

# **Using the ICF approach to help intervention**

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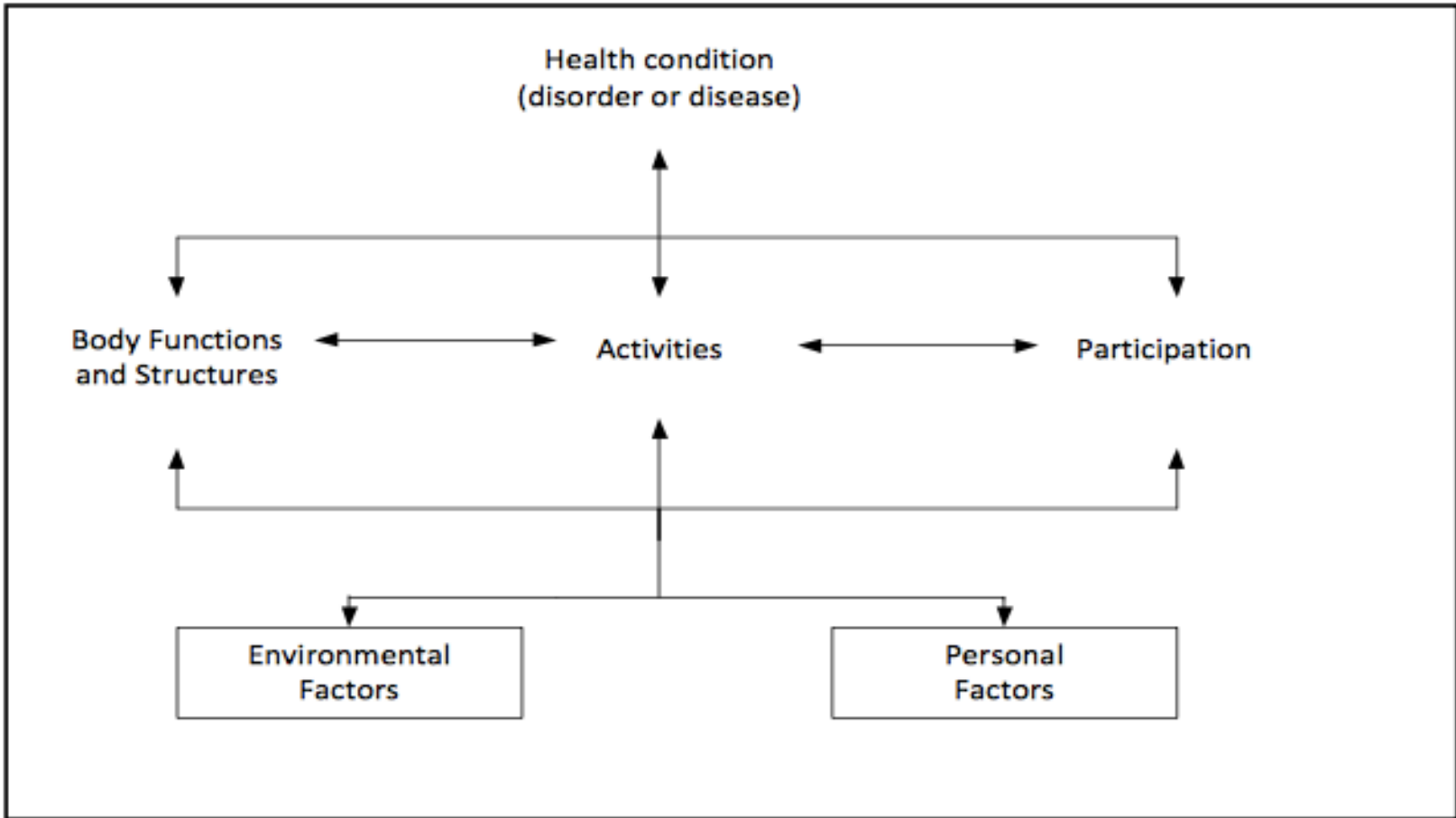
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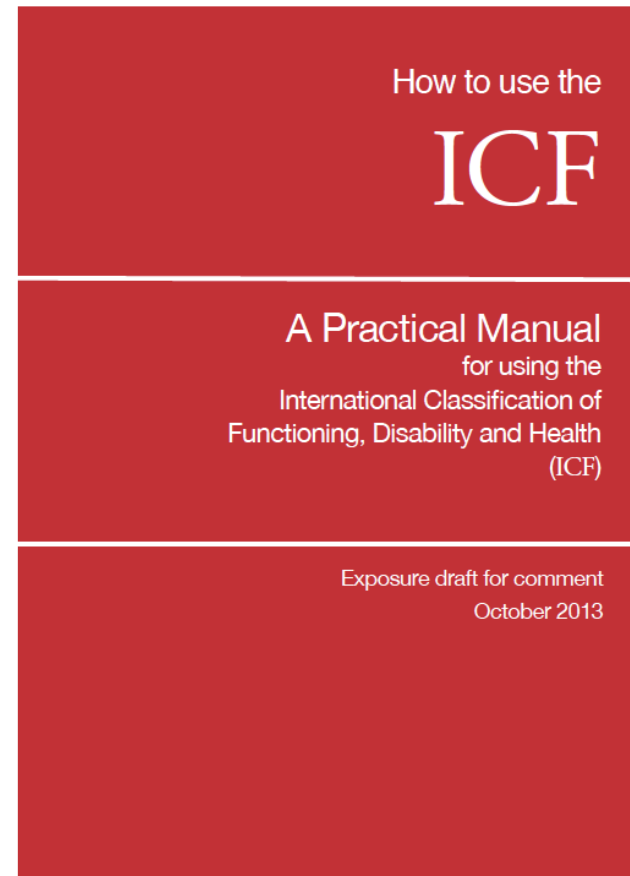
# The ICF



