

### OPTMAL Formula CMS Metric

Since Medicare implemented the Functional Limitation Reporting for Therapy Services under Medicare Part-B, APTA has received many questions on how to apply the results from OPTIMAL to CMS’s Severity Modifiers that indicate the patient’s impairment limitation restriction. As mentioned previously, there are different ways to score OPTIMAL, depending on the clinician’s or researcher’s needs. The original scoring recommendations have been further adapted to accommodate this CMS requirement and automatically convert an OPTIMAL score to a percent that can support the physical therapist’s clinical judgment in determining the CMS Impairment Limitation Restriction. Please see below for the formula and examples.

$$= \frac{[\text{Total score} - \text{Total number of items scored}]}{[\text{Total possible score} - \text{Total number of items scored}]}$$

When using this formula, it is recommended that the score for difficulty and confidence be scored separately.

**Example 1:** All 22 items were scored for both confidence and difficulty.

$$= \frac{[\text{Total score} - \text{Total number of items scored}]}{[\text{Total possible score} - \text{Total number of items scored}]}$$

Confidence:

$$= \frac{[55 - 22]}{[110 - 22]}$$

$$= \frac{33}{88}$$

$$= 37\%$$

Difficulty:

$$= \frac{[50 - 22]}{[110 - 22]}$$

$$= \frac{28}{88}$$

$$= 32\%$$

Modifier	Impairment Limitation Restriction
CJ	At least 20 percent but less than 40 percent impaired, limited or restricted

**Example 2:** Three items were scored for both confidence and difficulty.

$$= \frac{[\text{Total score} - \text{Total number of items scored}]}{[\text{Total possible score} - \text{Total number of items scored}]}$$

Confidence:

$$= \frac{[11 - 3]}{[15 - 3]}$$

$$= \frac{8}{12}$$

$$= 66\%$$

Difficulty:

$$= \frac{[10 - 3]}{[15 - 3]}$$

$$= \frac{7}{12}$$

$$= 58\%$$

In this case the amount of difficulty that the patient has performing the task is felt to be the focus of the physical therapist intervention and increased importance is placed on the difficulty score.

Modifier	Impairment Limitation Restriction
CK	At least 40 percent but less than 60 percent impaired, limited or restricted

**Example 3:** One item was scored for both confidence and difficulty.

$$= \frac{[\text{Total score} - \text{Total number of items scored}]}{[\text{Total possible score} - \text{Total number of items scored}]}$$

Confidence:

$$= \frac{[5 - 1]}{[5 - 1]}$$

$$= \frac{4}{4}$$

$$= 100\%$$

Difficulty:

$$= \frac{[4 - 1]}{[5 - 1]}$$

$$= \frac{3}{4}$$

$$= 75\%$$

In this case the amount of difficulty that the patient has performing the task is felt to be the focus of the physical therapist intervention and increased importance is placed on the difficulty score.

Modifier	Impairment Limitation Restriction
CL	At least 60 percent but less than 80 percent impaired, limited or restricted