

The DMD Functional Ability Self-Assessment Tool (DMDSAT)			
Name	Date		
DOB	Examiner		
<i>The questions below describe levels of activity for arm function, mobility, transfers, and need for ventilatory support. The activities are intended to be in order of difficulty and we would like you to tick the box that best applies to your current level of function.</i>			
Arm function	Select one		
Can put an item such as book onto a shelf above shoulder height	6		
Can eat a meal without any help	5		
Needs help to cut up food but can feed and drink independently	4		
Needs help to drink or feed self	3		
Can pick objects up e.g. pen/money ¹⁾	2		
Can move fingers e.g. press on mobile or other electronic device	1		
Cannot move fingers	0		
Mobility	Select one		
Walks independently long distances outdoors (more than 1 km)	5		
Walks independently medium distances outdoors (less than 1 km)	4		
Walks outdoors for short distances, e.g. to car ²⁾ with or without help from a person	3		
Walks indoors with or without help from a person but requires wheelchair for outdoors	2		
Uses wheelchair indoors and outdoors ³⁾	1		
Uses wheelchair indoors and outdoors but unable in some situations e.g. cold weather ⁴⁾ or unable to control wheelchair without help ⁵⁾ .	0		
Transfers	Can do independently	Can do with help	Needs to be lifted or hoisted or cannot
Get on and off the floor	2	1	0
Get in and out of a chair	2	1	0
Get in and out of bed	2	1	0
Get on and off the toilet	2	1	0
Go up and down stairs	2	1	0
Ventilatory support	Not ventilated	Ventilated at night	Ventilated during day and night
Ventilatory status	2	1	0
TOTAL			/ 23

1) Money refers to coins. This sentence is asking an ability to pick up any small objects such as pens or coins.

2) "To car" means approximately 5 or 10 meters, such as a distance from a door of one's house to its garage.

3) This indicates a use of wheelchair for all mobility indoors and outdoors..

4) "some situations e.g. cold weather" means such situations where one has a difficulty in moving the body due to the cold weather, or there is a slope, etc.

5) This indicates that one cannot operate wheelchair without help even without the situation described in 4). A central control may be installed for a carer to operate.

The DMDSAT is copyright © 2018 Newcastle University. You may print or use the DMDSAT for academic or research purposes but any modification, translation or reproduction for redistribution or commercial exploitation of part or all of the contents in any form is strictly prohibited without our express written permission.