

# ACTIVITY INDEPENDENCE MEASURE-TRAUMA (AIM-T)

## POCKET CARDS



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# ACTIVITY INDEPENDENCE MEASURE - TRAUMA

## 12 ACTIVITIES

### CORE

1. ROLL OVER



2. SIT UP AND REMAIN SEATED FOR 10 SEC



### LOWER LIMB

3. STAND UP AND REMAIN STANDING FOR 10 SEC.



4. WALK/MOVE AROUND 14 METER



5. TIMED 10 METER WALK/MOVE AROUND



6. CLIMB UP AND DOWN 10 STEPS



7. KNEEL DOWN AND STAND UP



### UPPER LIMB

8. PICK UP A SMALL OBJECT AND MANIPULATE



9. OPEN A JAR/BOTTLE



10. REACH LOWER BACK AND GRASP CLOTHES



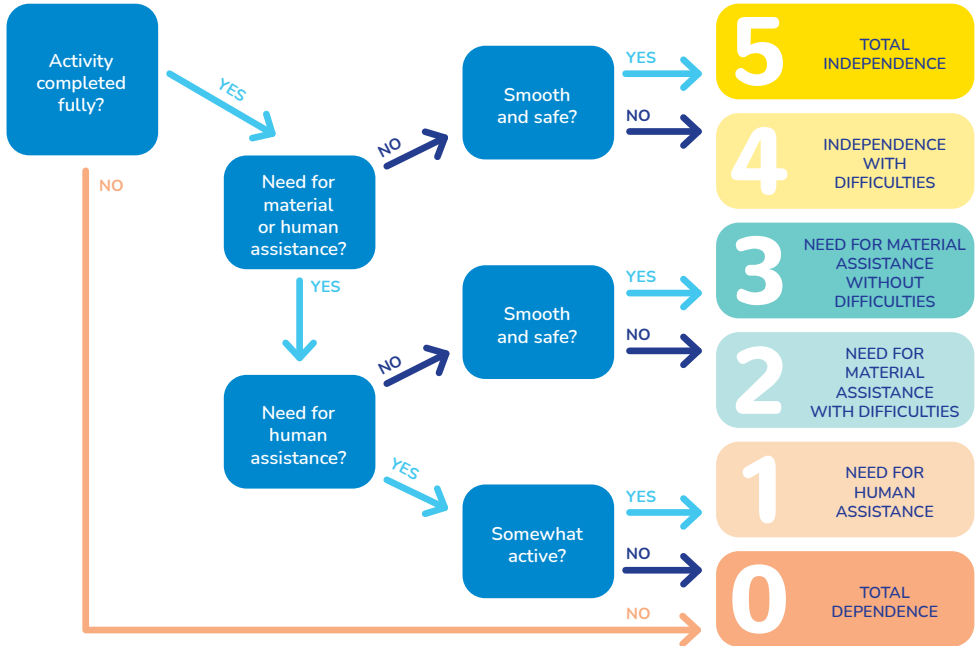
11. REACH FACE AND NECK



12. LIFT AND CARRY 5KG ABOVE SHOULDER LEVEL



# SCORING FLOWCHART



CORE



# CORE

## 1. ROLL OVER



Example of the activity in daily life



## 2. SIT UP AND REMAIN SEATED FOR 10 SEC.

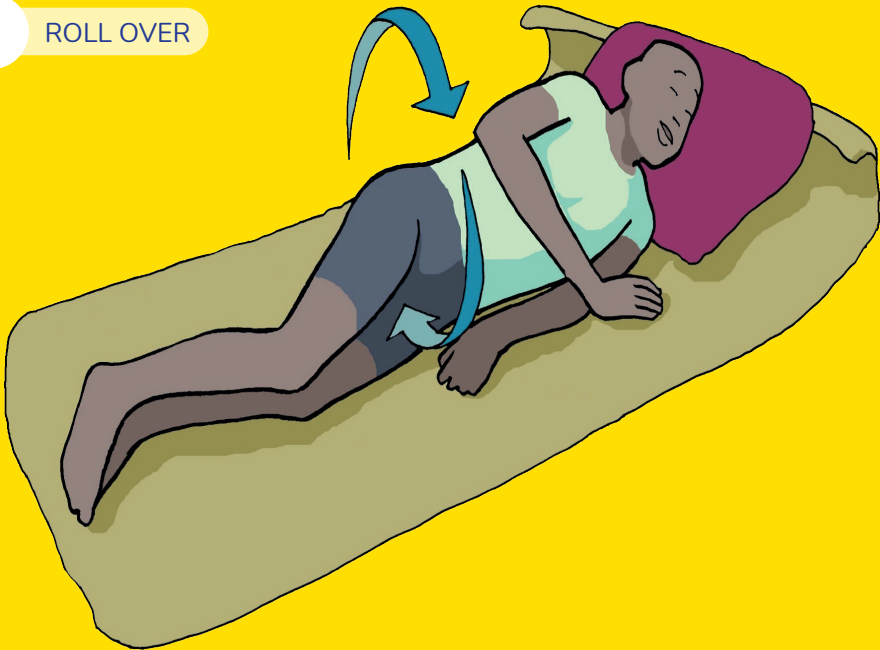


Example of the activity in daily life



1

ROLL OVER





## Description of the item

- Going from supine to side lying (only one side is assessed), without using arms to pull him/herself into side lying.



## Scoring

- **SMOOTHLY AND SAFELY** = timely (less than 5 seconds), without any pain, at first attempt and in a smooth manner, without any risk of falling or getting injured.
- **MATERIAL ASSISTANCE** = using bed-fences, bed-ladder or other piece of furniture, or any assistive devices.
- **HUMAN ASSISTANCE** = assistance from another person, for example in the initiation or the whole rolling over, or to carry one limb.



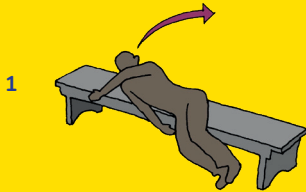
## Vigilance points

- Verify with the medical team if side lying is authorized on at least one side.
- Ensure the patient is fully on his/her side (e.g. freeing pressure from back of head, whole back, both buttocks, back of legs, including heels).



2

SIT UP AND REMAIN SEATED FOR 10 SEC.



CORE



## Description of the item

- Going from supine to sitting (on the edge of bed) AND remain seated 10 seconds, without using arms to remain seated.



## Scoring

- **SMOOTHLY AND SAFELY** = timely (less than 5 seconds to sit up), without any pain, at first attempt and in a smooth manner, without any risk of falling or getting injured.
