# Table 1: Canadian Stroke Best Practice Recommendations Stroke Rehabilitation Screening and Assessment Tools

a. Tools to Assess Functional Capacity and Activities of Daily Living

| Assessment Tool   | Purpose  | Items and Administration   | Additional Considerations   | Availability   |
|---|--|--|---|--|
| Functional<br>Independence<br>Measure (FIM)<br>Keith et al., 1987 | The FIM is an assessment tool for physical and cognitive disability and is intended to measure | 18-items evaluating 6 areas of function: self-care, sphincter control, mobility, locomotion, communication and social cognition.  Score Interpretation: Maximum score is 126, with higher scores indicating greater levels of functional independence. | The FIM has been well-studied for its validity and reliability within stroke populations; however, it has been suggested that reliability is dependent on the individual administering the assessment (Salter et al. 2012). | Available for purchase.  www.udsmr.org/WebMo dules/FIM/Fim_About.as px |
|   | burden of care.  | Scores can also be calculated for motor and cognitive subscales.  Administration: Observation; approx. 30 minutes to complete.   | Specialized Training: Required.   |  |
| AlphaFIM  | The AlphaFIM is<br>a shortened<br>version of the<br>Functional                                 | 6-items assessing motor (eating, grooming, bowel management and toilet transfers) and cognitive (expression and memory) function.  | Requires less time to complete than the original FIM.  Alpha-FIM scores may be transformed to   | Available for purchase.  www.udsmr.org/WebMo dules/Alpha/Alp About.a   |
| Stillman et al., 2009   | Independence<br>Measure.   | Score Interpretation: The Alpha-FIM is scored like the original FIM scale, with scale scores ranging from 6-42.  Administration: Approx. 5 minutes to complete.  | projected FIM scores using a proprietary algorithm (Lo et al. 2012).  Specialized Training: Required  | spx  |
| Modified Rankin<br>Scale (mRS)                                    | The mRS is an assessment tool for rating global  | Individuals are assigned a subjective grade or rank ranging from 0 (no symptoms) to 5 (severe disability) based on level of independence with reference to pre-stroke activities rather than   | The scale's categorical options have been criticized as being broad and poorly defined (Wilson et al. 2002).  | Free www.rankinscale.org/  |
| Rankin, 1957  | outcomes.  | observation of task-based performance.  Administration: Interview; 15 minutes to complete.   | Specialized Training: Not required.   |  |
| Barthel Index of Activities of Daily                              | The BI is an assessment  | The BI consists of 10 common ADLs, 8 related   | Widespread familiarity of the BI  | Free   |

| Assessment<br>Tool  | Purpose  | Items and Administration   | Additional Considerations  | Availability   |
|---|--|--|--|--|
| Living (BI)  Mahoney et al., 1965                           | tool for<br>evaluating<br>independence<br>in self-care<br>activities.      | to personal care and 2 related to mobility.  Score Interpretation: The index yields a total score out of 100 with higher scores indicating greater functional independence.  Administration: Self-Report (less than 5  | contributes to its interpretability.  The BI is relatively insensitive and a lack of comprehensiveness may result in problems with ceiling and floor effects (Duncan et al. 1997).   | http://www.strokecenter.<br>org/wp-<br>content/uploads/2011/08<br>/barthel.pdf       |
|   |  | minutes) or direct observation (up to 20 minutes).   | Specialized Training: Not required.  |  |
| Frenchay Activities<br>Index (FAI)<br>Holbrook et al., 1983 | The FAI is an assessment tool for instrumental activities of daily living. | 15-items representing activities in 3 domains: domestic chores, leisure and work, and outdoor activities.  Score Interpretation: Summed scores range from 15-60, with lower scores indicating less frequent activity.  Administration: Interview; approx. 5 minutes to complete. | The FAI provides complementary information to that obtained from the Barthel Index, with the FAI representing higher level ADLs (Pederson et al. 1997)  Age and Gender may influence scores (Holbrook & Skilbeck 1983; Appelros 2007).  Specialized Training: Not required.  | Free www.rehabmeasures.or g/PDF%20Library/Frenc hay%20Activities%20Ind ex.pdf        |
| 6 Minute Walk Test<br>(6MWT)<br>Butland et al., 1982        | The 6MWT is an assessment tool for walking capacity and endurance.         | The total distance (i.e., meters or feet) walked during the trial period is measured and recorded. The number and duration of rests can also be measured.  Administration: Observation; 6 minutes to complete.   | Age, height, weight, and sex should each be considered when interpreting results. Encouragement may also impact test results: the published standardized protocol should be used (ATS, 2002).  As a test of submaximal walking capacity, this test may be best suited to those with moderate-severe impairment (Salter et al. 2012). Variations of this test include the 2 minute and 12 minute walk tests.  Specialized Training: Required reading. | Free www.cscc.unc.edu/spir/ public/UNLICOMMSMW SixMinuteWalkTestForm QxQ08252011.pdf |