**Box 1: The ICF Model: Interaction between ICF components**



# .... And the ICF approach.



# ICF CHECKLIST

## Version 2.1a, Clinician Form

### for International Classification of Functioning, Disability and Health

*This is a checklist of major categories of the International Classification of Functioning, Disability and Health (ICF) of the World Health Organization. The ICF Checklist is a practical tool to elicit and record information on the functioning and disability of an individual. This information can be summarized for case records (for example, in clinical practice or social work). The checklist should be used along with the ICF or ICF Pocket version.*

**H 1.** When completing this checklist, use all information available. Please check those used:

**[1] written records [2] primary respondent [3] other informants [4] direct observation**

*If medical and diagnostic information is not available it is suggested to complete appendix 1: Brief Health Information (p 9-10) which can be completed by the respondent.*

**H 2. Date** \_\_\_\_/\_\_\_\_/\_\_\_\_ **H 3. Case ID** \_\_\_\_, \_\_\_\_, \_\_\_\_, \_\_\_\_, \_\_\_\_, \_\_\_\_, \_\_\_\_, \_\_\_\_, \_\_\_\_, \_\_\_\_ **H 4. Participant No.** \_\_\_\_, \_\_\_\_, \_\_\_\_, \_\_\_\_, \_\_\_\_, \_\_\_\_  
Day Month Year CE or CS Case No. 1<sup>st</sup> or 2<sup>nd</sup> Evalu FTC Site Participant

#### A. DEMOGRAPHIC INFORMATION

**A.1 NAME (optional)** First \_\_\_\_\_ FAMILY \_\_\_\_\_

**A.2 SEX** (1) ☐ Female (2) ☐ Male

**A.3 DATE OF BIRTH** \_\_/\_\_/\_\_ (date/month/year)

**A.4 ADDRESS (optional)**

**A.5 YEARS OF FORMAL EDUCATION** \_\_

**A.6 CURRENT MARITAL STATUS:** (Check only one that is most applicable)

(1) Never married ☐ (4) Divorced ☐  
 (2) Currently Married ☐ (5) Widowed ☐  
 (3) Separated ☐ (6) Cohabiting ☐

**A.7 CURRENT OCCUPATION** (Select the single best option)

(1) Paid employment ☐ (6) Retired ☐  
 (2) Self-employed ☐ (7) Unemployed (health reason) ☐  
 (3) Non-paid work, such as volunteer/charity ☐ (8) Unemployed (other reason) ☐  
 (4) Student ☐ (9) Other ☐  
 (5) Keeping house/House-maker ☐ (please specify) \_\_\_\_\_