- **MATERIAL ASSISTANCE** = using bed-rails, bed-ladder or other piece of furniture (e.g. bedside table), or any assistive devices to sit up and/or remaining seated; or use the arms in sitting position.
- **HUMAN ASSISTANCE** = assistance from another person, for example in the initiation (to lift up from bed) or the whole sitting up, and/or to maintain the sitting position.



## Vigilance points

- Verify with the medical team if sitting on the edge of bed is authorized or whether any precaution required.
- Check that both components of the activity are performed (sitting up AND remaining standing 10 seconds).
- Look at use of arms when in sitting position: if possible try encouraging the patient to remain seated without using his/her arms.

## LOWER LIMB



# LOWER LIMB

## 3. STAND UP AND REMAIN STANDING FOR 10 SEC.



Example of the activity in daily life



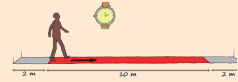
## 4. WALK/MOVE AROUND 14 METER



Example of the activity in daily life



## 5. TIMED 10 METER WALK/MOVE AROUND



Example of the activity in daily life



## 6. CLIMB UP AND DOWN 10 STEPS



Example of the activity in daily life



## 7. KNEEL DOWN AND STAND UP



Example of the activity in daily life



3

STAND UP AND REMAIN STANDING FOR 10 SEC.

10 SEC.



LOWER LIMB





## Description of the item

- Going from sitting to standing AND remain standing for 10 seconds, without using arms to stand up and/or remain standing.



## Scoring

- **SMOOTHLY AND SAFELY** = timely (less than 5 seconds to stand up), without any pain, at first attempt and in a smooth manner, without any risk of falling or getting injured.
- **MATERIAL ASSISTANCE** = using armrests, bedladder or other piece of furniture, or any assistive devices (e.g. crutches, walking frame) or prosthesis and orthosis to stand up and/or remaining standing; or only if able to stand up from an elevated surface (bed or chair, where thighs are not at the horizontal).
- **HUMAN ASSISTANCE** = assistance from another person, for example in the initiation or the whole task of standing up and/or remaining standing.

