

# GUIDANCE TO COMPLETING THE KATZ INDEX OF INDEPENDENCE IN ACTIVITY OF DAILY LIVING

Protocol Code: ISRCTN11225767 Guidance to complete the Katz Index of Independence in activity of daily living – version 1.0 date 10/05/2013

### **Outcome Form: Patient's self care capacity**

OUTCOME Complete at discharge from the randomising hospital, death in hospital or 28 days after randomisation, whichever occurs first							HALT-IT 9251/92		
HOSPITAL					8. BLOOD PRODU		_	enter 0)	
a) Country					a) Were blood produ			YES	NO
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PATIENT DETA	ILS				d) Platelets (part unit				and
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c) Written consent obtained from patient or representative?		S NO		a) Days in Intensive Care Unit (ICU) b) Days in High Dependency Unit (HDU)			dayn dawr		
d) If no written	and ver							8 - 65	day
consent, give rea	son				10. COMPLICATIO	NS (circle one option	on each li		
PATIENT STAT	US				a) Re-bleeding			YES	NO
3.1 Death in hospital (if yes complete below - i       a) Date of death       b) Time of death (24-hr clock)		ete below - if			b) Deep vein thromb			YES	NO
		dit			c) Pulmonary embolism			YES	NO
		hours			d) Stroke			YES	NO
1000	Haemorrhag			y	e) Myocardial infarction			YES	NO
c) Main cause of death (tick one option only)		rdial infarction   Pneumonia				f) Other significant cardiac event		YES	NO
	C Stroke	Pulmonary embolism		y embolism	g) Sepsis			YES	NO
	Other (descri	(describe, 1 diagnosis only)			h) Pneumonia			YES	NO
				i) Respiratory failure j) Liver failure			YES	NO	
3.2 Patient alive (	Second Second	e section belo	w – if no co	mplete 3.1)	<ul> <li>k) Renal failure</li> </ul>			YES	NO.
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# The Katz index of independence in activity of daily living (Katz ADL)\*

#### **11. PATIENT'S SELF CARE CAPACITY** (circle one option on each line) INDEPENDENT? a) Bathing (sponge bath, tub bath, or shower) - Receives either no assistance or assistance in YES NO bathing only one part of body **b)** Dressing – Gets clothed and dressed without YES NO assistance except for tying shoes c) Toileting – Goes to toilet room, uses toilet, arranges clothes, and returns without assistance YFS NO (may use cane or walker for support and bedpan/urinal at night) d) Transferring – Moves in and out of bed and YES NO chair without assistance (may use cane or walker) e) Continence – Controls bowel and bladder YES NO completely by self (without occasional 'accidents') **f)** Feeding – Feeds self without assistance (except YES NO for help with cutting meat or buttering bread)

\*Available from the Hartford Institute for Geriatric Nursing, College of Nursing, New York University

### What is the Katz ADL?

- 6-item outcome measure
- The index is intended to assess functional status as a measurement of the patient's ability to perform basic activities of daily living independently
- Widely used in elderly population and people with chronic illnesses, disabilities and impairments



### **Advantages of the Katz ADL**

- Useful in creating a common language about patient function for all practitioners involved in overall care planning and discharge planning
- Brevity (10 minutes, McDowell & Newell 1996)
- Reliability and validity tested



McDowell, I. & Newell, C. (1996). Measuring Health: A Guide to Rating Scales and Questionnaires. (2nd ed.). New York: Oxford University Press. Pp. 63-67.

# How patient's self care capacity is assessed?

- In the Katz Index, adequacy of performance of six functions is measured:
  - Bathing
  - Dressing
  - Toileting
  - Transferring
  - Continence
  - Feeding
- Patients are scored yes/no for independence in each of the six functions (Independence = NO supervision, direction or personal assistance)

### **Bathing** (sponge bath, tub bath, or shower)

- Answer YES if patient bathes self completely or needs help in bathing only a single part of the body such as the back or a disabled extremity.
- Answer NO if patient needs help with bathing more than one part of the body, getting in or out of the tub or shower.
   Requires total bathing.



By Dnm t, available from Wikimedia Commons

# Dressing

- Answer YES if patient gets clothes from closets and drawers and puts on clothes independently. May have help tying shoes.
- Answer NO if patient needs help with dressing self or needs to be completely dressed.



# Toileting

- Answer YES if patient goes to toilet room, uses toilet, arranges clothes, and returns without assistance (may use cane or walker for support and bedpan/urinal at night)
- Answer NO if patient needs help transferring to the toilet, cleaning self or uses bedpan or commode.



# Transferring

- Answer YES if patient moves in and out of bed and chair without assistance (may use cane or walker).
- Answer NO if patient needs help in moving from bed to chair or requires a complete transfer.



### Continence

- Answer YES if patient controls bowel and bladder completely by self (without occasional 'accidents').
- Answer NO if patient is partially or totally incontinent of bowel or bladder.



By André Karwath aka Aka, edited by Fir0002, available from Wikimedia Commons

# Feeding

- Answer YES if patient feeds self without assistance (except for help with cutting meat or buttering bread).
- Answer NO if patient needs partial or total help with feeding or requires parenteral feeding.



# Tips



- Information about self care capacity will be available in medical records.
- If in doubt, ask nurses or relatives who look after the patient routinely.
- The patient might be able to answer some questions about his/her ability to perform some of the activities.



# JOIN THE GLOBAL COLLABORATION

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