



Work Package 4

National report

Sweden

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BACKGROUND

European Network for Action on Ageing and Physical Activity (EUNAAPA) was formed to facilitate implementation of evidence-based knowledge about physical activity and physical functioning and ways of assessing these areas. To gain information about what instruments are used in different European countries, a questionnaire was delivered to different experts in different countries. This report shows the results of information gained through the Swedish experts.

METHODS

Recruitment procedure

Experts from different areas, background and geographical sites in Sweden were contacted through mail and telephone calls. The questionnaires were sent by email and returned by mail. The last questionnaire was returned by the 21st of March. In total 12 experts were approached and nine experts accepted and answered the questionnaire. Some of the questionnaires were not completely filled-out. Complementary questions were asked through email to two experts, but only one responded to this request.

Several experts belonged to more than one cell in the matrix, usually the health care and educational sectors. One expert came from the commercial sector. Three experts came from the national level and the rest from the Regional/Local level. Seven of nine experts stated that they were within the community-dwelling settings (see Table 1).

We tried but did not succeed in finding experts willing to answer the questionnaire within the governmental or social sector. Reasons stated for this were usually that they were not familiar enough with the field of physical activity and physical functioning for elderly people.

The questions about most frequently used instruments within the different sections (B-J) were only answered by 1-4 experts and it is therefore difficult to draw any conclusion from this question.

Table 1. Number of experts in the different fields responding to the questionnaire.

	Community-dwelling older adults				Institutionalized older person			
National level	Government	Health care/ social care One expert	Commerical sector One expert	Academics/ Professional Education One expert	Government	Health care/ social care	Commerical sector	Academics/ Professional Education
Regional/ local level	Government	Health care/ social care One expert	Commerical sector	Academics/ Professional Education Three experts	Government	Health care/ social care One expert	Commerical sector	Academics/ Professional Education One expert

Opinions of the questionnaire

Many of the experts have found it difficult to answer the questions on how common the instruments are, if they have been translated and on the general opinion in the country, since they do not have knowledge about this.

As mentioned above, few of the experts have listed the three most commonly used instruments and one of the expert stated that this was impossible to do since it depends on which purpose the instrument is used for. Another comment is that the different references may be others than they have knowledge about, which also made it difficult to answer the questions.

RESULTS

Table 2 shows an overview of the most currently used instruments. Figures regarding how many experts that have mentioned the current use in the different subcategories are shown below.

Table 2. An overview of the most currently used and not used instruments.

<i>Category</i>	<i>Subcategory</i>	<i>Most currently used instruments</i>	<i>Not used instruments</i>	
Physical activity		Swedish scale PASE IPAQ Pedometer	Minnesota, Baecke, Dallosso, Champs x2, YPAS Zupthen,	
Physical functioning	Endurance	Six-minutes walking Step test	Two-minutes walking	
	Mobility	TUG TUG manual Walking speed 10m Stops walking while talking	L test	
	Balance	Berg's Balance scale Romberg test One leg stance	TUSS	
	Range of motion	Hand in Neck Hand in Back	-	
	Dexterity	Nine Hole Peg Test Box and Block Test	-	
	Muscle strength	Grip strength Chair stand once Chair stand five Chair stand 30 sec	-	
	Overall Index	Clinical Outcome General Motor Func Elderly Mobility Sc	Physical Fitness, Nursing Home Dis, Timed Functional M, Functional Fitness, AAPHERD, Functional Fitness DF Phys Per Mob Exam Mod Elderly Mob Sc Groningen Fitness	
		ADL	Barthel Katz FIM ADL Staircase	Bristol ADL, Cleveland ADL, Comb ADL/IADL, OARS

Physical activity

Instruments used regarding physical activity are shown in Figure 1. The most common instruments are PASE, IPAQ and Pedometer. The use of the other instruments listed in the questionnaire is not known.

PAR, PASE, IPAQ, Life Space have been translated into Swedish according to scientific procedure. French Activity Index and Energy Expenditure METS have been translated, but there is no knowledge whether it has been according to scientific procedures. Walking habits is an instrument constructed in Sweden.

Figure 2 shows the opinion of the currently used instruments.

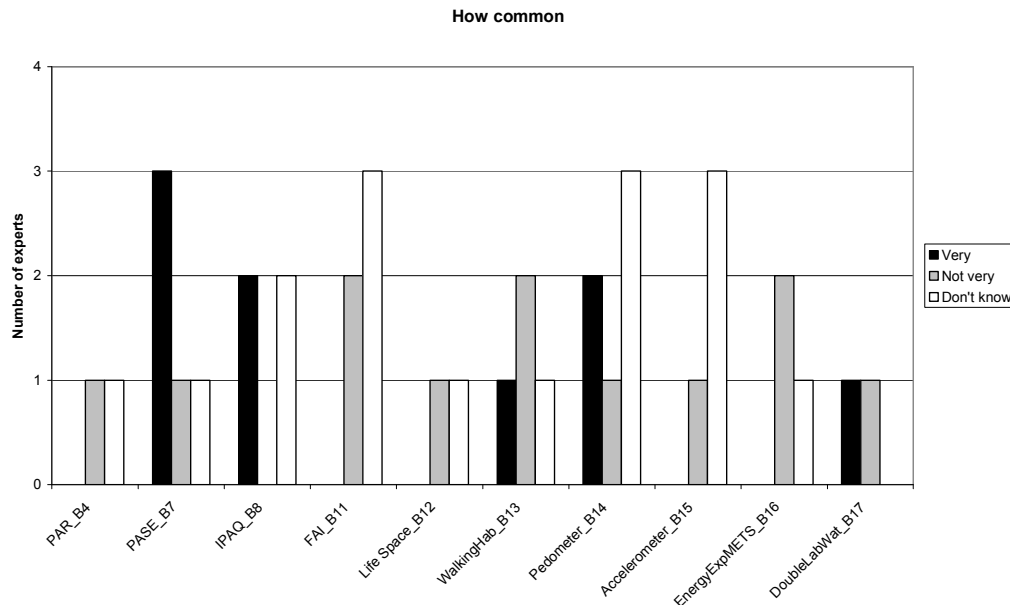


Figure 1. Shows how common the currently used instruments are.

