

Cognitive Functional Capacity Evaluation: What does it tell us and when to order one.

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Goals

- Participants will be able to
 - Describe what a cognitive functional capacity evaluation is.
 - Describe the advantages and limitations of this assessment.
 - Describe what case management questions it can be used to answer.
 - Describe specific information that needs to be provided to the evaluator when facilitating a referral.

History of Cognitive FCE at DHMC

- In the past 8 years the pathways of accessing neuro rehab care and provision of care has been better organized into a neuro rehab program at DHMC.
- As we were fine tuning this care flow, it was evident that once a patient plateaued in rehabilitation and other care options, there was still a question about whether they could return to some level of employment.
- I attended additional training in 2013 to learn how to incorporate cognitive testing into a functional capacity evaluation while still maintaining safety, reliability, and validity.

CFCE defined

- FCE- A compilation of physical standardized and non-standardized tools to evaluate the client's strength, endurance, speed, and flexibility.
- Free of bias promoting case resolution.
- Designed to have utility and is practical while maintaining validity, reliability, and most importantly safety.
- CFCE - Contains the same physical testing as in a standard FCE but also includes standardized cognitive assessment, non standardized assessment, and simulation activity to promote the observation of cognitive, physical, behavioral, and psychosocial function.

Advantages of a CFCE

- Not a recipe. Each assessment is individually designed to answer specific referral questions.
- Performance over time. This evaluation can be up to 6 hours in length with the day organized similar to a work day.
- CFCE has some standardized cognitive assessment but also weighs on custom sustained occupational tasks in varied environments allowing for occupational validity.



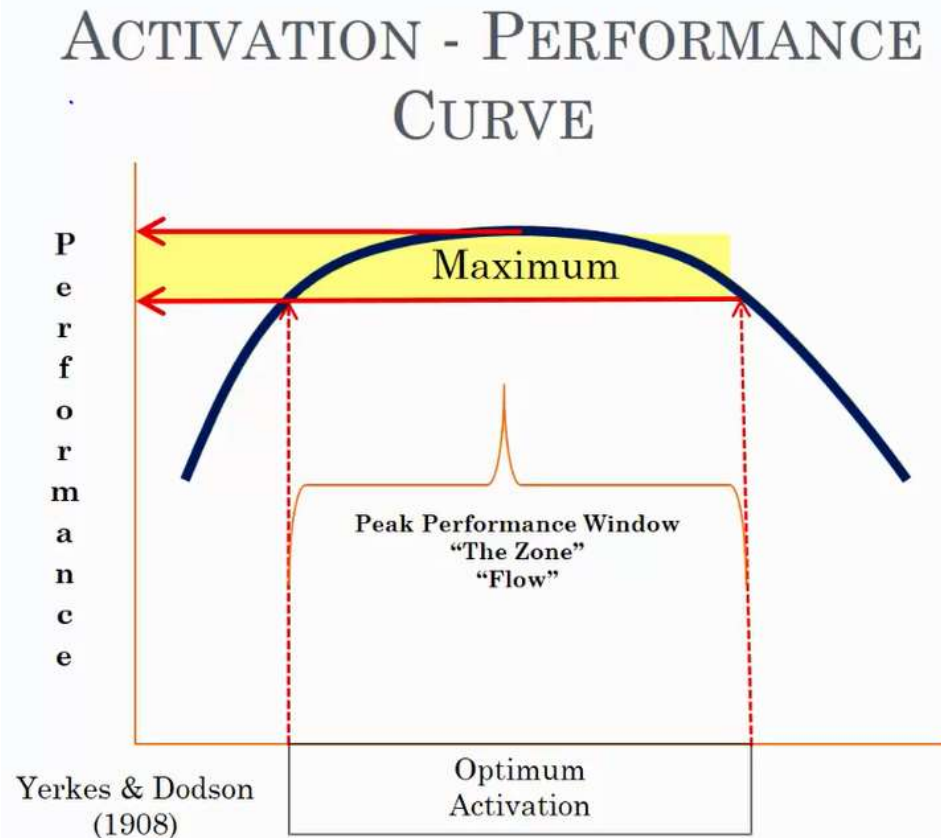
Advantages of a CFCE

- CFCE provides the ideal opportunity to observe work oriented executive function (integrate component cognitive abilities and control emotion to produce meaningful task performance).
- executive function required for work is higher level than required for ADL or leisure activities.

