



Index of Independence in ADL's

Acute Care of the Elderly Unit
Queensway Carleton Hospital

Index of Independence in ADLs

- * In use at Queensway Carleton Hospital on the Acute Care of the Elderly Unit
- * Modified from Katz Index of ADL (Katz et al, 1963)
- * Found through the 'Try This' library from the NICHE network of hospitals

Index of Independence in ADLs

- * Help staff understand patient's baseline level of independence (approx. 2 weeks prior to admission)
- * Compare to level of independence at time of admission
- * Recognize when patient has returned to baseline level
- * Recognize when patient has plateaued and may need to be considered for a transitional program

Interdisciplinary charting...

Here Catherine, one of our OTs, fills in a baseline assessment score after a discussion with our patient's caregiver.



Discussed in Rounds

Nurses bring updated
score to rounds

New score compared to
baseline score



Discussed in Rounds




The tool breakdown...

The tool breakdown...

Score from 0 to 12

The tool breakdown...




Queensway Carelink Hospital

Acute Care of the Elderly
Index of Independence in ADL's

| Year: | | Month: | | Day: | | | | | | | | | | | | | |
|--------------------|---|--------|--|------|--|----|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | B* | | | | | | | | | | | |
| TRANSFER | | | | | | | | | | | | | | | | | |
| 2 | No assistance, no supervision (except device use) | | | | | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 1 | Assistance or supervision | | | | | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | |
| 0 | Stays in bed | | | | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| TOILETING | | | | | | | | | | | | | | | | | |
| 2 | No assistance | | | | | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 1 | Assistance to toilet/commode or with peri-care | | | | | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | |
| 0 | Stays in bed | | | | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| CONTINENCE | | | | | | | | | | | | | | | | | |
| 2 | No assistance incontinence pads or own devices | | | | | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 1 | Assistance with cueing and routine toileting | | | | | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | |
| 0 | Assistance with incontinence at all times | | | | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| BATHING | | | | | | | | | | | | | | | | | |
| 2 | No assistance (except back) | | | | | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 1 | Assistance with a couple difficult to reach areas | | | | | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | |
| 0 | Assistance with most of body | | | | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| DRESSING | | | | | | | | | | | | | | | | | |
| 2 | No assistance, no set-up (except tying shoes) | | | | | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 1 | Assistance with cueing and set-up | | | | | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | |
| 0 | Assistance with most of clothing | | | | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| FEEDING | | | | | | | | | | | | | | | | | |
| 2 | No assistance (except opening small packages) | | | | | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 1 | Assistance with cueing and/or cutting/buttering | | | | | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | |
| 0 | Assistance with constant cueing or feeding | | | | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Total Score | | | | | | | | | | | | | | | | | |
| Initial | | | | | | | | | | | | | | | | | |

***Baseline: Level of function approximately 2 weeks prior to admission**

NACE 1487-17-11



62001487

Modified from Katz Index of ADL (Katz et al., 1963)

The tool breakdown...

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| | TRANSFER | | | | | | | | |
| 2 | No assistance, no supervision (except device use) | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 1 | Assistance <i>or</i> supervision | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| 0 | Stays in bed | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

The tool breakdown...

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| | TOILETING | | | | | | | | |
| 2 | No assistance | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 1 | Assistance to toilet/commode <i>or</i> with peri-care | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| 0 | Stays in bed | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

The tool breakdown...

| | | | | | | | | | |
|---|--|---|---|---|---|---|---|---|---|
| | CONTINENCE | | | | | | | | |
| 2 | No assistance incontinence pads or own devices | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 1 | Assistance with cueing and routine toileting | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| 0 | Assistance with incontinence at all times | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

The tool breakdown...

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| | BATHING | | | | | | | | |
| 2 | No assistance (except back) | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 1 | Assistance with a couple difficult to reach areas | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| 0 | Assistance with most of body | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

The tool breakdown...

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| | DRESSING | | | | | | | | |
| 2 | No assistance, no set-up (except tying shoes) | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 1 | Assistance with cueing and set-up | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| 0 | Assistance with most of clothing | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

The tool breakdown...

| | | | | | | | | | |
|---|--|---|---|---|---|---|---|---|---|
| | FEEDING | | | | | | | | |
| 2 | No assistance (except opening small packages) | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 1 | Assistance with cueing <i>and/or</i> cutting/buttering | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| 0 | Assistance with constant cueing <i>or</i> feeding | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

Meet Alice...

COPD on 2L Home O2

History of Smoking

HTN

Seasonal Allergies

80 lbs



Let's get a Baseline ADL Score...

- * Alice uses a 4 wheel walker to get around the house
- * Uses bathroom and bedside commode independently
- * Manages own incontinence pads
- * Family assists with most of showers and dressing due to SOBOE
- * Family prepare meals but Alice feeds herself



Meet Alice...

Fall/Hip Fracture
(3 weeks rehab)

SBO requiring ICU
admission for BiPAP



Meet Alice...

Presented to ED with
decreased LOC and
confusion

Admitted to the ACE Unit
with hyponatremia



Day 1...

Alice is hooked up to an
IV and is drowsy



Day 2...

Alice is more alert and
confusion is clearing.

IV infusion stopped



Day 3...

Alice is alert and her confusion has cleared.

She finds it difficult to get out of the hospital beds without help.



Going home with confidence...

Alice is not at baseline but the team recognizes limitations related to her being outside of her usual environment.

Team uses these observations to discuss discharge with family and family agrees to take Alice home.



Index of Independence in ADL's (Modified from Katz et al, 1963)

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