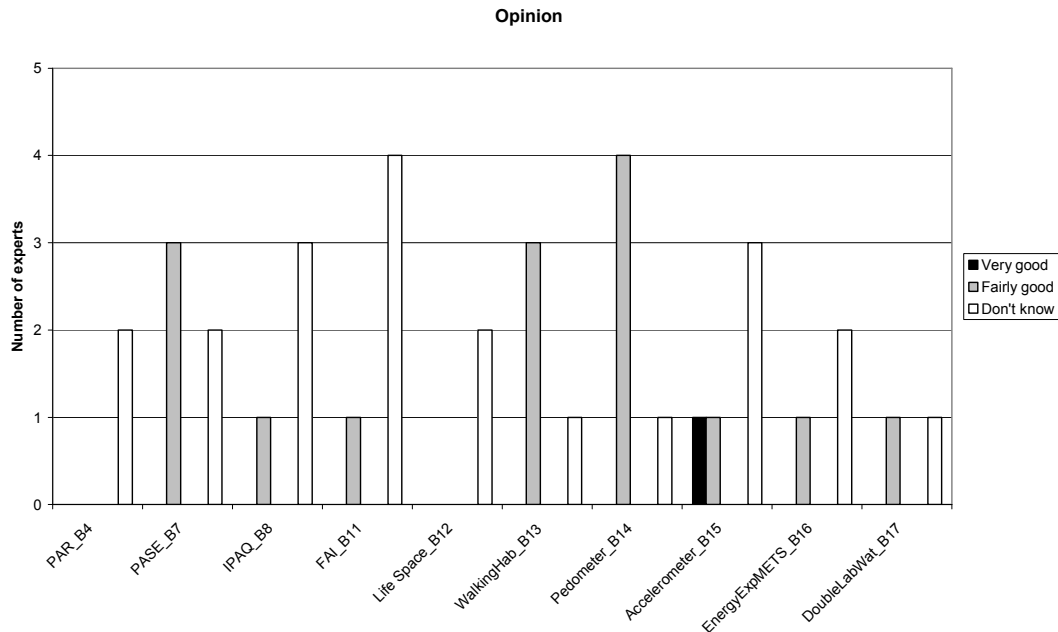


Figure 2. Shows the opinion of the currently used instruments

Other instruments used in Sweden are the Swedish Scale (Mattiasson-Nilo et al, Frändin & Grimby).

The three most frequently used instruments, listed by four experts were:

1. Swedish Scale
2. French Activity Index
3. IPAQ

Physical functioning

Endurance

Instruments used regarding endurance are shown in Figure 3. The most common instruments are 6-minutes walking and Step test.

All instruments have been translated into Swedish according to scientific procedures according to one expert, the others do not know.

Figure 4 shows the opinion of the currently used instruments.

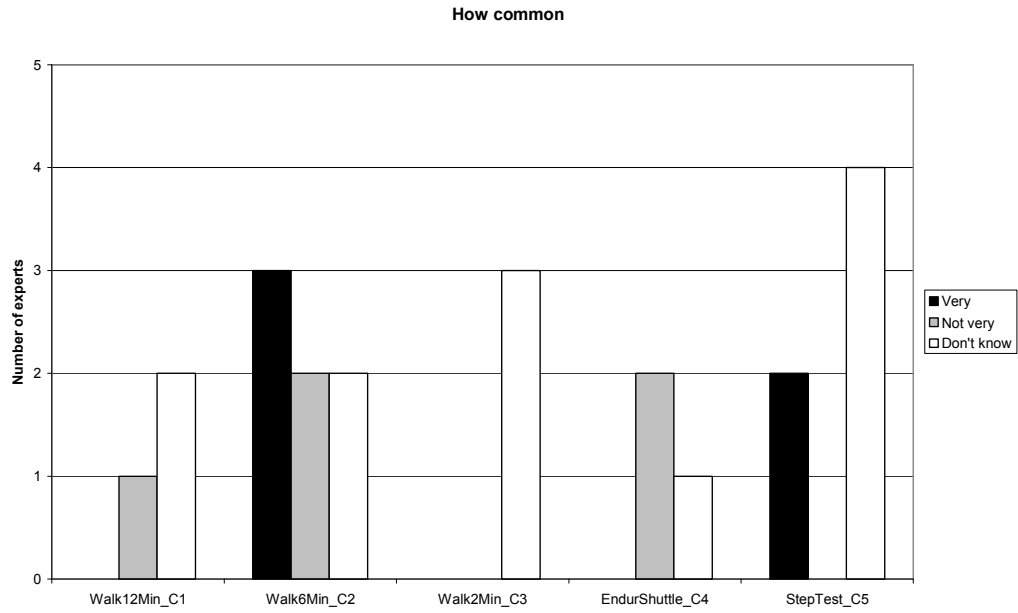


Figure 3. Shows how common the currently used instruments are.

