an illness, disease or other condition that affects their ability to make decisions about the abuse or neglect. In this case, the patient's decision to report may be impacted by her fear of her son, which means answer 1 is not a good solution. Reporting to the team social worker or physician to investigate further is the best option in an inpatient setting. In an outpatient setting, you could contact the Office of the Public Guardian and Trustee to report possible financial abuse. Confiding to the physical therapist's spouse is incorrect as it breaches patient confidentiality.
A physical therapist is working in a private practice clinic. The physical therapist is treating a 35-year-old male firefighter for a chest condition related to recent fractured ribs. The patient was at a house fire when he tripped over some rubbish while carrying a hose and landed on his left rib cage. The patient has been off work for 5 weeks and is receiving physical therapy treatment covered through WorkSafe BC. He is an active long distance runner and weight lifter. His rib fractures are healing well and his cardiorespiratory function is improving.

### Question
The patient's rehabilitation is progressing well. He is scheduled to start a graduated return to work in one week and will continue physical therapy treatment for the next four weeks. The physical therapy clinic is seeking positive internet reviews and asks the physical therapist to solicit a review from this patient. How should the physical therapist proceed? (Select 1)

- a. Ask WorkSafe BC about its policy on social media reviews and follow their recommendations.
- b. Ask the College of Physical Therapists if there is regulation on social media reviews and follow their recommendations.
- c. Ask the patient for the positive review after discharge and provide information on how to post it online.
- d. Ask the patient for the positive review before discharge and provide information on how to post it online.

### Correct answer: b

The patient could see this as a potential conflict of interest to solicit a review during treatment as they may feel their treatment will be impacted if they don't provide a positive review. Given the inherent power differential between the physical therapist and the patient, directly soliciting a 'positive' review after discharge assumes the patient had a positive experience and the request may feel like a requirement or an imposition to the patient, to further the physical therapist's business interests. For more information consult the College's Practice Standard on Conflict of Interest.

### Resources
- Code of Ethics, Bylaw 55  
  [http://cptbc.org/resources/bylaws/#fiftyfive](http://cptbc.org/resources/bylaws/#fiftyfive)
- Adult Guardianship Act  
- Advisory Statement No. 7 - Reporting Abuse  
- Practice Standard No. 8 - Conflict of Interest  
- Where's the Line? Professional Boundaries in a Therapeutic Relationship
The patient is nearing the end of the current treatment block and is preparing for discharge with a full and successful return to work. The patient has expressed interest in pursuing a sexual relationship with the physical therapist due to their positive rapport and mutual outside personal interests. How should the physical therapist respond to this request? Indicate True or False.

a. Pursuing a sexual relationship may be possible immediately provided no physical contact happens before the treatment ends.  

b. Pursuing a sexual relationship may be possible after a period of time so that no power relationship exists between the patient and physical therapist.  
c. Pursuing a sexual relationship may be possible after treatment ends if the physical therapist feels that the patient is no longer dependent on them.  
d. Pursuing a sexual relationship may be possible after a standard one-week waiting period has passed from date of discharge.  
e. Pursuing a sexual relationship may be possible immediately since the patient is near discharge and progressing well.

Correct answers:

- a. Pursuing a sexual relationship may be possible immediately provided no physical contact happens before the treatment ends. FALSE  
- b. Pursuing a sexual relationship may be possible after a period of time so that no power relationship exists between the patient and physical therapist. TRUE  
- c. Pursuing a sexual relationship may be possible after treatment ends if the physical therapist feels that the patient is no longer dependent on them. TRUE  
- d. Pursuing a sexual relationship may be possible after a standard one-week waiting period has passed from date of discharge. FALSE  
- e. Pursuing a sexual relationship may be possible immediately since the patient is near discharge and progressing well. FALSE  

Sexual misconduct is defined as: sexual intercourse or other forms of physical sexual relations between the registrant and the patient; touching, of a sexual nature, of the patient by the registrant; or behaviour or remarks of a sexual nature by the registrant towards the patient. According to Practice Standard No. 6, the physical therapist must consider several factors prior to beginning a sexual relationship with a former patient, including whether: a reasonable period of time has elapsed since the patient was discharged from physical therapy treatment; the physical therapist is reasonably satisfied that the power differential inherent in a therapeutic relationship no longer exists; and the physical therapist reasonably believes the patient is not dependent on them.

