



## **Continuous Scale Physical Functional Performance 10-item Training Protocol**

Instructions: Please follow the sequence of interactive video material prior to attending the onsite CS-PFP10 workshop.

### **STEP 1: Training, Test Administration, and Site Set-Up CD-ROM**

- A. Review CS-PFP10 overview lecture
- B. Locate and print CS-PFP10 Task Specification Table
- C. Review each task
  - Note equipment needed
  - Review dialogue
  - Review data sheet
  - Translate to home clinic or laboratory – draw a bird's eye view and/or walk through each task within your home site.

### **STEP 2: Task Instruction View and Learn**

- A. View each task with dialogue and data sheet as reference
- B. Complete each task by watching learn segment

### **STEP 3: CS-PFP Safety Video**

- A. View video
- B. Familiarize self with don/doff of gait belt if needed

### **STEP 4: CS-PFP10 DVD Examples (2)**

- A. Have dialogue, data sheet, and stopwatch ready prior to start of video
- B. View 1<sup>st</sup> video and complete data sheet
  - Be sure to record patient data
  - Be sure to attend to start and stop marks for stopwatch
  - Record all times and weights as appropriate on data sheet
  - Keep data sheet to record double times for inter-rater reliability
- C. View 2<sup>nd</sup> video and complete data sheet as above

### **STEP 5: Attend CS-PFP10 Training Workshop**

### **STEP 6: CS-PFP10 Administration Practice**

- A. Administer CS-PFP10 on a total of three volunteers of your choosing

### **STEP 7: CS-PFP10 Administration in Live Environment**

- A. Administer CS-PFP10 on one client who best reflects the anticipated target population (gender, age)
- B. Acquire amateur video footage of the CS-PFP10 administration on above client. (Video clips may be VHS or individual video clips from a digital camera which are transferred to CD)
- C. During administration of CS-PFP10, have another CS-PFP10 trained administrator double time. Provide all double time data sheets (DVD-2 & live administration) and video clips to Dr. M. Elaine Cress.

### **STEP 8: CS-PFP10 Certification will be provided upon successful completion of Step 1-7**