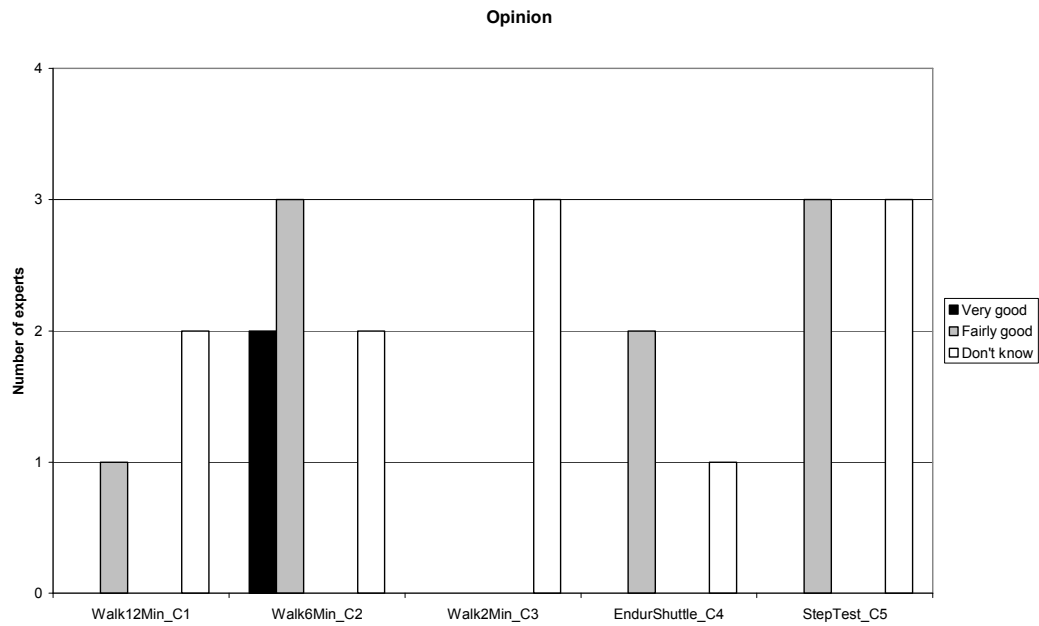


Figure 4. Shows the opinion of the currently used instruments

Only one expert listed the three most frequently used instruments:

1. 6-minutes walking
2. Step test
3. 12-minutes walking

Mobility

Instruments used regarding mobility are shown in Figure 5. The most common instruments are TUG, Get Up and Go, Walking speed 10m and Stops walking while talking. The use of the L test was not known.

Get up and Go, TUG, Walking speed 10m and Functional Ambulation have been translated into Swedish according to scientific procedures. TUGmanual, Walking speed 30m, Stops walking while talking are constructed in Sweden.

Figure 6 shows the opinion of the currently used instruments.

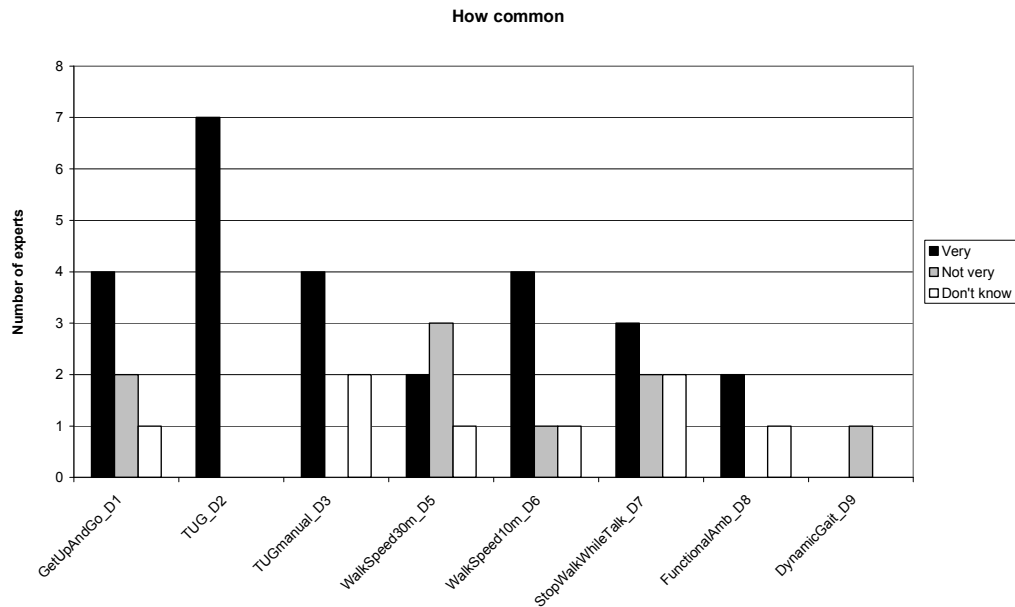


Figure 5. Shows how common the currently used instruments are.