**Resources**
- Practice Standard No. 6 - Sexual Misconduct  
At discharge, the physical therapist recommends further breathing exercises and core stability training. The clinic offers generic Pilates classes run by a Pilates instructor. The patient is concerned about the cost but has unlimited physical therapy coverage through his extended healthcare provider. The patient asks if physical therapy receipts can be provided for the Pilates classes so that extended health insurance will cover the cost. What should the physical therapist be aware of? (Select 2)

a. Providing physical therapy receipts for Pilates classes is allowed as long the classes take place in the clinic.
b. Providing physical therapy receipts for Pilates classes is not allowed as Pilates exercises are outside of the physical therapy scope of practice.
c. Providing physical therapy receipts for Pilates classes is allowed as long as the physical therapist is on-site when the classes occur.
d. Providing physical therapy receipts for Pilates classes is allowed as long as the physical therapist refers the patient to Pilates.
e. Providing physical therapy receipts for Pilates classes is not allowed where physical therapy services are not being provided.
f. Providing physical therapy receipts for Pilates classes is not allowed where physical therapy services are not being provided.
g. Providing physical therapy receipts for generic Pilates classes is not allowed and must not be issued for reimbursement by an extended health insurance plan.

Correct answers: e and g

In order to provide physical therapy receipts, physical therapy services must be provided in accordance with Bylaw 56 Minimum Treatment Standards. A generic Pilates class that does not meet the patient specific assessment, reassessment, treatment planning, and charting requirements set out in Bylaw 56 must not be billed as physical therapy services.

Resources
- College Bylaw 56 - Minimum Treatment Standards
  http://cptbc.org/resources/bylaws/#fiftysix

A 40-year-old client is being treated in a small northern hospital outpatient department for pneumonia associated with a severely contused lung following a motor vehicle accident one month ago. Additional symptoms include dizziness and nausea which are impacting the ability to participate in daily activities.

**Question**

During further inquiry the physical therapist discovers that the client is taking Gravol to help control nausea. The client reports that it is not always helping and asks the physical therapist whether there are any other medications that could

**Answers and Explanation**

Correct answer: b

The physical therapist should direct the patient to a pharmacist or physician for advice on medications for nausea control. Giving
### ADULT and OLDER ADULT CARDIORESPIRATORY

**Help to control nausea. How should the physical therapist respond? (Select 1)**

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<tbody>
<tr>
<td>a.</td>
<td>The physical therapist should advise the client that taking an herbal supplement will also help to control their symptoms.</td>
</tr>
<tr>
<td>b.</td>
<td>The physical therapist should advise the client to discuss medication options with the pharmacist or physician.</td>
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<tr>
<td>c.</td>
<td>The physical therapist should advise the client to double the dose of Gravol if the prescribed dose is not helping.</td>
</tr>
<tr>
<td>d.</td>
<td>The physical therapist should look up nausea medications and provide recommendations to the client about additional medications to take.</td>
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</table>

Advice about adjusting medication dosing, or recommending new nausea medications is not within the physical therapy scope of practice in BC.

**Resources**
- Health Professions Act - Physical Therapists Regulation

### The physical therapist explains that in order to assess the cause of dizziness and nausea, they will need to ask more specific questions about these symptoms and do some physical tests. The physical therapist then goes on to describe the tests so the client has a clear idea of what to expect. What else is required of the physical therapist to ensure informed consent? (Select 2)