**A.8 MEDICAL DIAGNOSIS of existing Main Health Conditions,** *if possible give ICD Codes.*

1. No Medical Condition exists  
 2. \_\_\_\_\_ ICD code: \_\_\_\_\_.\_\_\_\_\_.\_\_\_\_\_.\_\_\_\_\_.  
 3. \_\_\_\_\_ ICD code: \_\_\_\_\_.\_\_\_\_\_.\_\_\_\_\_.\_\_\_\_\_.  
 4. \_\_\_\_\_ ICD code: \_\_\_\_\_.\_\_\_\_\_.\_\_\_\_\_.\_\_\_\_\_.  
 5. A Health Condition (disease, disorder, injury) exists, however its nature or diagnosis is not known

## PART 1a: IMPAIRMENTS of BODY FUNCTIONS

- Body functions are the physiological functions of body systems (including psychological functions).
- Impairments are problems in body function as a significant deviation or loss.

### *First Qualifier: Extent of impairments*

*0 No impairment* means the person has no problem

*1 Mild impairment* means a problem that is present less than 25% of the time, with an intensity a person can tolerate and which happens rarely over the last 30 days.

*2 Moderate impairment* means that a problem that is present less than 50% of the time, with an intensity, which is interfering in the persons day to day life and which happens occasionally over the last 30 days.

*3 Severe impairment* means that a problem that is present more than 50% of the time, with an intensity, which is partially disrupting the persons day to day life and which happens frequently over the last 30 days.

*4 Complete impairment* means that a problem that is present more than 95% of the time, with an intensity, which is totally disrupting the persons day to day life and which happens every day over the last 30 days.

*8 Not specified* means there is insufficient information to specify the severity of the impairment.

*9 Not applicable* means it is inappropriate to apply a particular code (e.g. b650 Menstruation functions for woman in pre-menarche or post-menopause age).

<i>Short List of Body Functions</i>	<i>Qualifier</i>
<b>b1. MENTAL FUNCTIONS</b>	
b110 Consciousness	
b114 Orientation ( <i>time, place, person</i> )	
b117 Intellectual ( <i>incl. Retardation, dementia</i> )	
b130 Energy and drive functions	
b134 Sleep	
b140 Attention	
b144 Memory	
b152 Emotional functions	
b156 Perceptual functions	
b164 Higher level cognitive functions	
b167 Language	
<b>b2. SENSORY FUNCTIONS AND PAIN</b>	
b210 Seeing	
b230 Hearing	
b235 Vestibular ( <i>incl. Balance functions</i> )	
b280 Pain	
<b>b3. VOICE AND SPEECH FUNCTIONS</b>	
b310 Voice	
<b>b4. FUNCTIONS OF THE CARDIOVASCULAR, HAEMATOLOGICAL, IMMUNOLOGICAL AND RESPIRATORY SYSTEMS</b>	
b410 Heart	
b420 Blood pressure	
b430 Haematological ( <i>blood</i> )	
b435 Immunological ( <i>allergies, hypersensitivity</i> )	
b440 Respiration ( <i>breathing</i> )	
<b>b5. FUNCTIONS OF THE DIGESTIVE, METABOLIC AND ENDOCRINE SYSTEMS</b>	
b515 Digestive	
b525 Defecation	
b530 Weight maintenance	
b555 Endocrine glands ( <i>hormonal changes</i> )	
<b>b6. GENITOURINARY AND REPRODUCTIVE FUNCTIONS</b>	
b620 Urination functions	

b640 Sexual functions	
<b>b7. NEUROMUSCULOSKELETAL AND MOVEMENT RELATED FUNCTIONS</b>	
b710 Mobility of joint	
b730 Muscle power	
b735 Muscle tone	
b765 Involuntary movements	
<b>b8. FUNCTIONS OF THE SKIN AND RELATED STRUCTURES</b>	
<b>ANY OTHER BODY FUNCTIONS</b>	

### **Part 1 b: IMPAIRMENTS of BODY STRUCTURES**

- **Body structures** are anatomical parts of the body such as organs, limbs and their components.
- **Impairments** are problems in structure as a significant deviation or loss.

