

Quality of Life Score Following Intensive Care

Overview: Following discharge from an intensive care unit (ICU) a patient may have a level of impairment that affects his or her quality of life. The Quality of Life Score can be used to measure a patient's functional status following discharge. The authors are from Granada Univeristy in Spain.

Items:

- (1) oral communication
- (2) sphincter control
- (3) movements of precision
- (4) tolerance of effort
- (5) dependence on the environment
- (6) pharmacologic dependence
- (7) activity appropriate for age

Item	Performance	Points
Is there difficulty with speech? (1)	no	0
	can be understood although it is necessary to get close to the patient either because of the softness of his/her voice or because of faltering speech	2
	can be understood but only single words or short phrases are expressed. A dialogue cannot be maintained	4
	incoherence of speech either sporadic or permanent	6
	does not communicate	8
Is there difficulty in controlling the passing of urine or stool? (2)	no	0
	yes sporadically either with one or the other. Never with both at the same time.	3
	One permanently. Both together either sporadically or continuously.	6
Does the patient have difficulty with walking? (5)	no	0
	walks with help (crutch or people)	4

	uses wheelchair	8
	is be- or chair-ridden	12
Is the patient taking any kind of medication for his/her condition? (6)	no	0
	yes when the basic conditions becomes acute	1
	yes in a habitual and chronic manner	2

where:

- The passage of urine and stool is termed "passing of water or solids" in the original text.
- Item 6 might benefit from some expansion. Many patients take medications with some having more significance than others.

Activity	Performance	Points
Can the following movements be carried out? (3) (a) pour a glass of water (b) using cutlery (c) using a key (d) shaving (e) sewing	can do 4 or 5 of these activities	3
	can do 0 – 3 of these activities	0
Can the following activities be done? (4) (a) going up one floor (b) walking two blocks? (c) carrying a full shopping bag (d) carrying a brief case or similar item	can do all of these activities	3
	cannot do all of these activities	0

Activity Appropriate for Age (7)	Level of Activity	Points
If the person has not retired due to age are there difficulties with the patient's work?	no	0
	yes he/she has difficulties but he/she is working.	1
	yes has changed to part-time work.	2
	does not work because of his/her condition.	3
If the person has retired due to age are there difficulties with the patient's scheduled activities as a retired person?	no	0
	yes he/she has difficulties but continues with the same activities at the same frequency.	1
	yes and has changed to alternatives requiring less activity	2
	yes and has considerably reduced their frequency	2
	yes and has completely abandoned them	3

where:

- Only 1 of the 2 options is used in the final score.

quality of life score =

= SUM(points for all 7 items)

Interpretation:

- minimum score: 0
- maximum score: 37
- A score of 0 indicates no disability.
 - The higher the score the greater the person's impairment.
 - An older person tends to have worsening in the quality of life after intensive care.
 - The authors used the score to study patients 12 months after discharge at which any recovery should have occurred.

Score	Level	Disability
0	I	none
1 – 5	II	mild
6 - 10	III	significant
>= 11	IV	major

References:

Rivera Fernandex R Vazquez Mata G et al. Descripcion de una encuesta de calidad de vida en medicina intensiva. Med Intensiva. 1991; 15: 313-318.

Vazquez Mata G Rivera Fernandez R et al. Factors related to quality of life 12 months after discharge from an intensive care unit. Critical Care Medicine. 1992; 20: 1257-1262