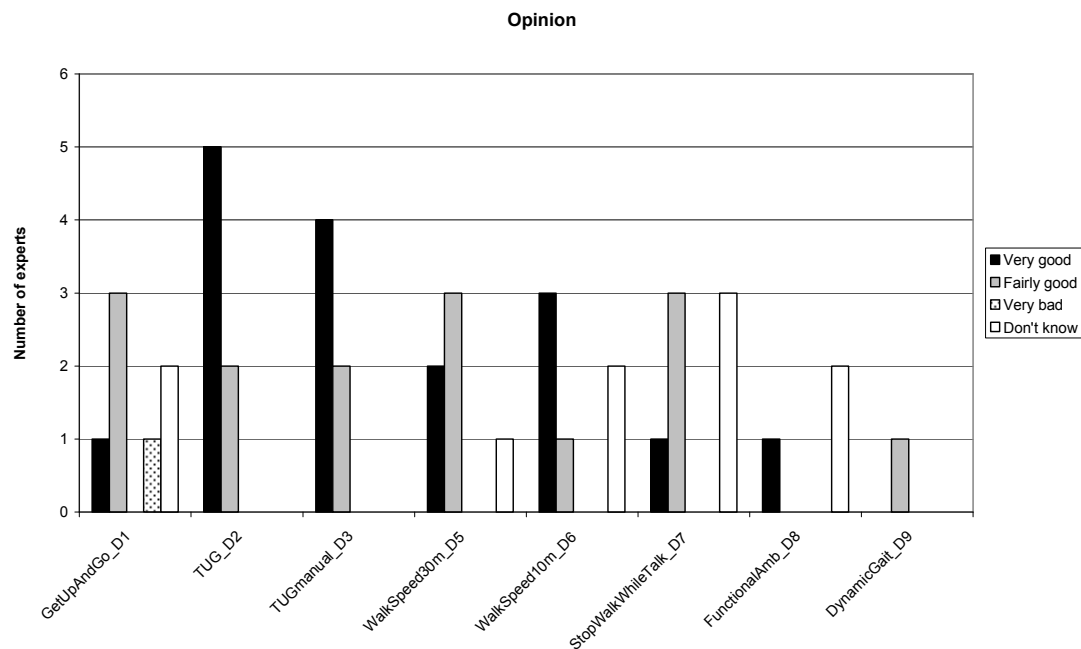


Figure 6. Shows the opinion of the currently used instruments

Other instruments used in Sweden are walking speed 2,4 m, 15 m and 20m.

The three most frequently used instruments, listed by three experts were:

1. TUG
2. Walking speed 30m
3. Stops walking while talking / Functional Ambulation

Balance

Instruments used regarding balance are shown in Figure 7. The most common instruments are Berg's Balance scale, Romberg and One leg stance. The FICSIT 3/4 were only known by one expert and was commented to be used only in research. The use of the other instruments listed in the questionnaire is not known.

Functional Reach, One leg stance, Tandem stance, Romberg and Berg's Balance scale have been translated into Swedish according to scientific procedures. Figure of Eight and Modified Figure of Eight have been constructed in Sweden.

Figure 8 shows the opinion of the currently used instruments.

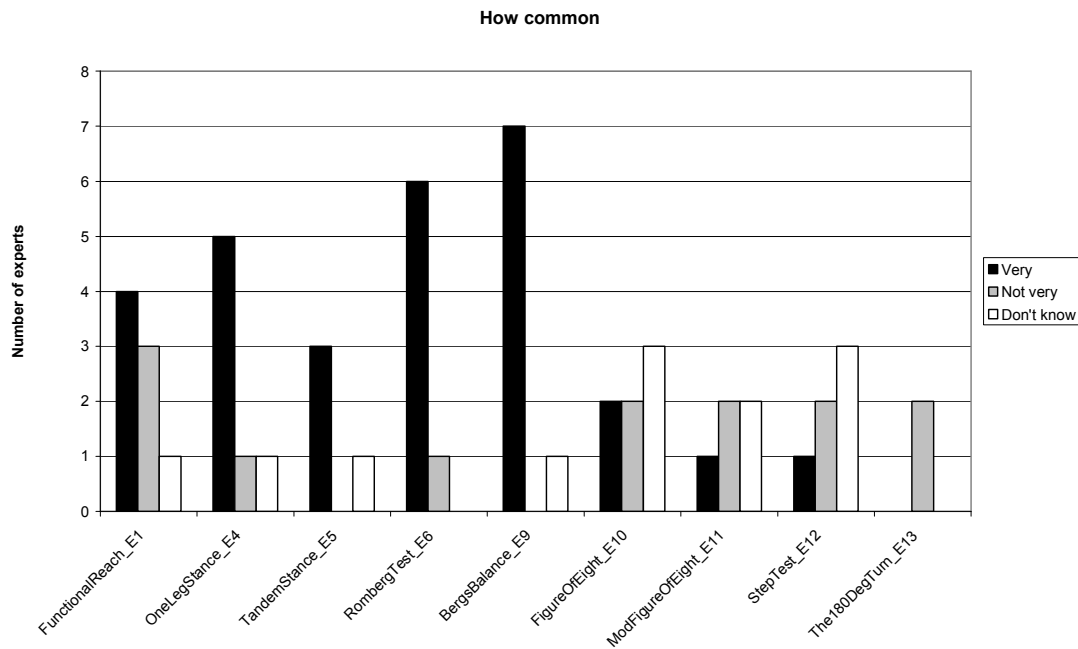


Figure 7. Shows how common the currently used instruments are.