## **b.** Tools to Assess Stroke Severity

| <b>Assessment Tool</b> |                                 | Items and Administration  | Additional Considerations                                | Availability                                  |
|------------------------|---------------------------------|---|--|---|
| Canadian               | The CNS is an                   | Items include an assessment of mental   | Quick and simple tool completed by a                     | Free  |
| Neurological Scale     | assessment                      | activity (level of consciousness, orientation                                       | trained health care practitioner. Used in                |   |
| (CNS)                  | tool for                        | and speech) and motor activity (face, arms  | the acute phase of stroke.                               | www.strokecenter.org/w                        |
|                        | neurological                    | and legs) for patients with or without  |  | <u>p-</u>                                     |
| Côté et al., 1986      | impairment.                     | comprehension deficits in the acute stage.  | Specialized Training: Not Required.                      | content/uploads/2011/08<br>/canadian.pdf      |
|                        |                                 | Score Interpretation: Maximum score is 11.5; lower scores indicate higher severity. |  | <u>roundum.pur</u>                            |
|                        |                                 | Administration: Approximately 5-10 minutes or less to complete by an administrator. |  |   |
| National Institutes of | The NIHSS is                    | 11 items which include an assessment of   | Can be completed by non-neurologists.                    | Free  |
| Health Stroke Scale    | an <b>assessment</b>            | level of consciousness, facial palsy and the  | Shortened versions are available.                        |   |
| (NIHSS)                | tool for                        | presence of neglect or visual, sensory, motor,                                      |  | www.strokecenter.org/w                        |
|                        | neurological                    | language or speech deficits. Items are  | The suitability of the item assessing limb               | <u>p-</u>                                     |
| Brott et al., 1989     | status following                | answered according to a 3 or 4 point ordinal  | ataxia has been questioned, and several                  | content/uploads/2011/08                       |
| 2.0, .000              | a stroke.                       | scale.  | items cannot be assessed in patients with severe stroke. | /NIH Stroke Scale.pdf                         |
|                        |                                 | Score Interpretation: Maximum score is 42;  |  |   |
|                        |                                 | higher scores indicate a greater level of   | Specialized Training: Required.                          |   |
|                        |                                 | severity. (1-4=mild; 5-14=mild to moderate;   |  |   |
|                        |                                 | 15-24=severe; >25=very severe)  |  |   |
|                        |                                 | Administration: Approximately 5-10 minutes  |  |   |
|                        |                                 | to complete by an administrator.  |  |   |
| Orpington Prognostic   | The OPS is an                   | 4 items which include an assessment of  | Quick and simple tool that does not                      | Free  |
| Scale (OPS)            | assessment                      | motor functioning in the arm, proprioception,                                       | require additional equipment for                         |   |
|                        | tool for stroke                 | balance and cognition.  | administration.  | www.uwhealth.org/files/u                      |
| Kalra & Crome, 1993    | severity and has been found     |   | Should not be used until the patient's                   | whealth/docs/pdf/spep_o<br>rpington_scale.pdf |
| Rana & Orome, 1999     | to be beneficial                | Score Interpretation: Maximum score is 6.8;   | medical condition has stabilized.                        | ipington_scale.pul                            |
|                        | in identifying a                | higher scores indicate a greater level of   |  |   |
|                        | patient's                       | severity. (<3.2=mild to moderate; 3.2 - 5.2 =                                       | Specialized Training: Not Required.                      |   |
|                        | suitability for rehabilitation. | moderate to moderately severe; >5.2 = severe or major).                             |  |   |
|                        |                                 | , ,   |  |   |

| <b>Assessment Tool</b> | Purpose | Items and Administration   | Additional Considerations | Availability |
|------------------------|---------|--|---------------------------|--------------|
|                        |         | Administration: Approximately 5 minutes or less to complete by an administrator. |                           |              |