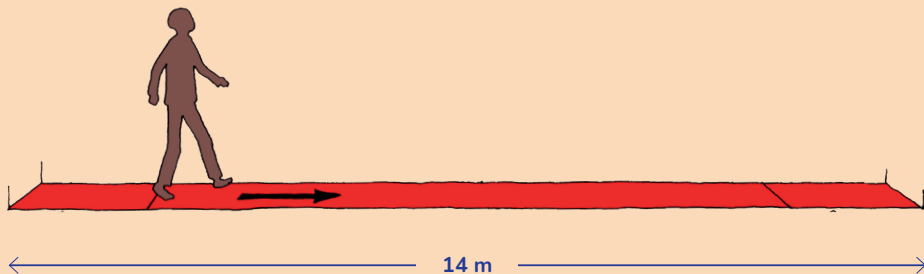


## Vigilance points

- Verify with the medical team if upright position is authorized as well as weight bearing on at least one side.
- Check that both components of the activity are performed (standing up AND remaining standing 10 seconds).
- Look at use of arms – to stand up for example; if possible try encouraging the patient to stand up without using his/her arms.

4

WALK/MOVE AROUND 14 METER



LOWER LIMB



## Description of the item

- Walking/Moving around for 14 meter.
- This item is assessed at the same time as “5. Timed 10 meter walk/move around”.



## Scoring

- **SMOOTHLY AND SAFELY** = without any pain and in a smooth manner (e.g. fluid gait, no limping observed), without any risk of falling or getting injured.
- **MATERIAL ASSISTANCE** = using crutches, wheelchair, cane, walking frame, orthosis, prosthesis.
- **HUMAN ASSISTANCE** = assistance from another person, for example in helping the beneficiary to keep his/her balance.

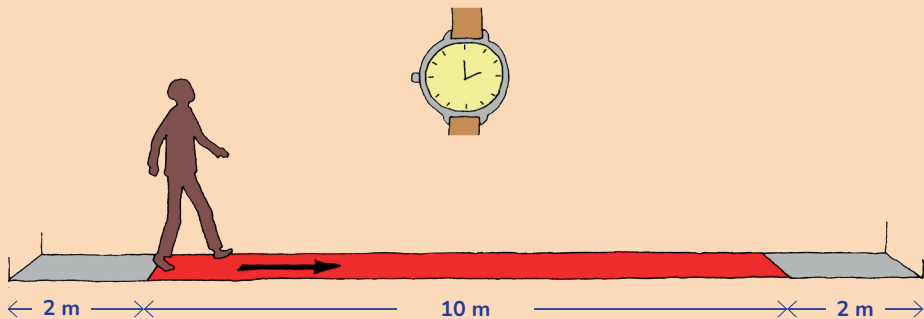


## Vigilance points

- Verify with the medical team if upright position is authorized as well as weight-bearing on at least one side.
- Look at use of assistive device and gait pattern (presence of gait alterations).
- If possible and if not contra-indicated, encourage the patient to walk without assistive device.
- To guarantee the patient's safety, make sure you remain close to your patient.



5 TIMED 10 METER WALK/MOVE AROUND





## Description of the item

- Timed observation of the patient walking/moving around for 10 meter, at a comfortable and safe pace (the patient should not be encouraged to walk as quick as possible) .
- This item is assessed at the same time as the activity “4. Walk/move around 14 meter”, timing the middle 10 meter.



## Scoring

- **SMOOTHLY AND SAFELY** = without any pain and in a smooth manner (e.g. fluid gait, no limping observed), without any risk of falling or getting injured.
- **MATERIAL ASSISTANCE** = using crutches, wheelchair, cane, walking frame, orthosis, prosthesis.
- **HUMAN ASSISTANCE** = assistance from another person, for example in helping the patient to keep his/her balance.
- **TIME THRESHOLD** = if the 10 meter are covered in more than 12.5 seconds.