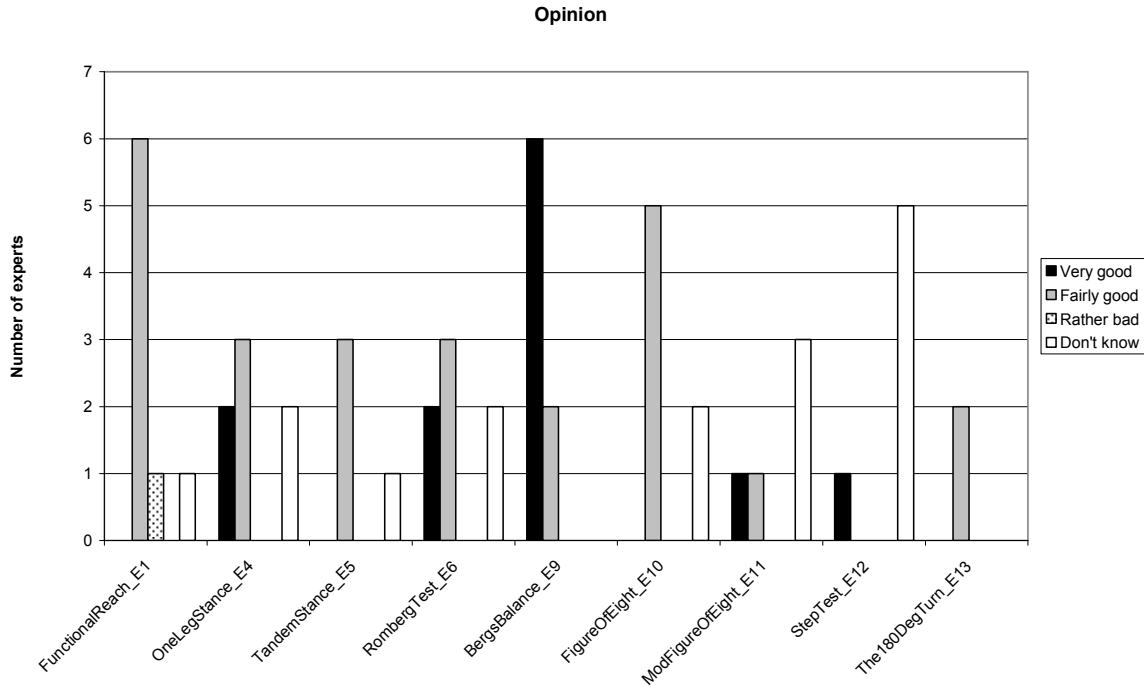


Figure 8. Shows the opinion of the currently used instruments

Another instrument used in Sweden is the Falls Efficacy Scale.

The three most frequently used instruments, listed by three experts were:

1. Berg's Balance scale
2. Romberg
3. One leg stance

Range of motion

Instruments used regarding range of motion are shown in Figure 9. The most common instruments are Hand in Neck and Hand in Back.

All three instruments have been constructed in Sweden.

Figure 10 shows the opinion of the currently used instruments.

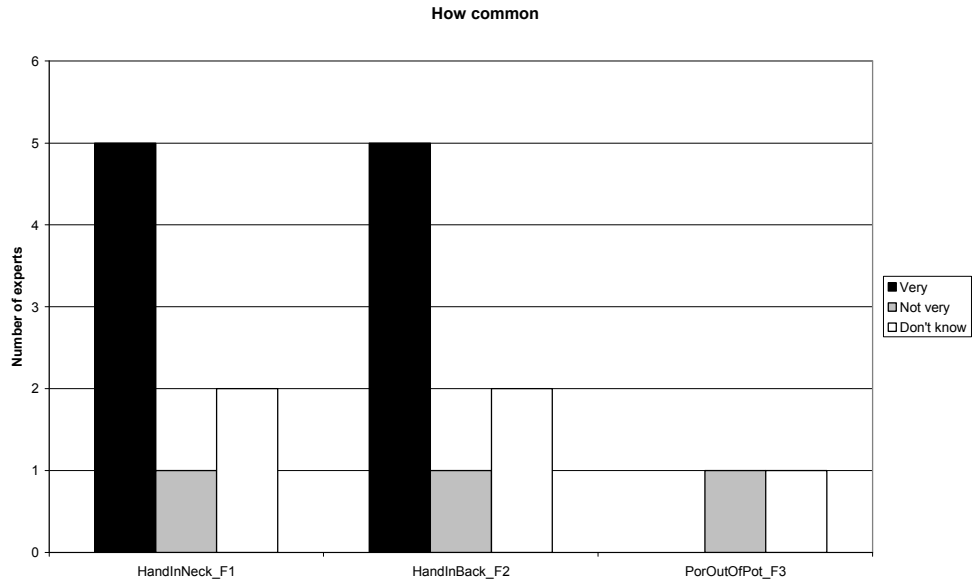


Figure 9. Shows how common the currently used instruments are.

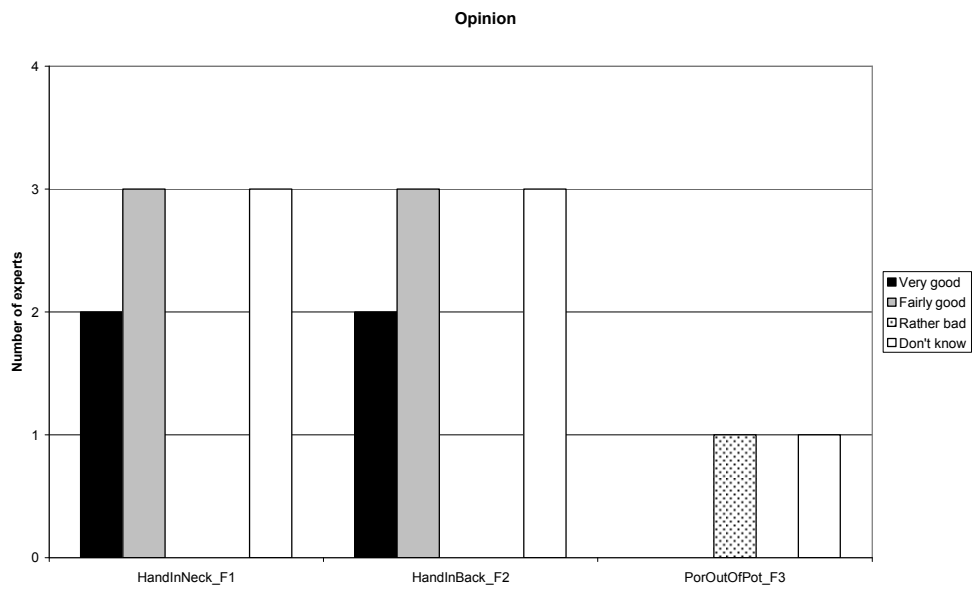


Figure 10. Shows the opinion of the currently used instruments.