#### c. Tools to Assess Motor Function

| <b>Assessment Tool</b> | Purpose              | Items and Administration                         | Additional Considerations                    | Availability             |
|------------------------|----------------------|--|--|--------------------------|
| Fugl-Meyer             | The FMA is an        | 155 items assessing motor function in the        | Widely used and validated. Shortened         | Free                     |
| Assessment of Motor    | assessment tool      | upper and lower extremity, balance, sensation,   | versions are available and the motor scale   |                          |
| Recovery after Stroke  | for motor            | range of motion and pain.                        | of the tool can be administered on its own.  | http://www.rehabmeas     |
| (FMA)                  | functioning          |  |  | ures.org/lists/rehabme   |
|                        | following a          | Score Interpretation: Maximum score is 226       | Requires additional equipment (e.g. tennis   |                          |
|                        | stroke.              | (66 for upper extremity, 34 for lower extremity, | ball) and should be administered by a        | <u>ID=908</u>            |
|                        |                      | 14 for balance, 24 for sensation, 44 for range   | trained therapist (Occupational Therapist    |                          |
| Fugl-Meyer et al.,1975 |                      | of motion and 44 for pain); higher scores        | or Physiotherapist).                         |                          |
|                        |                      | indicate greater functional performance.         |  |                          |
|                        |                      |  | Specialized Training: Required.              |                          |
|                        |                      | Administration: Approximately 30 minutes or      |  |                          |
|                        |                      | more to complete by direct observation.          |  |                          |
| Rivermead Motor        | The RMA is an        | 38-items of increasing difficulty representing 3 | Although the RMA can be time                 | Free                     |
| Assessment (RMA)       | assessment tool      | domains: gross function, leg and trunk           | consuming, administration is faster with     |                          |
|                        | for motor            | movement, and arm movement.                      | high functioning individuals because of      | www.strokengine.ca/as    |
|                        | performance.         |  | the progressing difficulty of the measure.   | sess/rma/                |
|                        |                      | Score Interpretation: Scores range from 0-38,    |  |                          |
| Lincoln and Leaditter, |                      | with higher scores indicating better motor       | Some concern has been reported               |                          |
| 1979                   |                      | ability.   | regarding the validity of the RMA (Adams     |                          |
|                        |                      |  | et al. 1997; Kurtais et al. 2009).           |                          |
|                        |                      | Administration: Observation; up to 45 minutes    |  |                          |
|                        |                      | to complete.                                     | The RMA should be administered by a          |                          |
|                        |                      |  | physiotherapist.                             |                          |
|                        |                      |  | Specialized Training: Not required.          |                          |
| Ctualsa Dahahilitatias | The OTDEANA:         | 00 itama analasia wakatan wakatan kata           | Original and simple to although the state of | F                        |
| Stroke Rehabilitation  | The STREAM is        | 30 items assessing voluntary movement of the     | Quick and simple tool that does not          | Free                     |
| Assessment of          | an <b>assessment</b> | upper and lower limbs and basic mobility.        | require additional equipment for             | http://ptiourpal.aptc.or |
|                        | tool for motor       | Items are answered based on a 3 or 4 point       | administration. A shortened version is       | http://ptjournal.apta.or |

| <b>Assessment Tool</b> | Purpose     | Items and Administration                       | Additional Considerations                  | Availability             |
|------------------------|-------------|--|--|--------------------------|
| Movement (STREAM)      | functioning | ordinal scale.                                 | available.                                 | g/content/79/1/8.full.pd |
|                        | following a |  |  | <u>f+html</u>            |
|                        | stroke.     | Score Interpretation: Maximum score is 70 (20  | Floor and ceiling effects have been noted  |                          |
|                        |             | each for upper and lower limb and 30 for basic | for the STREAM raising concerns about      |                          |
| Daley et al., 1999     |             | mobility); higher scores indicate greater      | the ability to capture change in patients  |                          |
|                        |             | mobility.                                      | who are functioning at the higher or lower |                          |
|                        |             |  | end of the scale.                          |                          |
|                        |             | Administration: Approximately 15 minutes to    |  |                          |
|                        |             | complete by an administrator.                  | Specialized Training: Not required.        |                          |
|                        |             |  |  |                          |

