



## MONTANA STATE HOSPITAL POLICY AND PROCEDURE

### RECREATIONAL THERAPY ASSESSMENT

**Effective Date:** June 1, 2020

**Policy:** RTS-03

**Page 1 of 3**

- I. PURPOSE:** To provide procedural guidelines for the provision of Recreational Therapy Assessment and its integration into the Treatment Plan of Montana State Hospital (MSH) patients. To ensure appropriate Recreational Therapy treatment interventions are provided in a timely manner.
- II. POLICY:**
  - A. A Recreational Therapy Assessment will be completed for all patients upon admission to MSH. The Recreational Therapist will assess the patient's level of functioning, needs, and ability for independence in order to develop a plan to promote health, wellness, and recovery within their lifestyle.
  - B. The Recreational Therapist will adhere to current American Therapeutic Recreation Association (ATRA) standards for the practice of Recreational Therapy. The Recreational Therapist will provide a written report of the assessment, including a summary and recommendations which include patient strengths, abilities, limitations and preferences for treatment.
- III. DEFINITIONS:**
  - A. **Recreational Therapy:** Systematic process which utilizes recreation and other activity-based interventions to address the assessed needs of individuals with illnesses and/or disabling conditions, as a means to psychological and physical health, recovery and well-being. Recreational Therapy is a treatment service designed to restore, remediate and rehabilitate a patient's level of functioning and independence in life activities, to promote health and wellness as well as reduce or eliminate the activity limitations and restrictions to participation in life situations caused by an illness or disabling condition [Standards for the Practice of Recreational Therapy, (p.1) American Therapeutic Recreation Association (2015)].
- IV. RESPONSIBILITIES:**
  - A. **Rehabilitation Program Manager:** Develop a standard recreational therapy assessment protocol; ensure Recreational Therapists are appropriately trained; supervise the provision of recreational therapy assessments; and monitor the recreational therapy assessment service system. Collaborate with the Director of Quality Improvement in the development and implementation of a quality assurance and improvement program for recreational therapy assessments.

- B. **Recreational Therapist:** Understand and adhere to professional standards for conducting recreational therapy assessments. The Recreation Therapist will be responsible for performing assigned Recreational Assessment in a timely manner. Upon admission, the Recreation Therapist will interview the patient, collect collateral information as indicated, complete the assessment, and produce a report of the results. The Recreational Therapist will consult with the patient and their treatment team on assessment recommendations. The assessment will be updated on an annual basis.

V. **PROCEDURES:**

- A. The Recreational Therapist will complete a Recreation Assessment within seven (7) calendar days of the patient's admission date. The assessment will be placed in the patient's medical record.
- B. The Recreational Therapist will seek informed consent for the assessment from the patient. The Recreational Therapist will describe the purpose of the assessment, assessment procedures, and potential uses of the assessment results. The Recreational Therapist will respect a patient's right to refuse assessment procedures.
- C. If the patient consents to the assessment, the Recreational Therapist will follow the protocol and standards of evaluation for the recreational therapy assessment. Any deviations from the standard evaluation will be noted in the evaluation report.
- D. The Recreational Therapist will report the results of the assessment to the patient, and the patient's social worker in a timely manner. The results will be documented in a written or electronic recreational therapy assessment report, which will become part of the patient's medical record.

The recreational therapy assessment report will include information including but not limited to:

1. Patient interests, strengths, abilities, limitations and preferences.
  2. Recommendations for treatment.
- E. The Recreational Therapist will consult with the patient's social worker related to the assessment findings and recommendations.
- F. The Recreational Therapist will monitor the patient's progress. Documentation will be completed on an ongoing basis and will include, at a minimum; weekly progress notes for the first sixty days of treatment and monthly progress notes thereafter.
- G. The Recreational Therapist will consult with the patient and the patient's social worker during periodic treatment progress reviews reporting on the patient's progress, barriers to progress, or other needed interventions.

- H. An Annual Recreation Therapy Assessment will be completed on or before the anniversary date of the patient. The Recreation Therapist will complete the Recreation Therapy assessment form to include a review of the documented course of treatment. The Recreational Therapist will report the annual assessment findings and recommendations to the treatment team.
- VI. REFERENCES:** Standards for the Practice of Recreational Therapy, revised 2015, American Therapeutic Recreation Association; Medicare Benefit Policy Manual 30.2.3; Federal Standards 42-CFR 482.56, 482.61, and 482.62.
- VII. COLLABORATED WITH:** Clinical Services Director, Medical Director, Rehabilitation Program Manager, Recreational Therapists.
- VIII. RESCISSIONS:** TRS-03, *Rehabilitation Assessment* dated November 19, 2015; RTS-03, *Rehabilitation Assessment* dated December 6, 2010, RTS-03, *Rehabilitation Assessment* dated June 1, 2010, RTS-03, *Rehabilitation Assessment* dated October 30, 2006; #RTS-03, *Rehabilitation Assessment* dated October 24, 2003; #RTS-03, *Rehabilitation Assessment* dated February 14, 2000; RS-01-97-R - *Recreational Therapy Assessment and Care Plan* dated June 23, 1997.
- IX. DISTRIBUTION:** All Hospital Policy Manuals.
- X. ANNUAL REVIEW AND AUTHORIZATION:** This policy is subject to annual review and authorization for use by either the Administrator or the Medical Director with written documentation of the review per ARM § 37-106-330.
- XI. FOLLOW-UP RESPONSIBILITY:** Rehabilitation Program Manager.
- XII. ATTACHMENTS:**

Signatures:

Kyle Fouts  
Hospital Administrator

Thomas Gray, MD  
Medical Director