

## South Africa Functional Capacity Evaluation V 2.0 (FCE)

### About this course

**Faculty:** Human, Bennie

[Faculty Bios](#)

**Intended Audience:** Must be Occupational Therapist or Physical Therapist

[Additional course information](#)

**Prerequisites:** Participants are encouraged to read selected materials in the WorkWell FCE Clinic/Copyright Manual prior to attending the training (there is not a test upon entry to the training). Individuals must be from sites with a WorkWell licensing agreement

**Delivery:** Live, In-Person

**Student Ratio:** 10:1

**General Teaching Method Overview:** Lecture, Lab/Experiential Exercises, Group Activities

**Informed Consent:** Required

**Duration:** 2 days, 16 contact hours

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**Completion Requirements:** Attend all course sessions, class participation/engagement in learning activities, post test, no major faults in skills monitoring, and completion of course evaluation.

**Course is approved for CPD points.**

WorkWell's Functional Capacity Evaluation (FCE) is a comprehensive functional test designed to objectively measure the maximum safe functional abilities of a client across a broad range of tasks in an effort to describe worker abilities and generate recommendations for return to work (and activities of daily living). The FCE is used to assist in workers compensation cases, fit for duty testing, transitional duty or return to work placement, and disability determination cases.

This 2-day training is designed to develop physical and occupational therapists' knowledge and skills related to performance of the WorkWell FCE. Participants will be introduced to standardized performance based testing protocols for functional activities such as lifting/carrying, walking, sitting, standing, bending, overhead reach, push/pull, ladder climb, kneel/crawl, crouch, hand coordination, etc. Development of customized protocols for job specific testing, medical-legal and referrer requested testing is presented, as well as administrative considerations of test delivery. Hands on lab sessions, documentation templates and group discussion are a large component of the training with focus on objective scoring definitions and observation skills (including muscle function, movement patterns, physiological changes, safety, worker behavior and integrated consistency checks). Client presentation and test results are used for report writing to develop treatment and return to work recommendations.

**Learning Objectives:**

At the completion of the course, participants will be able to

1. Describe the role of functional/performance based testing for injured workers in clinical rehabilitation, vocational placement and benefits determination.
2. Differentiate test control strategies used to determine maximal safe effort in psychophysical and kinesiophysical FCE test approaches.
3. Describe two clinical policy and procedure considerations relevant to administration of FCEs in relation to referral acceptance, physician restrictions, patient safety, and report dissemination.
4. Determine the appropriateness of one day, two day, job related, or diagnostic related functional testing options based on case information.
5. Discriminate among low, heavy, and maximum physiologic indicators while observing client functional task performance using observational criteria including muscle recruitment, physiologic response, safety and movement patterns.
6. Analyze client test performance, documenting observations using data templates.
7. Independently perform FCE subtests based on client presentation.
8. Reflect on test delivery methods regarding eye-contact, body orientation, communication methods and guarding/safety technique to minimize the potential impact of therapist fear avoidance beliefs on test results.
9. Present FCE results using a reporting grid format and information from a case example.
10. Independently write an FCE summary report based on a case example including work related prognosis and recommendations using a semi-structured report template.
11. Customize sub test delivery for 2 case examples considering specific elements such as referrer goals, client presentation and job demands.
12. Discuss factors influencing reporting through review of case reports- including variability in biopsychosocial and medical presentation or medical-legal considerations.
13. Independently complete 2 FCEs within 6 months of training which meet minimum FCE report standards for certification as a WorkWell FCE evaluator (optional).

**Agenda/Outline:**

**DAY 1**

8:00 - 8:15	Introductions Orientation- Disclosure, facilities review and safety considerations
8:15 - 9:30	FCE Learning Objectives FCE Testing Overview Kinesiophysical and Psychophysical Considerations Standardized Test Protocol Overview Testing and Scheduling Options
9:30 - 9:40	Break
9:40 - 11:30	Facility Policies and Procedures

	Client History and Physical Examination Self-Report Instruments
11:30 - 12:30	FCE Lab with Volunteer Subject Grip and Coordination Screens Review of Indicators of Physiologic Effort Kinesiophysical Assessment and Observation Rubric Overview of data collection workbook
12:30 - 1:00	Lunch Break
1:00 - 2:30	FCE Lab with Volunteer Subject Standardized Subtest Protocols Lifting/Carrying Ambulation and Access Subtests (walking) Positional Subtests
2:30 - 2:40	Break
2:40 - 4:30	FCE Lab with Volunteer Subject Standardized Subtest Protocols Positional Subtests (continued) Ambulation and Access Subtests (stairs, ladder, crawl) Adapting Standardized Protocols based on worker presentation
4:30 - 5:00	Review/Quiz

**DAY 2**

8:00 - 10:00	Review of Day 1/Questions Lab- Repeat Standardized Lift Subtests with Volunteer Lab- Lift Subtests in Small Groups (Other tests based on group goals, time)
10:00 - 10:10	Break
10:10 - 12:00	Customizing FCE testing and "Short FCEs" Area Specific Subtests/ Hand Related Forms Review Job Related Test Development Forms Review Group Activity - Data Transfer and Presentation using FCE Grid Consistency Checks
12:00 - 12:30	Lunch Break
12:30 - 3:15	Overview of Report Writing and Review of Reporting Template Overview of Job Matching Tools/Methods Group Activity- Summary Report Completion Review of Testing Process and Preparing for Implementation Test Reporting for Individuals with Self Limited Performance Review Sample Reports in Training Manual
3:15 - 3:30	Break
3:30 - 4:30	Final Exam/Review

4:30 - 5:00	Special Topics (coverage dependent on participant goals and time available) FCE Marketing Considerations Related to Medical / Legal FCEs Internet Report Introduction
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**Equipment Needed for Implementation:** Timer, heart rate monitor, lift equipment (container, shelving, weight/s), carry container/toolbox, force gauge, hand/pinch dynamometer, steps, ladder, hand coordination test equipment, table, chair, specialty hand equipment (sensation, temperature, etc. based on commonly treated populations). Source of materials is based on client choice.