### d. Tools to Assess Mobility

| <b>Assessment Tool</b> | Purpose                    | Items and Administration  | Additional Considerations   | Availability                                      |
|------------------------|----------------------------|---|---|---|
| Berg Balance Scale     | The BBS is an              | 14-items in which patients are asked to   | The BBS requires little equipment or  | Free  |
| (BBS)                  | assessment                 | maintain positions or complete movement   | space to complete and has demonstrated  |   |
|                        | tool for balance           | tasks of varying levels of difficulty. All items  | high levels of reliability even when  | http://www.strokengine.                           |
|                        | in older adults.           | are common to everyday life.  | administered by an untrained assessor   | ca/assess/bbs/                                    |
| Berg et al., 1989      |                            | Score Interpretation: Total scores range from 0-56, with scores of less than 45 generally accepted as being indicative of balance impairment.  Administration: Observation; approx. 10 -15 minutes to complete. | (Berg et al. 1995).  Sensitivity may be reduced among severely affected patients as the BBS includes only one item relating to balance in a seated position (Mao et al. 2002).  Specialized Training: Not required. |   |
| Chedoke-McMaster       | The CMSA is a              | The CMSA consists of two inventories. The   | The CMCA is relatively comprehensive  | Гио   |
| Stroke Assessment      | screening and              | physical impairment inventory assesses 6  | The CMSA is relatively comprehensive and has been well studied for reliability  | Free  |
| Scale (CMSA)           | assessment                 | domains (should pain, postural control and  | and validity (Poole and Whitney 2001).  | http://www.rehabmeas                              |
| Scale (CIVISA)         | tool for physical          | arm, hand, leg, and foot movement), whereas   | and validity (Foole and writiney 2001).   | ures.org/PDF%20Libra                              |
| Gowland et al., 1993   | impairment and disability. | the disability inventory assesses gross motor and walking function.   | Taking approximately 1 hour to complete, the length and complexity of the CMSA may decrease the scales utility in clinical  | ry/CMSA%20Manual%<br>20and%20Score%20F<br>orm.pdf |
|                        |                            | Score Interpretation: The impairment and disability inventories yield total scores out of 42 and 100, respectively, with lower scores indicating greater impairment.  | practice (Poole and Whitney 2001).  Specialized Training: Required reading.   |   |

| <b>Assessment Tool</b>            | Purpose  | Items and Administration   | Additional Considerations  | Availability   |
|-----------------------------------|--|--|--|--|
|                                   |  | Administration: Observation; up to 60 minutes to complete.   |  | -  |
| Clinical Outcome                  |  | 13 - items assessing mobility with respect to  | Provides detail in areas of mobility not   | Available for purchase   |
| Variables (COVS)                  | tool for functional                                    | transfers, rolling, lying to sitting, sitting balance, ambulation, wheelchair mobility and arm function.   | assessed by global functional assessments such as the FIM (Barclay-Goddard 2000).  | http://www.irrd.ca/covs/   |
| Seaby and Torrance,<br>1989       | mobility.  | Score Interpretation: Total scores range from 13 - 91, with lower scores indicating less functional mobility.  Administration: Observation; 15 - 45 minutes to complete.                 | Although reliability of the COVS has been demonstrated, further evaluation of validity is required (Salter et al. 2012). Administration of the COVS requires a fairly lengthy list of equipment. |  |
|                                   |  |  | <u>Specialized Training:</u> Required reading.   |  |
| Functional Ambulation             | The FAC is an  | Individuals are assigned a subjective grade  | The FAC may be subject to ceiling  | Free   |
| Categories (FAC)                  | assessment<br>tool for rating<br>ambulation<br>status. | based on 5 broad categories of walking ability, with scores ranging from 0 (cannot walk or needs help from more than 1 person) to 5 (can walk independently anywhere).                   | effects. Further research is needed to evaluate responsiveness in higher functioning populations (Salter et al. 2012).   | http://www.strokengine.<br>ca/?s=functional+ambu<br>lation+categories                            |
| Holden et al., 1984               |  | Administration: Observation; approx. 5 minutes to complete.  | Specialized Training: Not required.  |  |
| Rivermead Mobility<br>Index (RMI) | The RMI is an assessment tool for functional           | 15 - items, 14 of which involve yes/no questions regarding performance of functional activities and 1 that involves unassisted standing for 10 seconds.                                  | Caution in the interpretation of the tests' hierarchical scaling has been advised as modifications (e.g., use of assistive devices) are not considered (Collen et al.                            | Free <a href="http://www.strokengine.ca/?s=rivermead">http://www.strokengine.ca/?s=rivermead</a> |
| Collen et al., 1991               | mobility.  | Score Interpretation: Scores range from 0 - 15, with higher scores indicating better functional mobility.  Administration: Self-report and observation; less than 5 minutes to complete. | 1991). <u>Specialized Training:</u> Not required.  |  |