Only one expert listed the two most frequently used instruments:

1. Hand in Neck
2. Hand in Back

Dexterity

Only two experts were aware of the use of the Box and Block test, one of them stated that it is very commonly used and the other did not know. None of the experts knew the general opinion of the instrument. Four experts were aware of the use of the Nine Hole Peg test and two of them stated that it is very commonly used and the other two did not know. None of the experts knew of the general opinion of the instrument.

One expert stated that the Nine Hole Peg test was translated in a scientific procedure, the others did not know.

The two most frequently used instruments, listed by two experts were:

1. Nine Hole Peg Test
2. Box and Block test

Muscle strength

Instruments used regarding muscle strength are shown in Figure 11. The most common instruments are Grip strength and Chair Stand.

The different Chair stand tests have been translated into Swedish, but there is no knowledge whether it has been according to scientific procedures.

Climbing boxes is an instrument constructed in Sweden.

Figure 12 shows the opinion of the currently used instruments.

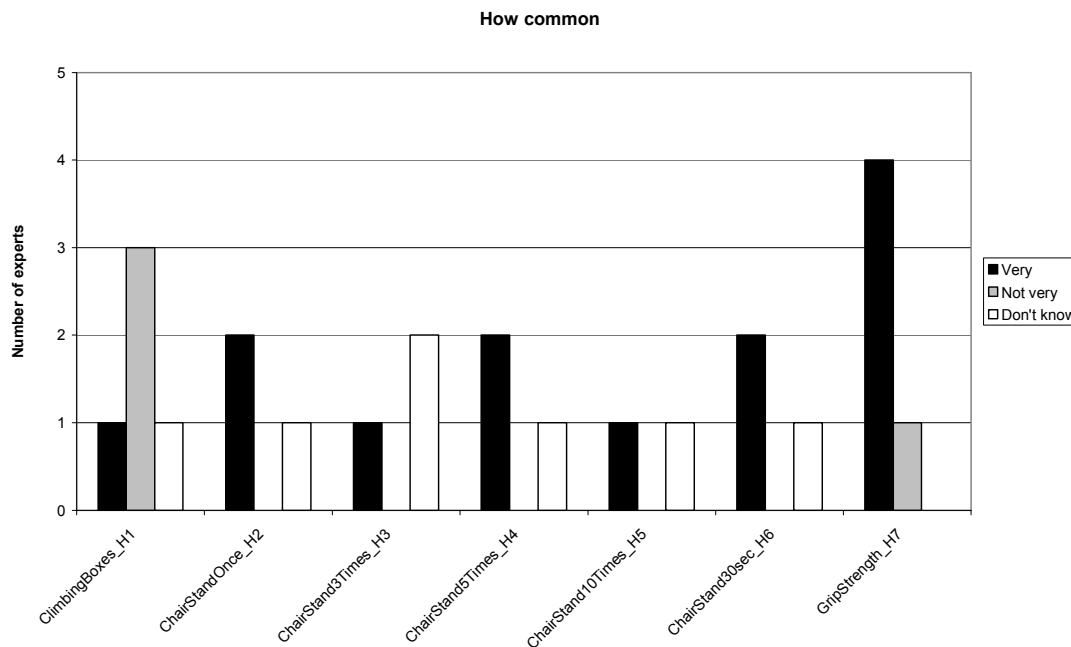


Figure 11. Shows how common the currently used instruments are.

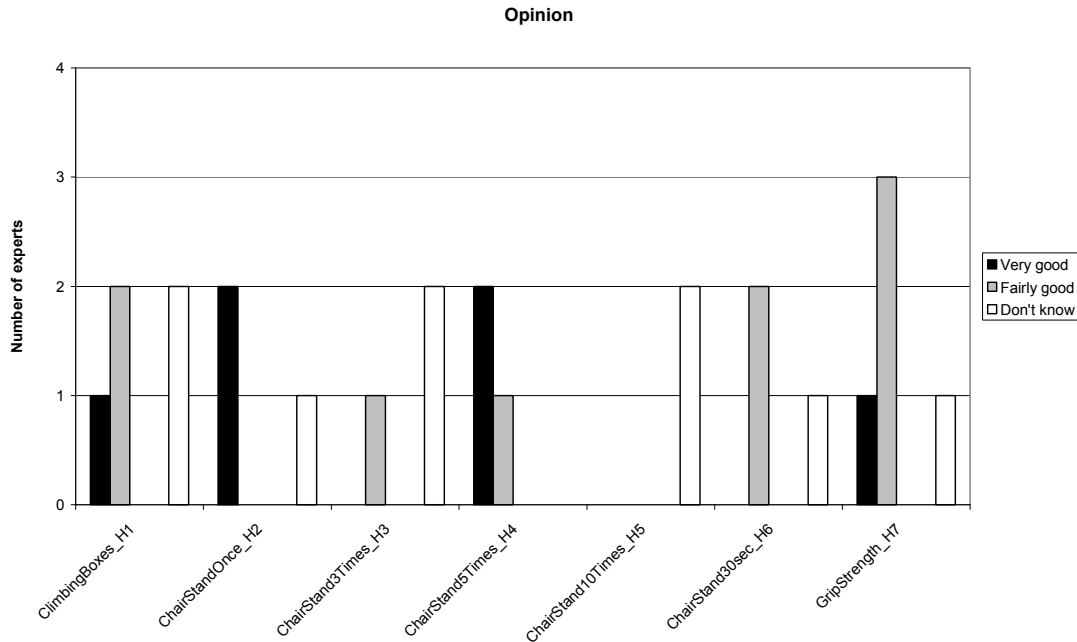


Figure 12. Shows the opinion of the currently used instruments.

