



Guidelines for Monitoring/ Adherence/ Evaluation Ratings

Adherence to the 3 Parameters (Functions) in the Plan

Prescription ♦Frequency, ♦Duration, ♦Specified Activity/Intensity are to be rated as follows:

Frequency:

Assuming a 12-week (3-month) prescription

ADHERENCE			
10	weeks or more of 12	ie 10/12 = 5/6 =	83% = Excellent
8	weeks or more of 12	ie 8/12 = 4/6 =	67% = Very good
6	Weeks or more of 12	ie 6/12 = 3/6 =	50% = Good
4	Weeks or more of 12	ie 4/12 = 3/6 =	33% = Fair
4	Weeks or <i>less</i> of 12	ie <4/12 = <3/6 =	<33% = Poor

Duration:

Assuming 60 minutes per session

ADHERENCE			
50	Minutes or more of 60	ie 50/60 = 5/6 =	83% = Excellent
40	Minutes or more of 60	ie 40/60 = 4/6 =	67% = Very good
30	Minutes or more of 60	ie 30/60 = 3/6 =	50% = Good
20	Minutes or more of 60	ie 20/60 = 2/6 =	33% = Fair
20	Minutes or <i>less</i> of 60	ie <20/60 = <2/6	<33% = Poor

Activity/ Intensity:

This is based on client-provider cooperation and evaluator's assessment via diary completion and patient satisfaction (vide HCS Supramedicine of Provider (Access, Interpersonal Relationship, Thoroughness, Continuity - ref. *Supramedicine* chapter 16, pages 149, 150.)

- The evaluator assesses daily diary completion rate (ie 83%, 67%, 50%, 33% or <33%)
- The patient rates satisfaction with provider (ie 83%, 67%, 50%, 33% or <33%)
- ⇒ The lower average rating mean of two is accepted (clinical judgement may be considered).

The three parameters function scores are then meaned and if in doubt, the lower rating accepted.

For instance:

Frequency	4	very good
Duration	4	very good
Activity/Intensity	3	good
Overall assessment	4	very good.

In task performed, an assessment of...	on re-assessment, should achieve...
excellent	an improvement of 1/2 of one standard deviation or better in a SHQ health concept.
very good	An improvement of 1/3 of one standard deviation or better in a SHQ health concept.
good	An improvement of 1/4 of one standard deviation or better in a SHQ health concept.
fair	An improvement of 1/6 of one standard deviation or better in a SHQ health concept.
poor	no improvement in a SHQ health concept.

Note:

PREDICTED HEALTH TRANSITION

The GP should assess the patient's health status without treatment in say one year's time (ref. *Supramedicine*, chapter 16, page 155.)

If the prediction is for a **deterioration**, the aim of treatment may be to maintain the patient's current health status.

In this instance

<i>In task performed, a result of ...</i>	<i>on re-assessment should achieve...</i>
excellent	maintenance of the current SHQ health concept.
very good	deterioration of less than 1/6 in SD of the SHQ health concept.
good	deterioration of less than 1/4 in SD of the SHQ health concept.
fair	deterioration of less than 1/3 in SD of the SHQ health concept.
poor	deterioration of 1/2 of a SD of the SHQ health concept.