<b>First Qualifier: Extent of impairment</b>	<b>Second Qualifier: Nature of the change</b>
<p><b>0 No impairment</b> means the person has no problem</p> <p><b>1 Mild impairment</b> means a problem that is present less than 25% of the time, with an intensity a person can tolerate and which happens rarely over the last 30 days.</p> <p><b>2 Moderate impairment</b> means that a problem that is present less than 50% of the time, with an intensity, which is interfering in the persons day to day life and which happens occasionally over the last 30 days.</p> <p><b>3 Severe impairment</b> means that a problem that is present more than 50% of the time, with an intensity, which is partially disrupting the persons day to day life and which happens frequently over the last 30 days.</p> <p><b>4 Complete impairment</b> means that a problem that is present more than 95% of the time, with an intensity, which is totally disrupting the persons day to day life and which happens every day over the last 30 days.</p> <p><b>8 Not specified</b> means there is insufficient information to specify the severity of the impairment.</p> <p><b>9 Not applicable</b> means it is inappropriate to apply a particular code (e.g. b650 Menstruation functions for woman in pre-menarche or post-menopause age).</p>	<p><b>0 No change in structure</b></p> <p><b>1 Total absence</b></p> <p><b>2 Partial absence</b></p> <p><b>3 Additional part</b></p> <p><b>4 Aberrant dimensions</b></p> <p><b>5 Discontinuity</b></p> <p><b>6 Deviating position</b></p> <p><b>7 Qualitative changes in structure, including accumulation of fluid</b></p> <p><b>8 Not specified</b></p> <p><b>9 Not applicable</b></p>

<b>Short List of Body Structures</b>	<b>First Qualifier: Extent of impairment</b>	<b>Second Qualifier: Nature of the change</b>
<b>s1. STRUCTURE OF THE NERVOUS SYSTEM</b>		
s110 Brain		
s120 Spinal cord and peripheral nerves		
<b>s2. THE EYE, EAR AND RELATED STRUCTURES</b>		
<b>s3. STRUCTURES INVOLVED IN VOICE AND SPEECH</b>		
<b>s4. STRUCTURE OF THE CARDIOVASCULAR, IMMUNOLOGICAL AND RESPIRATORY SYSTEMS</b>		
s410 Cardiovascular system		
s430 Respiratory system		
<b>s5. STRUCTURES RELATED TO THE DIGESTIVE, METABOLISM AND ENDOCRINE SYSTEMS</b>		

s6. STRUCTURE RELATED TO GENITOURINARY AND REPRODUCTIVE SYSTEM		
s610 Urinary system		
s630 Reproductive system		
s7. STRUCTURE RELATED TO MOVEMENT		
s710 Head and neck region		
s720 Shoulder region		
s730 Upper extremity (arm, hand)		
s740 Pelvis		
s750 Lower extremity (leg, foot)		
s760 Trunk		
s8. SKIN AND RELATED STRUCTURES		
ANY OTHER BODY STRUCTURES		

## PART 2: ACTIVITY LIMITATIONS & PARTICIPATION RESTRICTION

- Activity is the execution of a task or action by an individual. Participation is involvement in a life situation.
- Activity limitations are difficulties an individual may have in executing activities. Participation restrictions are problems an individual may have in involvement in life situations.

*The Performance qualifier indicates the extent of Participation restriction by describing the persons actual performance of a task or action in his or her current environment. Because the current environment brings in the societal context, performance can also be understood as "involvement in a life situation" or "the lived experience" of people in the actual context in which they live. This context includes the environmental factors – all aspects of the physical, social and attitudinal world that can be coded using the Environmental. The Performance qualifier measures the difficulty the respondent experiences in doing things, assuming that they want to do them.*

*The Capacity qualifier indicates the extent of Activity limitation by describing the person ability to execute a task or an action. The Capacity qualifier focuses on limitations that are inherent or intrinsic features of the person themselves. These limitations should be direct manifestations of the respondent's health state, without the assistance. By assistance we mean the help of another person, or assistance provided by an adapted or specially designed tool or vehicle, or any form of environmental modification to a room, home, workplace etc.. The level of capacity should be judged relative to that normally expected of the person, or the person's capacity before they acquired their health condition.*