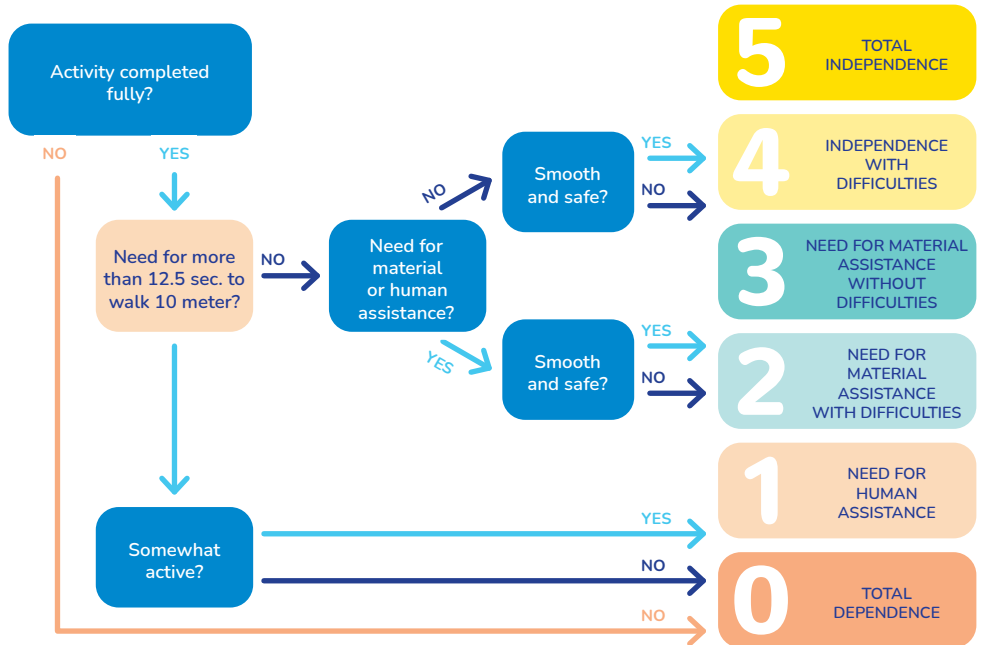


## Vigilance points

- Verify with the medical team if upright position is authorized as well as weight-bearing on at least one side.
- **A specific scoring system is used, where the time threshold of 12.5 seconds is a key determinant.**
- Look at use of assistive device and gait pattern (presence of gait alterations).
- To guarantee the patient's safety, make sure you remain close to your patient.



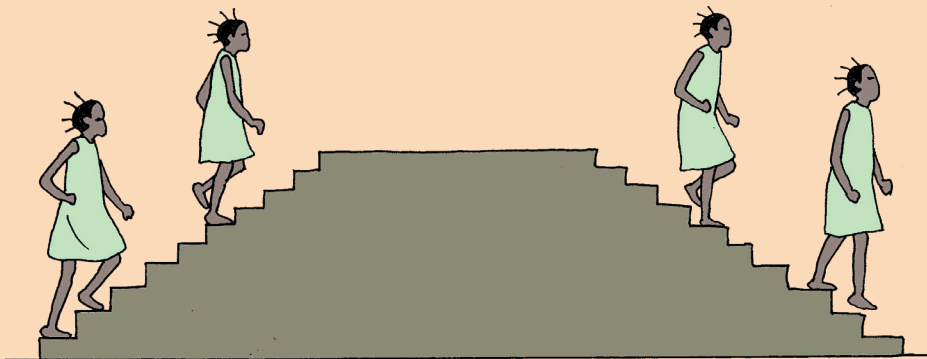
# TIMED 10 METER WALK: ADAPTED SCORING SYSTEM





6 CLIMB UP AND DOWN 10 STEPS

LOWER LIMB





## Description of the item

- Climbing up and down 10 steps.



## Scoring

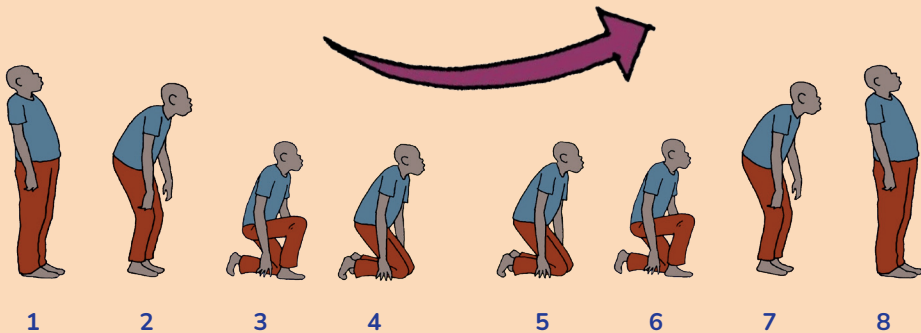
- **SMOOTHLY AND SAFELY** = timely (less than 20 seconds), without any pain, at first attempt and in a smooth manner (e.g. no leg stiffness, waddling or limping observed), without any risk of falling or getting injured.
- **MATERIAL ASSISTANCE** = using crutches, banister, cane, prosthesis or orthosis.
- **HUMAN ASSISTANCE** = assistance from another person, for example in securing balance.



