



LECTURE

Workshop 3, part 1: Functional Independence Measure (FIM) and Functional Ambulation Categories (nFAC)

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Abstract

The Functional Independence Measure (FIM) is an assessment tool that aims to evaluate the functional status of patients throughout the rehabilitation process following a stroke or any motor impairment associated with any condition. Its area of use can include skilled nursing facilities and hospitals aimed at acute, sub-acute and rehabilitation care. It is an 18-item scale of physical, psychological and social function, including bowel and bladder control, transfers, locomotion, communication, social cognition and self-care activities, used to assess a patient's level of disability as well as change in patient status in response to rehabilitation or medical intervention. Each item is rated on a 7-point scale on the basis of how much assistance is required for the individual to carry out activities of daily living (1 = <25% independence; total assistance required, 7 = 100% independence); the level of a patient's disability indicates the amount of support needed to care for them and thus how dependent

he or she will be on help from others. The new Functional Ambulation Classification (nFAC) is a functional walking test that evaluates functional ambulation ability and categorizes patients according to basic motor skills necessary to do so. It does not assess endurance. This 9-category scale assesses how much human support the patient requires when walking, regardless of whether they use a personal assistive device or not (0 - cannot ambulate or requires assistance from more than one person; 8 - can ambulate independently on level surfaces and can negotiate stairs normally, without use of the handrail or a walking stick). It can be used with patients with stroke but is not limited to those. Performed on admission to and departure from a rehabilitation centre, these two measurements function as a consistent data collection tool for the comparison of rehabilitation outcomes across the health care continuum.

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