**Note:** Use Appendix 2 if needed to elicit information on the Activities and Participation of the individual

First Qualifier: Performance Extent of Participation Restriction	Second Qualifier: Capacity (without assistance) Extent of Activity limitation
<p><i>0 No difficulty</i> means the person has no problem</p> <p><i>1 Mild difficulty</i> means a problem that is present less than 25% of the time, with an intensity a person can tolerate and which happens rarely over the last 30 days.</p> <p><i>2 Moderate difficulty</i> means that a problem that is present less than 50% of the time, with an intensity, which is interfering in the persons day to day life and which happens occasionally over the last 30 days.</p> <p><i>3 Severe difficulty</i> means that a problem that is present more than 50% of the time, with an intensity, which is partially disrupting the persons day to day life and which happens frequently over the last 30 days.</p> <p><i>4 Complete difficulty</i> means that a problem that is present more than 95% of the time, with an intensity, which is totally disrupting the persons day to day life and which happens every day over the last 30 days.</p> <p><i>8 Not specified</i> means there is insufficient information to specify the severity of the difficulty.</p> <p><i>9 Not applicable</i> means it is inappropriate to apply a particular code (e.g. b650 Menstruation functions for woman in pre-menarche or post-menopause age).</p>	



<i>Short List of A&amp;P domains</i>	<i>Performance Qualifier</i>	<i>Capacity Qualifier</i>
<b>d1. LEARNING AND APPLYING KNOWLEDGE</b>		
d110 Watching		
d115 Listening		
d140 Learning to read		
d145 Learning to write		
d150 Learning to calculate ( <i>arithmetic</i> )		
d175 Solving problems		
<b>d2. GENERAL TASKS AND DEMANDS</b>		
d210 Undertaking a single task		
d220 Undertaking multiple tasks		
<b>d3. COMMUNICATION</b>		
d310 Communicating with -- receiving -- spoken messages		
d315 Communicating with -- receiving -- non-verbal messages		
d330 Speaking		
d335 Producing non-verbal messages		
d350 Conversation		
<b>d4. MOBILITY</b>		
d430 Lifting and carrying objects		
d440 Fine hand use ( <i>picking up, grasping</i> )		
d450 Walking		
d465 Moving around using equipment ( <i>wheelchair, skates, etc.</i> )		
d470 Using transportation ( <i>car, bus, train, plane, etc.</i> )		
d475 Driving ( <i>riding bicycle and motorbike, driving car, etc.</i> )		
<b>d5. SELF CARE</b>		
d510 Washing oneself ( <i>bathing, drying, washing hands, etc.</i> )		
d520 Caring for body parts ( <i>brushing teeth, shaving, grooming, etc.</i> )		
d530 Toileting		
d540 Dressing		
d550 Eating		
d560 Drinking		
d570 Looking after one's health		
<b>d6. DOMESTIC LIFE</b>		
d620 Acquisition of goods and services ( <i>shopping, etc.</i> )		
d630 Preparation of meals ( <i>cooking etc.</i> )		
d640 Doing housework ( <i>cleaning house, washing dishes laundry, ironing, etc.</i> )		
d660 Assisting others		
<b>d7. INTERPERSONAL INTERACTIONS AND RELATIONSHIPS</b>		
d710 Basic interpersonal interactions		
d720 Complex interpersonal interactions		
d730 Relating with strangers		
d740 Formal relationships		
d750 Informal social relationships		
d760 Family relationships		
d770 Intimate relationships		
<b>d8. MAJOR LIFE AREAS</b>		

## PART 3: ENVIRONMENTAL FACTORS

- Environmental factors make up the physical, social and attitudinal environment in which people live and conduct their lives.*

