Beslutsdatum 2022-09-15

Bilaga D - Exempel på instrument som kan användas för riskbedömningar och screening samt bedömning av funktions- och aktivitetsförmåga

Neurologiskt status

- National Institutes of Health Stroke Scale (se NIHSS manual och Film NIHSS)

Munhälsa

- Revised Oral Assessment Guide - Jönköping (ROAG-J) [1]

Sväljförmåga

- För sväljscreening se Riktlinje för bedömning och handläggning av dysfagi efter stroke [2] samt [3, 4].
- Sväljscreening
    - The Gugging Swallowing Screen (GUSS) [5]
    - Standardized Swallowing Assessment (SSA) [3, 4]

Trycksår

- Modifierad Nortonskala (MNS) [6]

Nutrition

- Mini Nutritional Assessment (MNA) [7]
- Mini Nutritional Assessment short-form (MNA-SF) [8]

Tal, språk och kommunikation

- The Language Screening Test (LAST) [9]

Kognition

- Screening/bedömning

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    - Montreal Cognitive Assessment (MoCA), certifiering krävs för användning [10]
- Vardagsminnet
    - Rivermead Behavioural Memory Test (RBMT) [11]

Rörelse- och förflyttningsförmåga

- Motorik/sensorik
    - Fugl-Meyer Assessment (FMA) (se instruktionsfilm FMA) [12]
- Motorisk funktion, förflyttningsförmåga
    - Modifierad Motor Assessment Scale (MMAS) [13]
    - Modifierad Rivermead Mobility Index [14]
- Muskeltonus
    - Modifierad Ashworth skala (MAS) [15]
- Balans/postural kontroll
    - Bergs balansskala [16]
- Dynamisk balans/gång
    - Timed Up and Go (TUG) [17]
- Gång
    - 10 meters gång test [18]
    - 2 eller 6 minuters gång test [18]
- Arm/handfunktion
    - Action Research Arm Test (ARAT) [19]
    - Action Research Arm test, 2 item (ARAT-2) [17, 20]
    - Box and Block Test (BBT) [21,22]
    - Nine Hole Peg Test (NHPT) [21,22]
- Greppstyrka
    - Jamar handdynamometer [23]

Vardagliga aktiviteter, arbete och fritid

- Personliga, vardagliga och instrumentella aktiviteter
    - ADL-taxonomin® [24]
- Upplevelse av betydelse, nöjdhet och förmåga i aktivitetsutförande
    - Canadian Occupational Performance Measure (COPM) [25]
- Kognitiv informationsbearbetning och utförandet av vardagsaktiviteter
    - The Perceive Recall Plan and Perform system of task analysis (PRPP) [26], utbildning krävs.
- Uppmärksamhet i aktiviteter
    - Catherine Bergego Scale (CBS) [27] för arbetsterapeuter

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