| <b>Assessment Tool</b>                                       | Purpose   | Items and Administration   | Additional Considerations   | Availability   |
|--|---|--|---|--|
| Timed "Up and Go"  | The TUG is a  | Individuals are asked to stand from a seated   | The TUG addresses relatively few  | Free   |
| Timed "Up and Go" Test (TUG)  Podsiadlo and Richardson, 1991 | The TUG is a screening tool for basic mobility and balance. | Individuals are asked to stand from a seated position, walk 3 meters (using an aid if required), turn, walk back to the chair, and reseat themselves.  Score Interpretation: The total time to complete the test is recoded with shorter intervals indicating better mobility and balance. | The TUG addresses relatively few aspects of balance and yields a narrower assessment than more comprehensive balance measures, such as the Berg Balance Scale (Whitney et al. 1998).  Specialized Training: Not required. | http://www.strokengine.<br>ca/?s=timed+up+and+<br>go |
|  |   | Administration: Observation; approx. 3 minutes to complete.  |   |  |

### e. Tools to Assess the Upper Extremity

| <b>Assessment Tool</b>  | Purpose          | Items and Administration                                     | Additional Considerations                  | Availability            |
|-------------------------|------------------|--|--|-------------------------|
| Action Research Arm     | The ARAT is an   | 19 - items assessing four areas of function:                 | Significant floor and ceiling effects have | Free                    |
| Test (ARAT)             | assessment       | grasp, rip, pinch, and gross movement.                       | been identified (Van der Lee et al.2002).  |                         |
|                         | tool for upper   |  |  | http://www.strokengine. |
|                         | extremity        | Score Interpretation: Scores range from 0 -                  | Specialized Training: Not required.        | ca/?s=action+research+  |
|                         | function and     | 57, with lower scores indicating greater                     |  | arm+test                |
| Lyle, 1981              | dexterity.       | impairment.  |  |                         |
|                         |                  | Administration: Observation; approx. 10 minutes to complete. |  |                         |
| Box and Block Test      | The BBT is an    | Individuals are asked to move small blocks,                  | Established norms increase the             | Standardized            |
| (BBT)                   | assessment       | one at time, from one compartment to another                 | interpretability of BBT results. Seated    | equipment available for |
|                         | tool for         | within 60 seconds.   | administration may increase the            | purchase                |
|                         | unilateral gross |  | accessibility of the test.                 |                         |
|                         | manual           | Score Interpretation: Scores are calculated by               | •  |                         |
| Mathiowetz et al., 1985 | dexterity.       | summing the number of blocks transported                     | Because the BBS requires adequate          |                         |
|                         | ,                | within the trial period.                                     | strength and grip to transport blocks, it  | http://www.pattersonme  |
|                         |                  |  | may be best suited for those with mild-    | dical.com/app.aspx?cm   |
|                         |                  | Administration: Observation; approx. 5                       | moderate hemiparesis/weakness              | d=getProductDetail&ke   |

