

Utrecht Scale for Evaluation of Rehabilitation (USER)

Patientnumber _____ Patient _____ Assessor _____ Date _____

Type of measurement: measurement / goal * intake/ intermediate /discharge * * circle what applies

Score (0-5)

Mobility

1. Sitting _____
2. Standing _____
3. Transfers _____
4. Walking indoors _____
5. Walking longer distances _____
6. Climbing stairs _____
7. Wheelchair mobility (*Note: divergent scoring*) _____

Score (0-5)

Communication

15. Expressing oneself _____
16. Comprehension _____

Cognition

17. Visual perception _____
18. Orientation in space and time _____
19. Attention and concentration _____
20. Memory _____
21. Task execution _____

Score Mobility _____ / 35

Selfcare

8. Eating and drinking _____
9. Grooming _____
10. Showering/ Bathing _____
11. Dressing/ Undressing _____
12. Toileting/ bladder voiding and defecation _____
13. Bladder incontinence (*Note: divergent scoring*) _____
14. Fecal incontinence (*Note: divergent scoring*) _____

Behaviour

22. Initiative _____
23. Behaviour control _____
24. Social behaviour _____

Score Cognitive functioning _____ / 50

Score Selfcare _____ / 35

Ask the patient to indicate how he/she felt the last few days, regarding:

25. Pain

None at all	0	10	20	30	40	50	60	70	80	90	100	Worst imaginable
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26. Fatigue

None at all	0	10	20	30	40	50	60	70	80	90	100	Worst imaginable
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27. Depressed mood

None at all	0	10	20	30	40	50	60	70	80	90	100	Worst imaginable
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28. Grief

None at all	0	10	20	30	40	50	60	70	80	90	100	Worst imaginable
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29. Anxiety

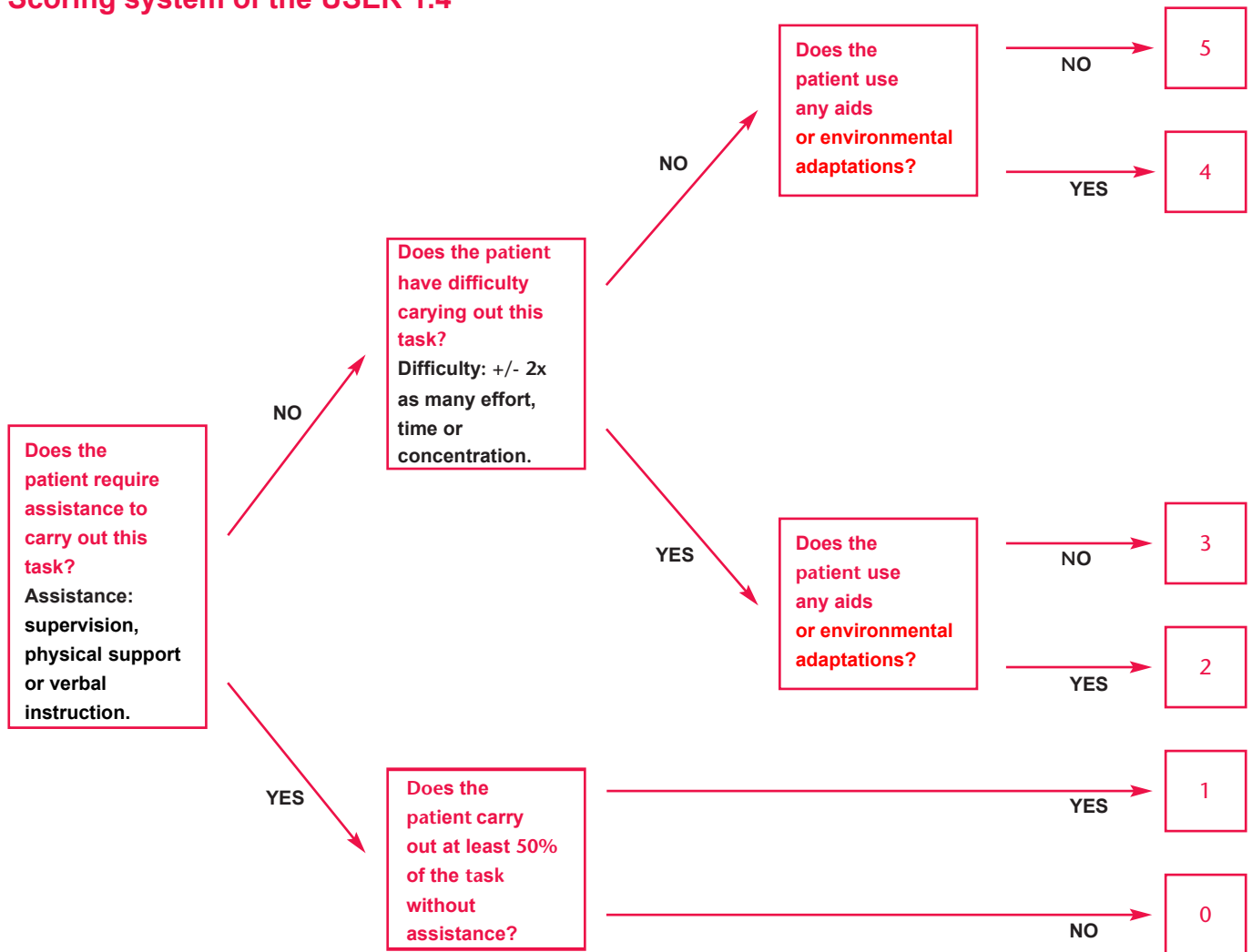
None at all	0	10	20	30	40	50	60	70	80	90	100	Worst imaginable
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30. Anger

None at all	0	10	20	30	40	50	60	70	80	90	100	Worst imaginable
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Score Mood = depressed mood + grief + anxiety + anger = _____ / 400

Scoring system of the USER 1.4



Tips for scoring

- Make use of the manual (www.dehoogstraat.nl/meetinstrument-user)
- Score what the patient actually does in every day life at the rehabilitation department
- When in doubt consult a colleague
- If a patient's level of functioning varies with the situation or over time, you should record the lowest score when in doubt

Scoring for assistance, difficulty or aids

- 5 = without difficulty, without assistance, aids or adaptations
 4 = without difficulty, without assistance, with aids or adaptations
 3 = with difficulty, without assistance, without aids or adaptations
 2 = with difficulty, without assistance, with aids or adaptations
 1 = supervision and/or partial assistance of others (>50% self)
 0 = largely or completely by others (< 50% self), or not executed

Divergent scores

Wheelchair mobility

- 5 = hand-propelled wheelchair without difficulty, or no wheelchair
 3 = hand-propelled wheelchair, with difficulty
 1 = electric wheelchair
 0 = driving wheelchair not possible without assistance
Note: difficulty also means: only short distances, with some assistance in difficult circumstances (e.g. doorsill)

Frequency of incontinentie

- 5 = continent for urine or faeces
 4 = continent for urine or faeces with aids (stoma, catheter)
 3 = less than 1x per week incontinent
 1 = 1-7 x per week
 0 = more than 1x per day