*Qualifier in environment:  
Barriers or facilitator*

0 No barriers  
1 Mild barriers  
2 Moderate barriers  
3 Severe barriers  
4 Complete barriers

0 No facilitator  
+1 Mild facilitator  
+2 Moderate facilitator  
+3 Substantial facilitator  
+4 Complete facilitator

<i>Short List of Environment</i>	<i>Qualifier barrier or facilitator</i>
<b>e1. PRODUCTS AND TECHNOLOGY</b>	
e110 For personal consumption (food, medicines)	
e115 For personal use in daily living	
e120 For personal indoor and outdoor mobility and transportation	
e125 Products for communication	
e150 Design, construction and building products and technology of buildings for public use	
e155 Design, construction and building products and technology of buildings for private use	
<b>e2. NATURAL ENVIRONMENT AND HUMAN MADE CHANGES TO ENVIRONMENT</b>	
e225 Climate	
e240 Light	
e250 Sound	
<b>e3. SUPPORT AND RELATIONSHIPS</b>	
e310 Immediate family	
e320 Friends	
e325 Acquaintances, peers, colleagues, neighbours and community members	
e330 People in position of authority	
e340 Personal care providers and personal assistants	
e355 Health professionals	
e360 Health related professionals	
<b>e4. ATTITUDES</b>	
e410 Individual attitudes of immediate family members	
e420 Individual attitudes of friends	
e440 Individual attitudes of personal care providers and personal assistants	
e450 Individual attitudes of health professionals	
e455 Individual attitudes of health related professionals	
e460 Societal attitudes	
e465 Social norms, practices and ideologies	
<b>E5. SERVICES, SYSTEMS AND POLICIES</b>	
e525 Housing services, systems and policies	
e535 Communication services, systems and policies	
e540 Transportation services, systems and policies	
e550 Legal services, systems and policies	
e570 Social security, services, systems and policies	
e575 General social support services, systems and policies	
e580 Health services, systems and policies	
e585 Education and training services, systems and policies	
e590 Labour and employment services, systems and policies	
<b>ANY OTHER ENVIRONMENTAL FACTORS</b>	

## GENERAL QUESTIONS FOR PARTICIPATION & ACTIVITIES

*The following probes are proposed as a guide to help the examiner when interviewing the respondent about problems in functioning and life activities, in terms of the distinction between capacity and performance. Take into account all personal information known about the respondent and ask any additional probes as necessary. Probes should be rephrased as open-ended questions if necessary to elicit greater information.*

*Under each domain there are two kinds of probes:*

*The first probe tries to get the respondent to focus on his or her **capacity** to do a task or action, and in particular to focus on limitations in capacity that are **inherent or intrinsic features of the person** themselves. These limitations should be direct manifestations of the respondent's health state, without the assistance. By **assistance** we mean the help of another person, or assistance provided by an adapted or specially designed tool or vehicle, or any form of environmental modification to a room, home, workplace and so on. The level of capacity should be judged relative to that normally expected of the person, or the person's capacity before they acquired their health condition.*

*The second probe focuses on the respondent's **actual performance** of a task or action in the person's actual situation or surroundings, and elicits information about the effects of environmental barriers or facilitators. It is important to emphasize that you are only interested in the extent of difficulty the respondent has in doing things, **assuming that they want to do them**. Not doing something is irrelevant if the person chooses not to do it.*

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### **I. Mobility**

#### **(Capacity)**

- (1) In your present state of health, how much difficulty do you have walking long distances (such as a kilometer or more) without assistance?
- (2) How does this compare with someone, just like yourself only without your health condition?
- (Or: "...than you had before you developed your health problem or had the accident?")

#### **(Performance)**

- (1) In your present surroundings, how much of a problem do you actually have in walking long distances (such as a kilometer or more)?
- (2) Is this problem walking made worse, or better, by your actual surroundings?
- (3) Is your capacity to walk long distances without assistance more or less than what you actually do in your present surroundings?

# ICF approach to disability

Developmental domain	WHODAS 2.0 domain	Assessment and intervention
Gross motor	Mobility	Physiotherapist; Orthotist; Orthopaedic surgeon
Fine motor	Self care; life activities	Occupational Therapist (Feeding: Speech and Language Therapist; Dietician; Paediatrician)
Vision		Orthoptist; Ophthalmologist
Hearing		Audiometry; Otorhinolaryngologist
Communication; social; behaviour	Interacting with other people	Speech and Language Therapist; Psychologist; Psychiatrist; Paediatrician
Cognition	Cognition	Psychologist; Teacher
	Participation	Social and Education services

WHODAS 2.0, World Health Organization Disability Assessment Schedule 2.0.