The three most frequently used instruments, listed by four experts were:

1. Chair stand once/30 sec
2. Chair stand 5 times
3. The Grip strength (Grippit)

Overall indexes

Instruments used regarding overall indexes are shown in Figure 13. The most common instrument is Clinical Outcome Variables. One expert was familiar with the Physical Performance test and Tinetti's Performance-Oriented Mobility Assessment, but did not know of how common the instruments are or about translation procedure or the general opinion. The use of the other instruments listed in the questionnaire is not known.

Clinical Outcome Variables has been translated into Swedish according to scientific procedure. The Elderly Mobility Scale has been translated but there is no knowledge whether it has been according to scientific procedures.

Figure 14 shows the opinion of the currently used instruments.

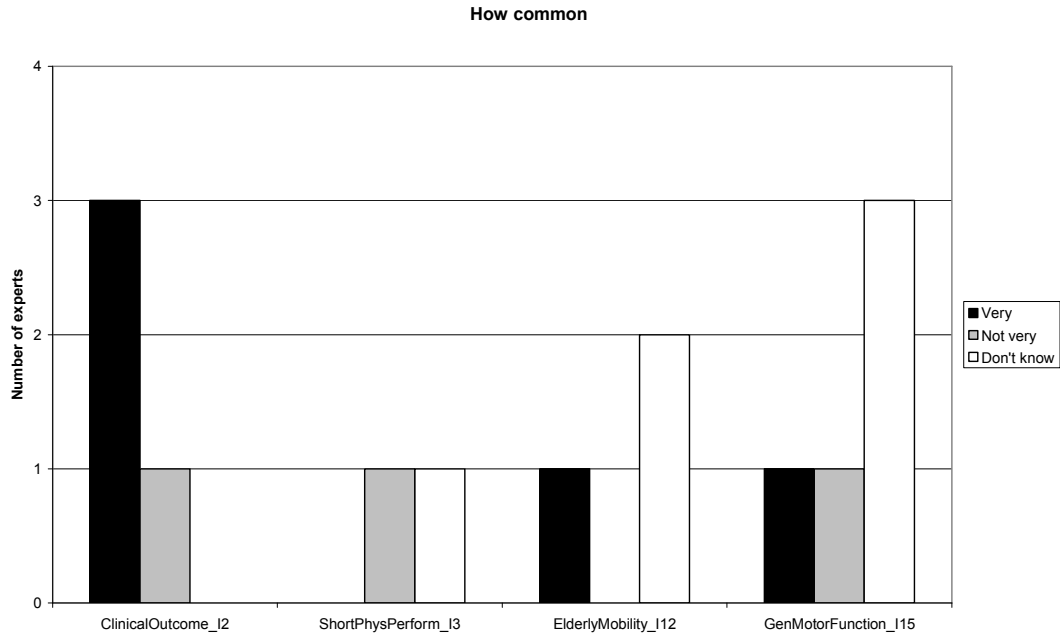


Figure 13. Shows how common the currently used instruments are.

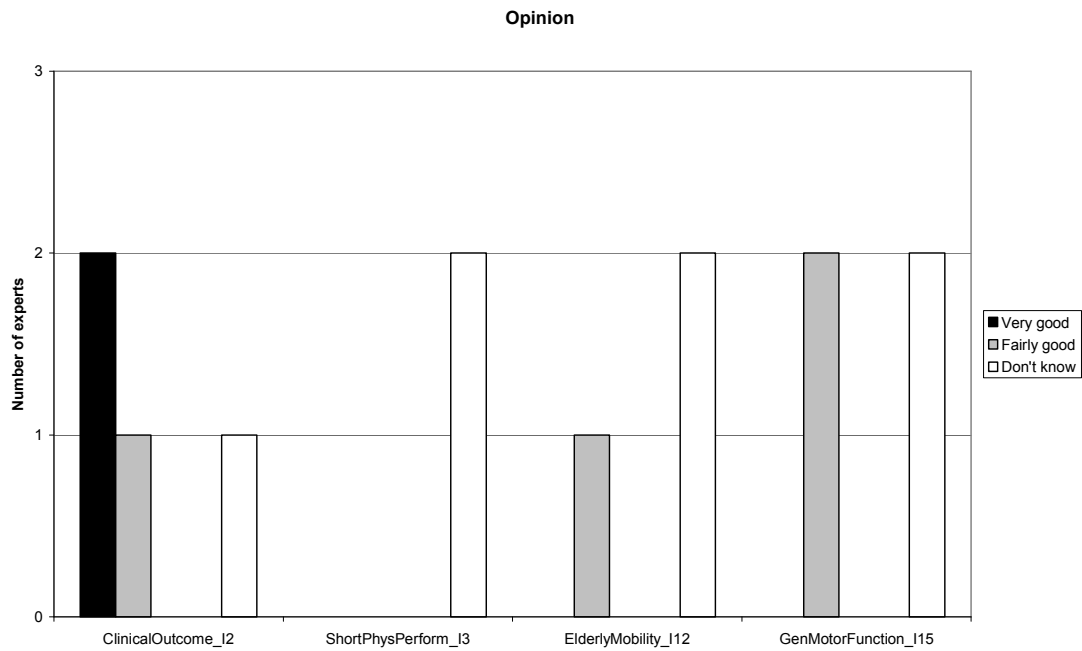


Figure 14. Shows the opinion of the currently used instruments.

Another instruments used in Sweden is the Disability Rating Index.

The two most frequently used instruments, listed by two experts were:

1. Clinical Outcome Variables
2. General Motor Function Assessment

Activities of daily living (ADL)

Instruments used regarding ADL are shown in Figure 15. The most common instruments are Barthel, FIM, Katz and ADL Staircase. Cleveland ADL, Nottingham ADL and the OARS were known by three experts each, but none of them know of how common the instruments are or about translation procedure or the general opinion. The use of the other instruments listed in the questionnaire is not known.

