The UK FIM+FAM Self-service Training Course: FAM only
Part 2 Motor items

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UK FIM+FAM scale – Motor 16 items

FIM - Yellow items

- Self-care
  - Eating
  - Swallowing
  - Grooming
  - Bath/showering
  - Dressing Upper
  - Dressing Lower
  - Toileting
  - Bladder Management
  - Bowel Management

FAM - Blue items

- Mobility
  - Transfers
    - Bed/chair
    - Toilet
    - Shower/bath
    - Car
  - Locomotion
  - Stairs
  - Community mobility
FIM+FAM – Cognitive 14 items

FIM - Yellow items
- Communication
  - Comprehension
  - Expression
  - Reading
  - Writing
  - Speech intelligibility

FAM - Blue items
- Psychosocial / Cognition
  - Social interaction
  - Problem-solving
  - Memory
  - Emotional status
  - Adjustment to limitations
  - Use of leisure time
  - Concentration
  - Safety awareness
FAM Motor Items

- Self-care
  - Swallowing
    - Scored separately, even though it is included in Eating in the FIM

- Mobility
  - Car Transfers
  - Community Mobility
Swallowing

- Overlaps FIM eating item
  - Still score including swallowing
    - To maintain integrity of the FIM

- FAM item
  - Specifically separates swallowing
    - Need for SLT / dietetic involvement.
  - Supplementary feeding
    - FIM deals with help required to set up feeds
    - FAM deals with proportion of oral / enteral feeding
Swallowing includes:

- The ability to eat a regular diet by mouth

At level 7

- Complete independence
  - Eats a regular oral diet of choice
    - Including managing all consistencies
  - In a reasonable amount of time
  - Performs independently and safely
Swallowing - level 6

- Modified independence
- Pt takes all nourishment by mouth

May require one or more of the following:

- Devices / strategies to clear food
  - Eg multiple swallows
- If requires modified consistency
  - Chooses and prepares these themselves
- Takes more than a reasonable amount of time
- There are concerns for safety
  - Eg choking
Swallowing - level 5

- Supervision or set up
  - No hands-on help
- Takes all nourishment by mouth
- Help may be required for:
  - Modified consistency
    - Making appropriate food choices
      - eg pureed diet
  - Verbal cueing / coaxing
  - Reminding to slow down
  - Supervision for safety
Swallowing levels 4, 3, and 2

- **Level 4 - minimal assistance**
  - Patient provides >75% of the effort eg
    - Takes primary nourishment by mouth
    - Minimal contact to control speed of intake

- **Level 3 – moderate assistance**
  - Patient provides more than half of the effort eg
    - Takes some nourishment by mouth
    - And/or moderate assistance to control speed of intake

- **Level 2 – maximal assistance**
  - Patient provides less than half of the effort eg
    - Unable to receive adequate nourishment by mouth
    - Primary nutrition from tube feeding
    - Oral feeding is limited and/or requires maximal assistance
  - But still provides >25% of the effort
Swallowing - level 1

- Total assistance
  - Unable to take anything by mouth
    - All nutrition provided by tube feeding
Vignette – Swallowing

David has one soft meal a day, which he manages safely, but gets his fluids and most of his nutrition through his PEG.

Score 2

– *Maximal assistance*

- Score lowest performance,
- i.e. PEG but not unable to take anything
Transfers and locomotion

**Transfers**
- Bed / chair / wheelchair
- Toilet / commode
- Bath / shower
- Car (FAM item)

**Locomotion**
- Walking / wheelchair
- Stair
- Community mobility (FAM item)
Car Transfers

FAM item
Car transfers (FAM item)

Includes
- Approaching car from pavement
- Unlocking and opening car door
- Transferring onto car seat
- Fastening seat belt

If uses wheelchair
- Stowing wheelchair

At level 7
- Pt does all these independently and safely
- Within a reasonable time
# Car transfers

<table>
<thead>
<tr>
<th>Level</th>
<th>Description</th>
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| 6     | Independent with a device  
Or considerations for time and/or safety |
| 5     | Standby supervision or set-up only |
| 4     | Minimal contact  
Or help just to load wheelchair |
| 3     | Moderate assistance  
eg lifting legs in |
| 2     | Maximal assistance  
pt provides less than half the effort |
| 1     | Total assistance  
or does not transfer into car |
Vignette – Car transfers

- Clive can transfer in and out of the car unaided, but, until he gets the new car with the wheelchair hoist, needs someone to stow the wheelchair for him.

- Score 4
  - Help with stowing wheelchair
Community Mobility

FAM item
Community Mobility includes

- Organizing and managing personal travel within the community:
  - planning a route, time management, paying fares
- Using some form of public transport
  - (taxi, bus, underground or train)
- Or driving a car
- Getting around in the locality
  - on foot or in a wheelchair
    - including managing kerbs, crowds, escalators/lifts, road crossings, etc

Note: Car transfers are assessed separately
- including loading/unloading wheelchair
Community Mobility - level 7

Complete independence

- Patient uses some form of public transport
  - OR drives a car
  - OR uses normal taxi services from choice
    - Rather than necessity
- Gets around in the locality
- Fully independently and safely
Community Mobility - level 6

- Modified independence

Requires one or more of the following:

- An adaptive device / strategies eg
  - Modified car
  - Keeps trips short due to rest periods
  - Limited to certain taxi services
    - (eg Wheelchair adapted or using Taxicard)
- Takes more than a reasonable amount of time
- There are concerns for safety
  - Eg getting lost
Community Mobility - level 5

Supervision or set-up – but no hands-on help

- Needs only supervision or set-up at the start of the journey
  - Eg to help plan the journey
  - Or to buy ticket in advance
- Then manages independently
Community mobility - levels 4, 3, and 2

- **Level 4 - minimal assistance**
  - Requires help at both ends of journey
    - Eg to be put on a bus and met at the other end
    - Cannot score >4 if travels by car and requires help for car transfers

- **Level 3 – moderate assistance**
  - Requires constant presence of someone in community
    - Eg to help with kerbs, avoid obstacles
    - But is still able to do more than half the task themselves

- **Level 2 – maximal assistance**
  - Able to contribute to some of the tasks in getting around
    - But needs help for more than half
    - Only one helper required
Community Mobility - level 1

- Total assistance
  - Patient contributes <25% of the effort
  - Or requires 2 helpers
  - Or unable to move around in the community
Vignette – Community Mobility

Mark found a number and called a taxi to take him home from the hospital.

- However, he was unable to tell the driver where to go because he could not remember his new address or the route there.
- Also, he had not thought to take any money with him and had not rung his Mum to say he was coming.
- The taxi driver refused to take him.

Score 1 (Grey case..)

- Effectively it did not happen!
  - The only thing he did was to call the taxi