

# COMPARING THE FIM AND THE BARTHEL INDEX FOR FUNCTIONAL ASSESSMENT OF OLDER ADULTS UNDER THE CARE OF ICTOP SLIGO

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## INTRODUCTION

The Integrated Care Team for Older Persons (CTOP) is a multidisciplinary team provides domiciliary based assessment and intervention over a four to six week period<sup>1</sup>. Patients referred to the service are aged 65 years and over, with a Rockwood clinical frailty scale (CFS) 3-6

The Barthel Index is currently embedded in the ICTOP Comprehensive Geriatric Assessment (CGA).

The Barthel Index is an ordinal scale used to measure basic Activity of Daily Living (ADL) function<sup>2</sup>.

The functional independence measure (FIM) is used to assess a person's functional status<sup>3</sup>.

## AIMS AND OBJECTIVES

This study aims to compare the use of assessment tools such as Functional Independence Measure (FIM) and Barthel Index (BI) in the evaluation of functional improvement in older persons under the care of the Integrated Care Team for Older Persons, Sligo

The objective is to measure which outcome is more comprehensive and sensitive for the ICTOP patient cohort over the 6 week intervention.

## METHODOLOGY

Ethical approval was received for the study.

The participants were recruited over a 3 month period and met ICTOP inclusion criteria .

The sample size 20.

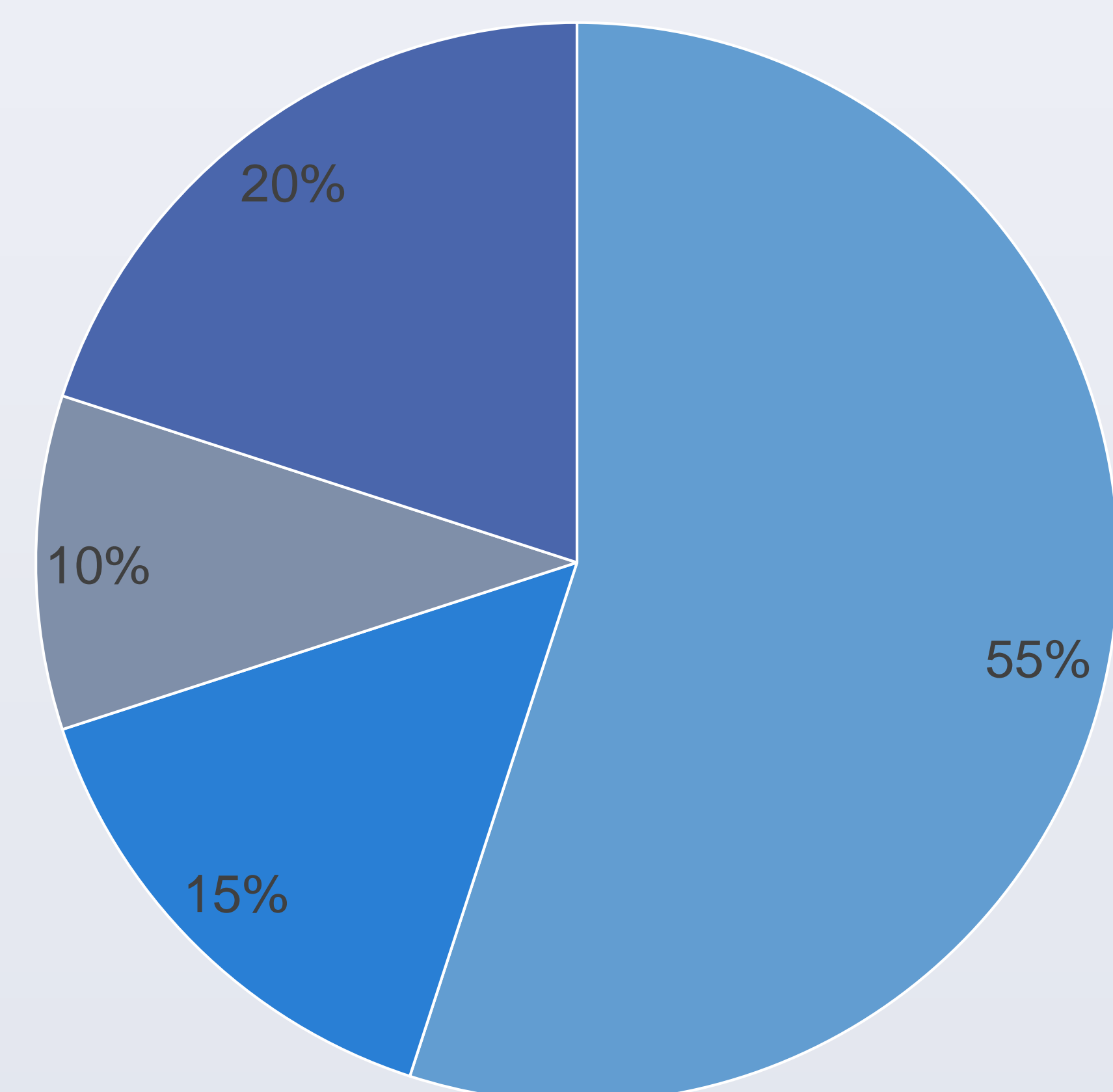
The FIM and Barthel index scores were documented and recorded on initial CGA, and on discharge.

Descriptive statistics analysis was used to interpret the data.

## RESULTS

Participants Age between 72 to 91 years of age with Mean age of 82 years

### Participant Frailty Score as per Rockwood Clinical Frailty Scale



■ Moderately Frail ■ Mildly Frail ■ Vulnerable ■ Managing well ■

On paired t-test the Barthel Index and FIM scores showed similar responses in the cohort however the FIM score was more sensitive. These findings suggest that the FIM score had no statistical significance over the Barthel Index in evaluating change in this cohort of patients.

## CONCLUSION

The ICTOP Sligo team determined that the Barthel Index tool would continue to be utilised within the CGA. It afforded a more efficient method of measuring functional change within the practice context of the team

## REFERENCES

- <sup>1</sup>Social Care Institute for Excellence (2018). Multidisciplinary teams - Activities to achieve integrated care. [online] Social Care Institute for Excellence (SCIE). Available at :<https://www.scie.org.uk/integrated-care/research-practice/activities/multidisciplinary-teams>.
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- <sup>3</sup>Weinrebe, W., Jackelman, K., and Goetz, S. (2020) 'FIM-score predictors of discharge destination in older patients admitted for inpatient rehabilitation', Tasman Medical Journal,2(3), pp. 68-73.