Barthel, FIM, and Katz have been translated into Swedish according to scientific procedures. The IAM and the ADL Staircase have been constructed in Sweden.

Figure 16 shows the opinion of the currently used instruments.

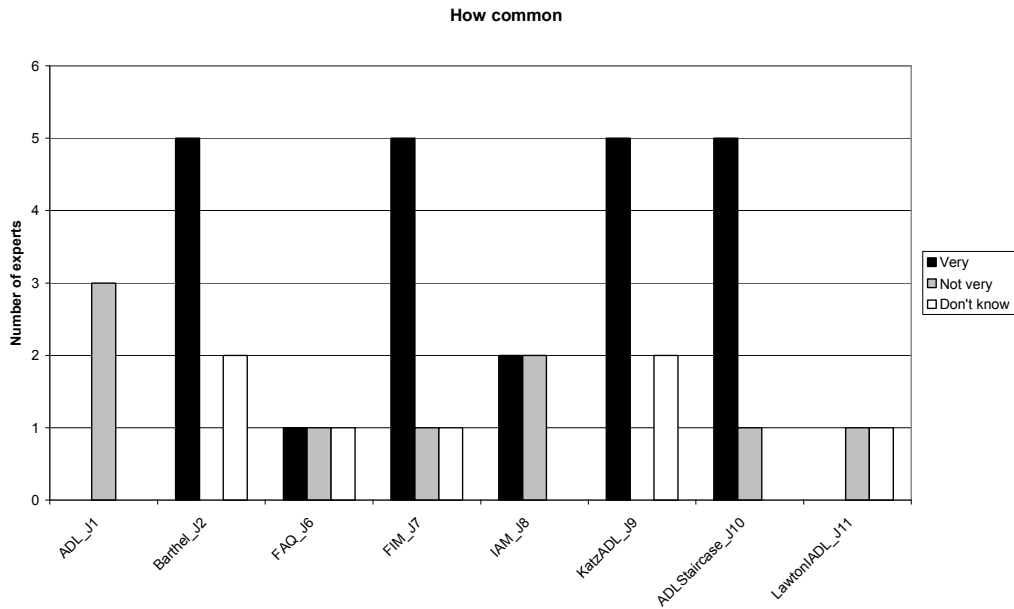


Figure 15. Shows how common the currently used instruments are.

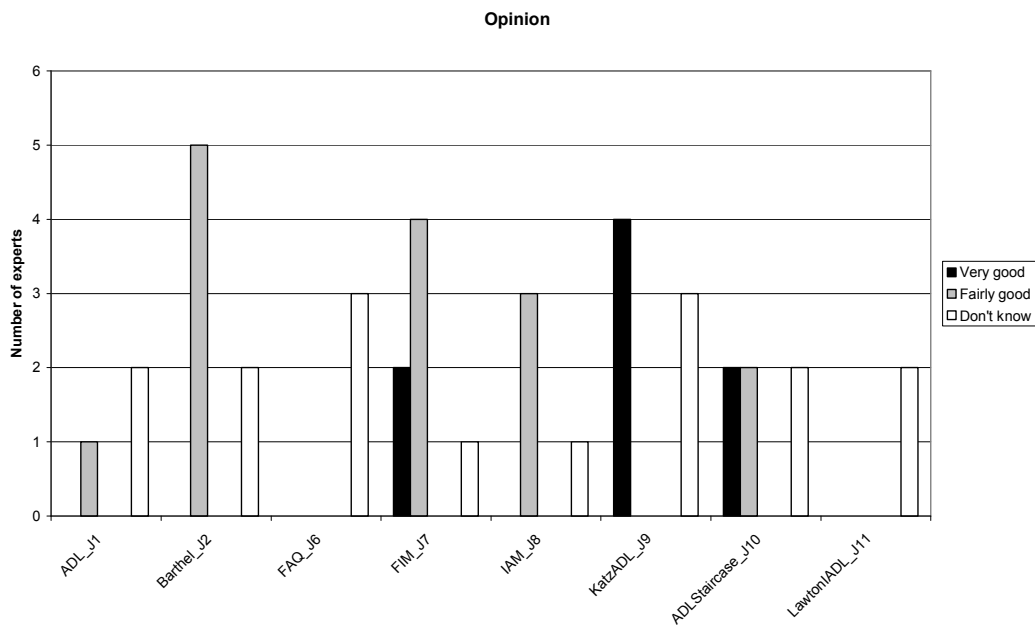


Figure 16. Shows the opinion of the currently used instruments.

Other instruments used in Sweden are for example the ADL-taxonomy (Törnquist & Sonn 1994) and the Assessment of motor and process skills (Bernspång & Fischer 1995).

The three most frequently used instruments, listed by two experts were:

1. FIM
2. Katz Index
3. ADL Staircase / Barthel respectively

National Guidelines

None of the experts knew of any national or regional guidelines and to our knowledge no such guidelines exist. There may however be local guidelines that we or the experts are not aware of.

Summary

How commonly the different instruments are used in Sweden seems to be dependent on whether they have been translated into Swedish or if they have been constructed in Sweden. The expert from the commercial sector had only knowledge about a few of the listed instruments, mainly within the endurance and range of motion sections.

Six-minutes walking, TUG, Chair stand, Grip strength, Clinical Outcome Variables and Katz were considered as very good instruments according to a majority of the experts.

As mentioned above, only a few experts listed the three most frequently used instruments as an answer to the question following each Section. The Figures showing how common an instrument is, gives a summary of the answers following each instrument.

The questions regarding why an instrument is not used were not answered by any of the experts. They either stated that the instrument was used or that they did not know.

There was a clear geographical difference regarding the use of the different instruments. The reason for this is probably that researchers in different parts of the country have introduced, translated or created some of the instruments and they are therefore more spread in these areas.