| <b>Assessment Tool</b>    | Purpose              | Items and Administration   | Additional Considerations                            | Availability                                      |
|---------------------------|----------------------|--|--|---|
|                           |                      | minutes to complete.   | (Chanubol et al. 2012).                              | <u>y=070_921018701</u>                            |
|                           |                      |  | Specialized Training: Not required.                  |   |
|                           |                      |  | Specialized Training. Not required.                  |   |
| Chedoke Arm and Hand      | The CAHAI is         | 13 bilateral functional tasks (e.g. do up five   | The CAHAI has demonstrated good                      | Free  |
| <b>Activity Inventory</b> | an <b>assessment</b> | buttons, carry a bag up stairs, pour a glass of  | validity and reliability in stroke                   |   |
| (CAHAI)                   | tool for arm and     | water).  | populations and evaluates a wide range               | http://www.cahai.ca/                              |
|                           | hand function.       | Constitution Total constitution from   | of functions that are not considered in              |   |
|                           |                      | Score Interpretation: Total scores range from 13 to 91, with lower scores indicating greater | other measures of arm and hand function              |   |
| Barreca et al. 2004       |                      | impairment.  | (Barreca et al. 2005).                               |   |
|                           |                      | impairment.  | Specialized Training: Required.                      |   |
|                           |                      | Administration: Observation; approx. 25  | <u>-posicinator (vaniming)</u> (toquinou)            |   |
|                           |                      | minutes to complete.   |  |   |
| Nine Hole Peg Test        | The NHPT is an       | Individuals are asked to, one at a time, insert  | The NHPT has demonstrated good                       | Standardized                                      |
| (NHPT)                    | assessment           | 9 pegs from a container into a board with 9  | reliability and validity (Salter et al. 2012).       | equipment available for                           |
| ,                         | tool for fine        | empty holes and then to move the pegs back   | ,  | purchase  |
|                           | manual               | into the container while being timed.  | Norms for age, gender, and hand                      | ·   |
| BB 41 1 4005              | dexterity.           |  | dominance have been established;                     | http://www.pattersonme                            |
| Mathiowetz et al., 1985   |                      | Score Interpretation: Two-trials are performed   | however, norms produced from the                     | dical.com/app.aspx?cm                             |
|                           |                      | with each hand, with the final time being an   | original study may not transfer well                 | d=getProduct&key=IF                               |
|                           |                      | average of the two trials. Lower scores indicate better dexterity.                           | commercial versions of the test (Davis et al. 1999). | <u>921029571</u>                                  |
|                           |                      | indicate better dexterity.   | ai. 1939).   |   |
|                           |                      | Administration: Observation; approx. 5   | The NHPT is susceptible to practice                  |   |
|                           |                      | minutes to complete  | effects.   |   |
|                           |                      |  | Specialized Training: Not required.                  |   |
|                           |                      |  | Opecianized Training. Not required.                  |   |
| Wolf Motor Function       | The WMFT is          | 17 items of increasing complexity and  | Provides assessment of both                          | Free  |
| Test (WMFT)               | an assessment        | progressing from proximal to distal joint  | performance time and quality of                      | latta elle anno atrades a l'                      |
|                           | tool for upper       | involvement. Tasks are performed as quickly  | movement.  | http://www.strokengine.<br>ca/?s=wolf+motor+funct |
|                           | extremity motor      | as possible and are assessed in terms of   | Floor effects have been reported for                 | ion+test  |
| Wolf et al., 2001         | ability.             | time, strength, and movement quality.  | individuals with severe impairment (Salter           | <u>IOTITIOSE</u>                                  |
|                           |                      | Score Interpretation: Scores range from 0 - 75   | et al. 2012).  |   |
|                           |                      | with higher scores indicating greater motor  | ,  |   |
|                           |                      |  | Further evidence regarding reliability and           |   |

| <b>Assessment Tool</b> | Purpose | Items and Administration  | Additional Considerations                      | Availability |
|------------------------|---------|---|--|--------------|
|                        |         | ability.  | validity when used in clinical practice (i.e., |              |
|                        |         |   | real-time observation) is required.            |              |
|                        |         | Administration: Observation; approx. 30 - 45 minutes to complete. | Specialized Training: Required.                |              |
|                        |         |   |  |              |

#### f. Tools to Assess Mood and Cognition

| <b>Assessment Tool</b>                                       | Purpose   | Items and Administration   | Additional Considerations   | Availability  |
|--|---|--|---|---|
| Beck Depression<br>Inventory (BDI)<br>Beck et al., 1961      | The BDI is a screening tool for depression and, if present, provides cut points for severity. | 21 items relating to symptoms that have been found to be associated with the presence of depression. Items are presented in a multiple choice format ranging from 0 (no symptoms) to 3 (severe symptoms).  Score Interpretation: Maximum score is 63; higher scores indicate greater severity. Graded levels of severity; a score of 10 is considered the cut point for depression.  Administration: 5 - 10 minutes for self- report; 15 minutes with support. | Quick screening tool that does not require extra tools for completion.  Level of depression may be overestimated in women and when completed by a proxy. Rate of misdiagnosis was up to 34% in patients with stroke (Aben, Verhey, Lousberg, Lodder, & Honig, 2002).  Specialized Training: Not required. | http://www.strokengine<br>.ca/?s=beck+depressi<br>on+inventory  |
| Geriatric Depression<br>Scale (GDS)<br>Yesavage et al., 1982 | The GDS is a screening tool for depression and, if present, provides cut points for severity. | 30 items relating to symptoms that have been found to be associated with the presence of depression. Items are presented in a yes/no response format.  Score Interpretation: Maximum score is 30 and indicates the highest level of depression. Graded levels of severity; a score of 10 is considered the cut point for depression.  Administration: 5 - 10 minutes for self- report.   | Developed for use in the geriatric population. Short forms of the GDS are available.  The tool has been cited as being more accurate for diagnosing women compared to men, and there are concerns with its use for cognitively impaired individuals.  Specialized Training: Not required.                 | Free  http://www.strokengine .ca/?s=geriatric+depre ssion+scale |
| Hospital Anxiety and<br>Depression Scale<br>(HADS)           | The HADS is a screening tool for anxiety and depression and,                                  | 14 items (7 anxiety items and 7 depression items). Items are presented in a multiple choice format ranging from 0 to 3.  | Simple screening tool that does not require extra tools for completion.  Does not contain questions related to the  | Available for purchase  |

