

Edmonton Functional Assessment Tool (EFAT)

To measure a functional status specifically, oncologists rely on various scales such as the Karnofsky or Eastern Cooperative Oncology Groups Functional Index (ECOG). These are however, unreliable in the lower ratings i.e. in patients with advanced cancer and are not useful to evaluate rehabilitation measures. Consequently, our unit developed the EFAT which was specifically designed to evaluate functional performance of patients with advanced cancer over time and to document the degrees of functional performance of patients throughout the terminal phase. It is also useful in the evaluation of the rehabilitation effect. It assesses the status of 10 functions, mainly; communication, pain, mental status, dyspnea, sitting or standing balance, mobility, walk or wheelchair locomotion, activities of daily living, fatigue and motivation. These are assessed by the Physical and Occupational Therapists and are quick, simple and don't require much training. Each item in the EFAT is evaluated by a 4 point rating scale from 0 to 3 (0 = functional independent performance; 3 = total loss of functional performance). A total possible score on the EFAT is 30. In addition to the EFAT a global performance status rating (PS) asks for an overall judgment of functional performance taking into account the 10 functions assessed by the EFAT.

NEW EDMONTON FUNCTIONAL ASSESSMENT TOOL

	0 Functional	1 Min Dysfunction	2 Mod Dysfunction	3 Severe Dysfunction	date
Communication	Independent with all aspects of communication	Requires glasses, hearing aid(s) or communication devices	Communicates effectively <50% of time	Unable to communicate	
Mental Status *	Oriented x 3 Memory intact	Impair 2/6 orientation/memory. Follow simple commands	Impair 3-4/6 orientation/memory. Responds inconsistently or restless, agitation, anxious	Impair 5-6/6 orientation/memory or unresponsive to verbal commands	
Pain	None or occ. pain. Pain does not impact function`	Pain limits some activity. Inhibits function minimally	Pain present all the time. Inhibits function mod.	Unable to do any activities because of pain	
Dyspnoea *	No dysfunction	Urgency = counting or SOB/OE or intermittent	1 extra breath with counting or O ₂ at 1-3 litres	≥ 2 breaths with counting or O ₂ at ≥ 4 litres	
Balance * Sit Stand	Normal Balance	↓ balance. Attain/maintain position with equip or 1 person. Min. safety risk	Unsafe balance. Maintain position with mod. assist 1 or more. Risk of fall	Maintain position with max assist 1-2 persons or unable to evaluate	

Edmonton Functional Assessment Tool (EFAT) Cont'd

Balance * <u>Sit</u> <u>Stand</u>	Normal Balance	↓ balance. Attain/maintain position with equip <u>or</u> 1 person. Min. safety risk	Unsafe balance. Maintain position with mod. assist 1 or more. Risk of fall	Maintain position with max assist 1-2 persons <u>or</u> unable to evaluate
Mobility *	Controls/moves all limbs at will. Performs safely and independently	Control/move all limbs but degree of limitation. 1 assist to move/safety	Can assist another person who initiates movement. Requires 2 persons assist for safe transfer	Unable to assist with position change. Mechanical lift to transfer
Locomotion ** <u>Walk</u> <u>Wheelchair</u>	Walks unassisted <u>or</u> independently in lead up and propelling	Walks with 1 person assist/+ walk aid <u>or</u> supervision with lead up	Walks with 2 person assist short distance <u>or</u> requires assist with lead up/propel wheelchair	Unable to walk. WB for transfer. Dependent W/C management
Fatigue ***	Rarely needs to rest	Rest <50% of day	Rest >50% of day	Bedridden due to fatigue
Motivation ***	Wants to participate despite limitations	Active/passive participant >50% of time	Active/passive participant <50% of time	No desire to participate in activity
ADL	Independent	Independent using adaptive equipment	Manual assist of 1, verbal cueing/supervision to complete task	Total assist with ADL
Performance Status	Independent in room or unit	Independent with minimal assist of 1	Mod assist of 1 person room/unit	Assist of 1-2 persons in room

Sensation - deleted ** - Activity/WC mobility collapsed
 * - reworded to ↑ objectivity *** - New items added

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