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<tbody>
<tr>
<td>a.</td>
<td>The physical therapist should inform the client that a list of associated risks can be provided after the assessment takes place.</td>
</tr>
<tr>
<td>b.</td>
<td>The physical therapist should decide if the patient is capable of understanding the assessment procedures and associated risks.</td>
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<tr>
<td>c.</td>
<td>The physical therapist should inform the client that once they have provided consent they must complete the full assessment.</td>
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<tr>
<td>d.</td>
<td>The physical therapist should inform the client that the client must participate in the physical exam in order to get better.</td>
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<tr>
<td>e.</td>
<td>The physical therapist should have the client sign a consent form as verbal consent is not considered valid.</td>
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<tr>
<td>f.</td>
<td>The physical therapist should inform the client that the symptoms may increase as a result of the physical exam.</td>
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Correct answers: b and f

A patient must be capable of understanding the proposed assessment or treatment and associated risks in order to provide valid consent. Even if consent is given, a patient has the right to revoke consent. Consent must be given voluntarily, in advance of the procedure, and can be given verbally, in writing or implied by actions.

**Resources**
- Health Care Consent and Care Facility Admission Act
- Practice Standard No. 4 - Consent to Treatment
- CPTBC Booklet - Consent to Treatment
### What information must the physical therapist include in the clinical record? Indicate True or False.

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<tbody>
<tr>
<td>a.</td>
<td>Results of the physical examination. <strong>TRUE</strong></td>
</tr>
<tr>
<td>b.</td>
<td>Documentation of all consents given by the client. <strong>TRUE</strong></td>
</tr>
<tr>
<td>c.</td>
<td>Personal judgements about the truthfulness of the client. <strong>FALSE</strong></td>
</tr>
<tr>
<td>d.</td>
<td>Restrict the list of medications to those relevant to dizziness and nausea. <strong>FALSE</strong></td>
</tr>
<tr>
<td>e.</td>
<td>Current prescribed medications. <strong>TRUE</strong></td>
</tr>
</tbody>
</table>

**Correct answers:**

- a. Results of the physical examination. **TRUE**
- b. Documentation of all consents given by the client. **TRUE**
- c. Personal judgements about the truthfulness of the client. **FALSE**
- d. Restrict the list of medications to those relevant to dizziness and nausea. **FALSE**
- e. Current prescribed medications. **TRUE**

Practice Standard No. 1 - Clinical Records requires that details be included in the clinical record, including 'current prescribed medications'. Entries in the clinical record should be objective in nature and should avoid personal judgments about the patient or comments unrelated to physical therapy assessment and treatment.

**Resources**

- Practice Standard No.1 - Clinical Records

### A physical therapist works with a 17-year-old student who has muscular dystrophy and heart and breathing problems. The client uses a power wheelchair and requires assistance in all aspects of his care. However, by the time of graduation the client's goal is to be able to transfer independently so that he can go into the community on his own.

**Question**

The physical therapist has been talking to the client and the equipment vendor about a customized grab rail for his wheelchair so he can use his arms more effectively during transfers and subsequently decrease the work of breathing. The equipment would be funded through the At Home Program. The client is very excited about doing this as it will make him independent in the community. However, when the client's mother finds out about the project she objects because she doubts the grab bar will help. What should the physical therapist consider when obtaining consent? Indicate True or False.

**Answers and Explanation**

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<tr>
<td>a.</td>
<td>Based on the client's age, diagnosis and mobility status, the mother's consent is required. <strong>FALSE</strong></td>
</tr>
<tr>
<td>b.</td>
<td>The client can give consent, provided he demonstrates understanding of the proposed intervention and associated risks. <strong>TRUE</strong></td>
</tr>
<tr>
<td>c.</td>
<td>Since the client is a minor, the physical therapist can only proceed if the mother gives consent. <strong>FALSE</strong></td>
</tr>
</tbody>
</table>

**Correct answers:**

- a. Based on the client's age, diagnosis and mobility status, the mother's consent is required. **FALSE**
- b. The client can give consent, provided he demonstrates understanding of the proposed intervention and associated risks. **TRUE**
- c. Since the client is a minor, the physical therapist can only proceed if the mother gives consent. **FALSE**

In British Columbia, section 17 of the Infant's Act (sometimes referred to a 'mature minor' clause) allows a minor to provide...
a. Based on the client's age, diagnosis and mobility status, the mother's consent is required.
b. The client can give consent, provided he demonstrates understanding of the proposed intervention and associated risks.
c. Since the client is a minor, the physical therapist can only proceed if the mother gives consent.

