

Modified Duties Checklist Example

The Following Checklist outlines a progression of duties that are available for the **Physiotherapist** position within Fraser Health. These duties have been separated into **Light, Moderate, and Full Duties** to assist in developing an appropriate return to Work Program progression as needed. Please indicate which activities which are appropriate to engage in at this time and note any progressions of duties and when they can be implemented.

Light Duties:

- Charting, referrals, desk work Liaising with physicians, staff and families
- Assessments; verbal and written Reviewing AROM and strength ex's Leading groups
- Setting up an exercise program
- Chest physio; auscultation, deep breathing ex's, mech. vibrations,
- incentive spirometry, suctioning and cough assist
- Mobilizing (stand by assist)
- Bringing w/c behind patients during mobilizations
- Education; patients and students
- Managing and cleaning equip.

Moderate Duties:

- Patient handling: repositioning and transfers (stand by or minimal to moderate assist) Operating mechanical lifting devices (ceiling lift set up/operation, medi maid/man transfers, Golvo standers set up) Repositioning requiring verbal prompting/minimal assist
- Being the 2nd set of hands for 2p assist
- dangles or 1p transfers of pt (min to mod assist)
- Chest physio: percussions, vibrations, assisted coughing, positioning
- Carrying equipment (stools, walkers)
- Pushing wheeled equipment (stretchers, beds, patients in w/c)
- Include selected light duties

Moderate Duties:

- Patient handling i.e repositioning patients (in bed and in chair), lifts of total care patients, boosting in bed,
- 2 p maximum assist, 1 p heavy assist tx Dangling and transferring of pt (max assist)
- Mobilizing pt with limited phys and cognitive impairments (e.g NWB or impulsive patients)
- PROM for heavy limb
- ROM for high tone pt
- Resisted exercises
- Neuro ax, tone/spasticity testing
- Operating mechanical lifting devices, including pushing the pt while in the device
- Include selected light and moderate duties

*Note: Modified Supernumerary work programs include a modification to hours or duties. Employees that participate in modified work programs are **supernumerary** or the "extra worker" as per the collective agreements. By being the "extra worker" they are able to accommodate medical limitations as well as self limit activities and take microbreaks to assist with symptom management.*