## Vigilance points

- Verify with the medical team if weight-bearing is authorized as well as hip and knee flexion.
- Note if the person experiences more difficulties on one of the way (up or down) and score the most difficult one.
- Observe the gait pattern (presence of alterations, or use of simple or alternated pattern).

# 7 KNEEL DOWN AND STAND UP





## Description of the item

- Kneeling down on the floor, maintaining the kneeling position and standing up. In kneeling, both knees should be flexed.



## Scoring

- **SMOOTHLY AND SAFELY** = timely (less than 10 seconds down and up), without any pain, at first attempt and in a smooth manner (e.g. hips and knees aligned in kneeling), without any risk of falling or getting injured.
- **MATERIAL ASSISTANCE** = using grab bar (or any piece of furniture) or any assistive devices (crutches, walking frame, ...), prosthesis and orthosis.
- **HUMAN ASSISTANCE** = assistance from another person, for example to help to control the way down or initiate the way up.



## Vigilance points

- Verify with the medical team if weight-bearing, as well as hip and knee flexion are authorized, and if both legs can rest on the floor.
- Check that all 3 components of the activity are performed (kneel down, maintain kneeling and stand up), ensuring that both knees and hips are flexed when in kneeling position.
- If the person does not feel comfortable to perform that movement in front of you, a person from the same gender can assist with the assessment.



## UPPER LIMB



# UPPER LIMB

## 8. PICK UP A SMALL OBJECT AND MANIPULATE.



Example of the activity in daily life



## 9. OPEN A JAR/BOTTLE



Example of the activity in daily life



## 10. REACH LOWER BACK AND GRASP CLOTHES



Example of the activity in daily life



## 11. REACHING FACE AND NECK



Example of the activity in daily life



## 12. LIFT AND CARRY 5 KG ABOVE SHOULDER LEVEL



Example of the activity in daily life



8

PICK UP A SMALL OBJECT AND MANIPULATE





## Description of the item

- Lifting up with fingers a small object placed on a flat surface, and manipulate it.

The WHO defines the activity “manipulate” in the ICF as “using fingers and hands to exert control over, direct or guide something, such as when handling coins or other small objects (ICF definition)”.



## Scoring

- **SMOOTHLY AND SAFELY** = timely (less than 5 seconds), without any pain, at first attempt and in a smooth manner with precision and without any risk of getting injured.
- **MATERIAL ASSISTANCE** = using orthosis, prosthesis or grab bar, and/or support from healthy limb (e.g. to stabilize the forearm or wrist).
- **HUMAN ASSISTANCE** = assistance from another person, for example in stabilizing manually the forearm or wrist.

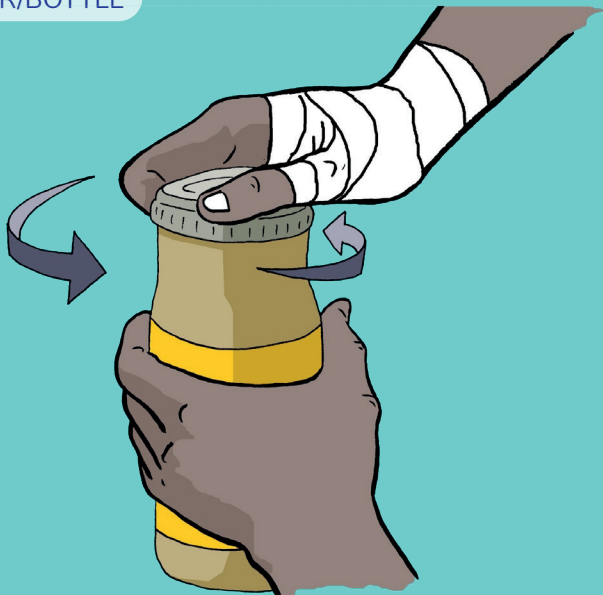


## Vigilance points

- Verify with the medical team if active prehension is authorized on the affected side.
- Look at the effort needed and the movement precision.
- Try different material and shapes (e.g. rough surfaces or square objects).