Yerkes Dodson Law

- An ideal range of activation to the brain will result in maximum performance.

Matheson, L. (2017)

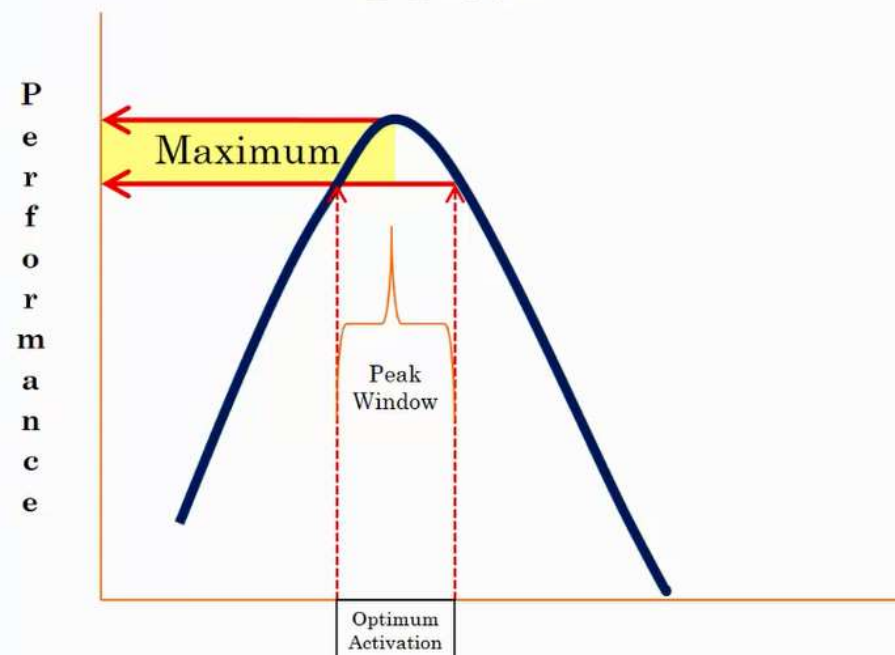


Yerkes Dodson Law

- A cognitive FCE is designed to determine what the range of activation is that will produce maximum performance.

Matheson, L. (2017)

ACTIVATION - PERFORMANCE CURVE





Occupational Validity

- Using sustained functional tasks that are designed to challenge work oriented executive functioning ensures occupational validity.



Questions that a CFCE can answer.

- Does the client have a work tolerance and if so what level of physical and cognitive work can be tolerated?
- Does the client meet the essential functions of their target job and if not what restrictions should be in place?
- Would the client benefit from further rehabilitation services?



Questions that a CFCE can answer

- Is the client reliable in their report of pain, physical disability, and cognitive disability.
- Did the client provide full physical and cognitive effort.



Summary and recommendations portion of the CFCE report

- Although a table is provided in the report including performance areas, limitations in each area, and if it meets work requirements, this does not always paint a clear picture of the client's true abilities.
- In the summary, specific detail is provided of how physical and cognitive abilities interact.
- The recommendation section provides direct answers to the referral questions



Final Thoughts: How to get the most out of an FCE or CFCE.

- Often times MDs order a CFCE because a lawyer requests it, the patient is at medical end point, or the patient requested one.
- It is important that the evaluator knows what specific questions need to be answered prior to the assessment. Some individuals are unable to express this.
- Ideally, contact the evaluator prior to evaluation to discuss purpose of the CFCE and specific client information the evaluator may need to know.

References

- Matheson, L. (2017). *Work Oriented Executive Function Invitation to Cognitive FCE*. [power point slides]. Retrieved from <https://vimeo.com/200047025>