| <b>Assessment Tool</b>  | Purpose  | Items and Administration   | Additional Considerations  | Availability   |
|---|--|--|--|--|
| Zigmond & Snaith,<br>1983   | if present,<br>provides cut<br>points for<br>severity. | Score Interpretation: Maximum score is 21 for both anxiety and depression; higher scores indicate greater severity. (0-7=normal; 8 10=borderline abnormal; 11-21=abnormal)  Administration: 2-6 minutes for self- report.  | presence of somatic symptoms. <u>Specialized Training:</u> Not required.   | ucts/hospital-anxiety-<br>and-depression-scale-<br>0                                   |
| General Health<br>Questionnaire (GHQ)<br>Goldberg & Hillier,<br>1979  | The GHQ is a screening tool for psychiatric disorders. | 28 items each addressing a particular symptom related to 4 domains of distress (depression, anxiety, worrying, and social distress). Items are in the form questions with yes/no responses.  Score Interpretation: Multiple scoring methods exist. Conventional method is to score based on presence or absence of a symptom.  Administration: Approximately 5 minutes to complete by self-report. | Quick and simple tool that does not requires additional materials for completion.  Cut-off scores have not been properly validated for diagnosis of psychiatric disorders.  Specialized Training: Required reading.  | Available for purchase.  https://shop.psych.acer .edu.au/acer- shop/group/SD           |
| Mini-Mental State<br>Examination (MMSE)<br>Folstein et al., 1975      | The MMSE is a screening tool for cognitive impairment. | 11 items relating to 6 cognitive domains (orientation – in time and space, registration, attention and calculation, recall, language and read and obey). Items are in the form of questions or tasks.  Score Interpretation: Maximum score is 30; higher scores indicate greater cognitive functioning.  Administration: Approximately 10 minutes to administer.                                   | Relatively quick and simple tool that requires no additional equipment.  Has been reported to have a low sensitivity, noted especially for those individuals with mild cognitive impairment as well and patients with stroke.  Specialized Training: Not required. | Available for purchase.  http://www4.parinc.co m/Products/Product.as px?ProductID=MMSE |
| Montreal Cognitive<br>Assessment (MoCA)<br>Nasreddine et al.,<br>2005 | The MoCA is a screening tool for cognitive impairment. | 11 items relating to 8 cognitive domains (visuospatial, executive, naming, memory, language, abstraction, delayed recall and orientation). Items are in the form of questions or tasks.  Score Interpretation: Maximum score is  | Relatively quick tool and is suitable for patients with mild cognitive impairment.  Requires extra equipment (stopwatch and score sheet) and some training.  Specialized Training: Required reading.   | Free http://www.mocatest.or g/   |

| <b>Assessment Tool</b>      | Purpose   | Items and Administration   | Additional Considerations   | Availability                                   |
|-----------------------------|---|--|---|--|
|                             |   | 30; higher scores indicate greater cognitive functioning. Total score ≥26 is considered normal.                          |   |  |
|                             |   | Administration: Approximately 10 minutes to administer.  |   |  |
| Clock Drawing Test<br>(CDT) | The CDT is a screening tool for cognitive impairment. | Involves a command to draw a clock or to copy a clock.  Score Interpretation: No universal system for                    | Quick and simple tool that does not require additional equipment for administration.                  | http://www.strokengine<br>.ca/?s=clock+drawing |
| Sunderland et al.,<br>1989  | ппраппенс   | scoring exists. Individual scoring systems are based on the number of deviations from what is expected from the drawing. | Often used as a supplement to other cognitive assessment tools. The CDT is one component of the MoCA. |  |
|                             |   | Administration: Approximately 1-2 minutes to complete by the patient.  | Specialized Training: Not required.   |  |

