

Department of
Occupational Therapy

Functional Capacity Evaluation



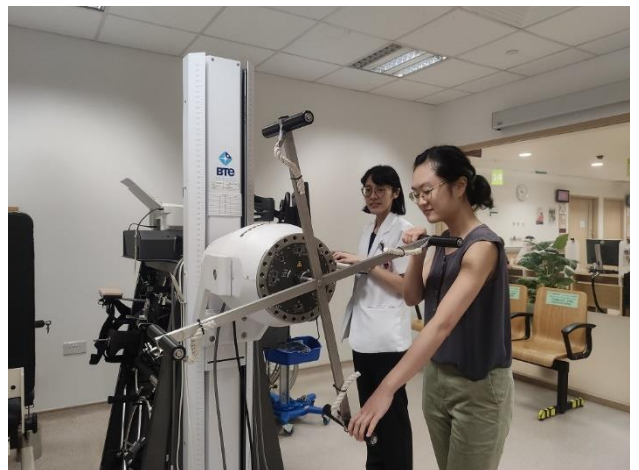
What is a Functional Capacity Evaluation (FCE)?

A Functional Capacity Evaluation (FCE) measures an individual's current level of bodily function compared to their job demands.

It is used to determine an individual's level of functional abilities in relation to their job/ occupational requirements and make recommendations to help them return to work.

Results from the FCE can also be used to create rehabilitation care plans, following an individual's injury or illness.

In Tan Tock Seng Hospital, FCEs are conducted by Occupational Therapists who are certified in performing functional tests.



What are the Aims of a FCE?

The aims of a FCE include the following:

- To assess an individual's ability to safely return to their original or modified work duties after an injury or illness.
- To advise if any work restrictions, job modifications or other accommodations need to be made to prevent further injury.
- To determine the extent of an individual's loss of function or the degree of their disability (physical, cognitive and/or social) in relation to fitness to work.



Who can be Referred for a FCE?

The following individuals can be referred for a FCE:

- Individuals who have issues related to returning to work or who have sustained re-injury that is caused by their functional ability to perform work activities.
- Individuals who need evidence of their maximum level of functional capacity (capability of performing tasks and activities that are necessary in daily life) for medico-legal (medical law) reasons.



What Happens During a FCE?

A FCE is a one-to-one session between an Occupational Therapist and the individual at the clinic and it lasts for three to four hours. In some situations, there may be a need for a second session to complete the FCE. The following are the tests and interviews you will experience during a FCE.

Intake Interview

An interview to gather information on an individual's injury/illness and their medical and work history.



Subjective Testing

Tests to assess an individual's pain and disability in relation to performing daily life activities.



Screening of Physical, Cognitive and Social Functions

Tests to assess an individual's quality of movement, strength and/or mental functions.



Functional Testing

A variety of tasks conducted to measure an individual's maximum physical, cognitive and/or social abilities.



Work-specific Testing

Work simulation activities conducted to evaluate an individual's ability to perform important physical and psychosocial tasks of their occupation.

What Happens After a FCE?

After completing the FCE, a report will be generated. This report will include the following:

- The individual's tests results
- A summary of the individual's abilities and limitations in carrying out functional tasks
- Recommendations for returning to work

Where necessary, the Occupational Therapist may visit the individual's workplace to further analyse and determine the individual's actual work performance.

What are Some Possible Risks of a FCE?

Here are some possible risks that an individual may experience during a FCE:

- Increased pain, discomfort or even a new injury after the test because the individual will be asked to exert his/her best effort while performing activities with weights and increasing difficulty levels.
- Mental fatigue, stress, changes in mood or may experience anxiety due to improved self-awareness.

However, these risks are small as the individual may stop the test at any time when they experience pain or discomfort. The Occupational Therapist is also trained to prevent any potential danger from happening.

How to be Referred for a FCE?

An individual can be referred for the FCE through a physician, medical specialist, lawyer, human resource personnel, insurer or through a self-referral.

Please contact Tan Tock Seng Hospital Occupational Therapy department with the following documents to process your FCE referral:

- A medical declaration for the FCE
- A signed consent form for the release of your information to the Hospital
- Any relevant medical information for reference

For more information, please contact us at:

Occupational Therapy Department

Tel: 6357 8339

Email: occupational_therapy@ttsh.com.sg

Health Information Services (MRO)

Tel: 6357 8448

Email: HISAdmin@ttsh.com.sg

Clinic B1C
TTSH Medical Centre, Level B1
Contact:
6357 7000 (Central Hotline)



Scan the QR Code with your smart phone to
access the information online or visit
<http://bit.ly/TTSHHealth-Library>

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