9

OPEN A JAR/BOTTLE





## Description of the item

- Turning a jar or a bottle lid to open it, the most affected hand being the one grabbing the lid and turning it open.



## Scoring

- **SMOOTHLY AND SAFELY** = timely (less than 5 seconds), without any pain, at first attempt and in a smooth manner with precision, without any risk of getting injured.
- **MATERIAL ASSISTANCE** = using orthosis, jar opener, towel, glove, and/or when the healthy limb is the one turning the lid (while the affected limb is only stabilizing the bottle).
- **HUMAN ASSISTANCE** = assistance from another person, for example in stabilizing manually the forearm, wrist or the jar/bottle.

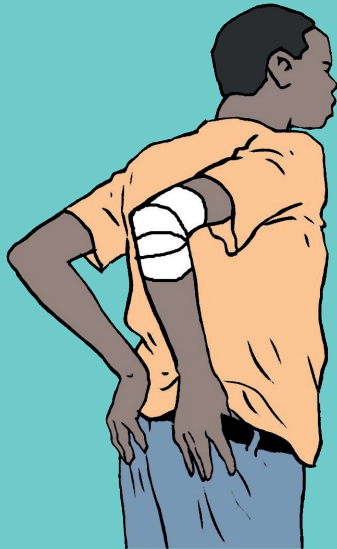


## Vigilance points

- Verify with the medical team if power grip is authorized, on the affected side.
- Look at the effort needed and the movement precision.
- Try different material and shapes (e.g. rough surfaces or lids of different sizes).

10

REACH LOWER BACK AND GRASP CLOTHES



UPPER LIMB



## Description of the item

- Reaching the lower back and grasp his/her lower body clothes from behind (such as pants or skirt) with the affected arm.



## Scoring

- **SMOOTHLY AND SAFELY** = timely (less than 5 seconds) , without any pain, at first attempt and in a smooth manner, without risk of getting injured.
- **MATERIAL ASSISTANCE** = using orthosis, prosthesis, dressing sticks, and/or support from healthy limb (e.g. to lead the affected limb towards the lower back).
- **HUMAN ASSISTANCE** = assistance from another person, for example in assisting manually the movement.



## Vigilance points

- Verify with the medical team if internal rotation and extension of the shoulder, elbow flexion as well as active finger flexion are authorized, on the affected side.
- Check that both components of the activity are performed (reaching the back AND grasping clothes).
- This activity can be done sitting or standing
- Look at the effort needed and verify the use of the healthy limb (compared to the affected one).



11

REACH FACE AND NECK





## Description of the item

- Reaching and touching his/her face AND neck with the most affected limb.



## Scoring

- **SMOOTHLY AND SAFELY** = timely (less than 5 seconds), without any pain, at first attempt and in a smooth manner, without any risk of getting injured.
- **MATERIAL ASSISTANCE** = using orthosis, prosthesis and/or support from healthy limb (e.g. to bring the affected limb towards the face and neck).
- **HUMAN ASSISTANCE** = assistance from another person, for example in stabilizing manually the elbow or guiding the movement.



## Vigilance points

- Verify with the medical team if active elbow flexion is authorized on the affected side.
- Check that both components of the activity are performed (reaching the face AND the neck) and that the person reaches all surfaces of neck and face.
- Look at the effort needed and verify the use of the healthy limb (compared to the affected one).

12

LIFT AND CARRY 5KG ABOVE SHOULDER LEVEL

2 KG



5 KG



UPPER LIMB



## Description of the item

- Taking a 5kg object below waist level and lifting it above shoulder level, using both arms and hands. For children, a 2kg object is used.



## Scoring

- **SMOOTHLY AND SAFELY** = timely (less than 10 seconds), without any pain, at first attempt and in a smooth manner without any risk of getting injured.
- **MATERIAL ASSISTANCE** = using orthosis, prosthesis, and/or if the healthy limb is the one lifting more than half of the weight.
- **HUMAN ASSISTANCE** = assistance from another person, for example in stabilizing manually the shoulder/elbow, taking off some of the weight by lifting the object with the person.



## Vigilance points

- Verify with the medical team if active movement with 5kg/2kg load, as well as shoulder flexion above 90° are authorized with the affected limb.
- This activity can be done sitting or standing
- Look at the effort needed and verify the use of the healthy limb (compared to the affected one).
- Try different materials and shapes (e.g. rough surfaces, square or compact object).