Formal consent to treatment, and states that parent or guardian consent is not necessary if the physical therapist:

"(a) has explained to the infant and has been satisfied that the infant understands the nature and consequences and the reasonably foreseeable benefits and risks of the health care, and
(b) has made reasonable efforts to determine and has concluded that the health care is in the infant's best interests."

In most cases it is preferable if a minor will include the parent in the physical therapy decision making process, however, if this is not the case the Infant's Act sets out the requirements for a minor to be able to provide consent.

Resources
- Health Care Consent and Care Facility Admission Act  
- Practice Standard No. 4 - Consent to Treatment  
- CPTBC Booklet - Consent to Treatment  
- Infant's Act  

After several concept changes by the vendor, the grab bar was added to the chair. The client is able to transfer but cannot move the bar into place independently. The vendor provides a quote to automate the mechanism. The physical therapist plans to pursue additional funding to pay for the modification. The quote appears unusually high. When she inquires, she is told that the vendor initially under quoted for the previous work, and is attempting to recover the cost.

Correct answers:

a. Inform the vendor that the physical therapist requires a transparent quote that accurately reflects the cost overruns and the cost for the proposed modifications. TRUE  
b. Inform the vendor that although the physical therapist appreciates the hard work the vendor did, they cannot submit a quote that is false or misleading. TRUE
<table>
<thead>
<tr>
<th>What should the physical therapist do? Indicate True or False.</th>
<th>c. Considering the bar is working so well and took a lot longer for the vendor to complete than expected, make the request for the full amount of the elevated quote. FALSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Inform the vendor that the physical therapist requires a transparent quote that accurately reflects the cost overruns and the cost for the proposed modifications.</td>
<td>Bylaw 53 (1)(n) states that it is professional misconduct to: &quot;submit an account or charge for services that the registrant knows is false or misleading.&quot;</td>
</tr>
<tr>
<td>b. Inform the vendor that although the physical therapist appreciates the hard work the vendor did, they cannot submit a quote that is false or misleading.</td>
<td>Resources</td>
</tr>
<tr>
<td>c. Considering the bar is working so well and took a lot longer for the vendor to complete than expected, make the request for the full amount of the elevated quote.</td>
<td>• Code of Ethics, Bylaw 55 <a href="http://cptbc.org/resources/bylaws/#fiftyfive">http://cptbc.org/resources/bylaws/#fiftyfive</a></td>
</tr>
<tr>
<td>The physical therapist has been working with the client for 7 years and has developed a close relationship with him. The client has shared some personal details about his family and enjoys confiding in the physical therapist. The client asks for the physical therapist's personal cellphone number in case he wants to talk. What should the physical therapist do? (Select 1)</td>
<td>• Professional Misconduct, Bylaw 53 <a href="http://cptbc.org/resources/bylaws/#fiftythree">http://cptbc.org/resources/bylaws/#fiftythree</a></td>
</tr>
<tr>
<td>a. Explain to the client that the physical therapist cannot give out a personal cell phone number but provide him with a personal email address.</td>
<td>Correct answer: c</td>
</tr>
<tr>
<td>b. Give the client the personal cell phone number and encourage him to call anytime he wants to talk.</td>
<td>Professional boundaries set limits to clearly define a safe, therapeutic connection between a physical therapist and a patient. Typically, sharing personal email and phone numbers is part of a personal relationship as opposed to a professional relationship. Blurring lines between a professional and personal relationship can make it difficult for the physical therapist to continue to act in an objective manner and in some instances results in the therapeutic relationship being compromised.</td>
</tr>
<tr>
<td>c. Explain to the client that the physical therapist is not able to give out a personal cell phone number and work on re-establishing professional boundaries.</td>
<td>Resources</td>
</tr>
</tbody>
</table>