#### g. Tools to Assess Visual Perception and Neglect

| •   |  |  |  |              |
|---|--|--|--|--------------|
| <b>Assessment Tool</b>                                      | Purpose  | Items and Administration   | Additional Considerations  | Availability |
| Behavioral Inattention<br>Test (BIT)<br>Wilson et al., 1987 | The BIT is a screening and assessment tool for visual neglect. | Comprised of two sections: the BIT Conventional subtest (BITC) (6 tests) and the BIT Behavioral subtest (BITB) (9 tests). The BITC consists of tests such as Line Crossing, Letter Cancellation etc. and the BITB consists of tests such as Picture Scanning and Telephone Dialing.  Score Interpretation: Maximum score and cut point for diagnosis of visual neglect are: (cut point/maximum score) 1. BITC: 129/146 2. BITB: 67/81 3. BIT: 196/227  Administration: Approximately 40 minutes to administer. | A shortened version of the BIT is available consisting of 3 tests from the BITC and 5 tests from the BITB.  Lengthy test that requires additional equipment (e.g. photographs, clock, coins, cards etc.).  Specialized Training: Not required. |              |
|   | 1  |  |  |              |

| <b>Assessment Tool</b>   | Purpose   | Items and Administration   | Additional Considerations  | Availability   |
|--|---|--|--|--|
| Line Bisection Test (LBT)  Schenkenberg et al., 1980                         | The LBT is a screening tool for unilateral spatial neglect. | Consists of a series of 18 lines for which patients are asked to mark the midpoint on each line. It is part of the BIT but can also be used as a stand-alone tool.  Score Interpretation: Scoring is completed by measuring the distance between the true midpoint of the line and the mark made by the patient. No cut point for the diagnosis of unilateral spatial neglect has been established for this test.  Administration: Approximately 5 minutes to complete by the patient. | Does not require extra tools for completion.  The test is unable to differentiate between visual neglect and visual field deficits.  Specialized Training: Not required. | Available for purchase.  http://www.pearsonass ess.ca/en/programs/00 /51/95/p005195.html? CS Category=%26CS Catalog=TPC- CACatalog%26CS Pr oductID=749129972   |
| Motor-free Visual<br>Perception Test<br>(MVPT)  Colarusso & Hammill,<br>1972 | The MVPT is an assessment tool for visual perception.       | 36 items assessing 5 domains of visual perception (spatial relations, discrimination – visual and figure-ground, visual closure and visual memory). Items are in the form of multiple choice questions with 4 possible answers.  Score Interpretation: Maximum score is 36; higher scores indicate greater visual perception.  | Quick and simple tool and widely used.  Administration requires extra equipment (test plates).  Specialized Training: Required.  | Available for purchase.  http://www.academicth erapy.com/detailATP.t pl?action=search&cart =14301685755462655 &eqskudatarq=8962- 9&eqTitledatarq=Motor - Free%20Visual%20Pe rception%20Test- 4%20%28MVPT- 4%29&eqvendordatarq =ATP&bobby=%5Bbob by%5D&bob=%5Bbob %5D&TBL=[tbl] |

### h. Tools to Assess Specific Impairments

| <b>Assessment Tool</b>    | Purpose             | Items and Administration  | Additional Considerations                             | Availability                 |
|---------------------------|---------------------|---|---|------------------------------|
| Modified Ashworth         | The MAS is an       | Number of items is dependent on the   | Quick assessment with no extra                        | Free                         |
| Scale (MAS)               | assessment tool for | number of joints that are being assessed. Joint assessment involves the movement of a joint | equipment required.                                   | http://www.strokengine       |
| Bohannon & Smith,<br>1987 | spasticity.         | from either maximal extension or flexion to the opposite position over a one second count.  | The joint movement may cause some patient discomfort. | .ca/?s=modified+ashw<br>orth |

| <b>Assessment Tool</b>                    | Purpose                                   | Items and Administration   | Additional Considerations   | Availability                                     |
|---|---|--|---|--|
|   |   | Score Interpretation: A score is reported for each joint assessed. Scores can range from 0-4 (0, 1, 1+, 2, 3, and 4); higher scores indicate greater rigidity or tone. | Specialized Training: Required.   |  |
|   |   | Administration: Variable depending on the number of joints being assessed; a single joint is assessed over a one second count.   |   |  |
| Frenchay Aphasia<br>Screening Test (FAST) | The FAST is a screening tool for aphasia. | The items are related to 4 domains of language impairment (comprehension, speech, reading and writing).  | Quick and simple. An abbreviated version that only includes the comprehension and speech components is available. | Available for purchase.  http://www.stass.co.uk/ |
| Enderby et al., 1987                      |   | Score Interpretation: Maximum score is 30; higher scores indicate greater language abilities.  | Extra equipment (a stimulus card) is required.  | publications/adults-<br>with-slcn/fast           |
|   |   | Administration: Approximately 3-10 minutes to administer.  | Specialized Training: Not required.   |  |

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