

The Australia-modified Karnofsky Performance Scale (AKPS)

The Australia-modified Karnofsky Performance Scale (AKPS) is a measure of the patient's overall performance status or ability to perform their activities of daily living. It is a single score between 10 and 100 assigned by a clinician based on observations of a patient's ability to perform common tasks relating to activity, work and self-care. A score of 100 signifies normal physical abilities with no evidence of disease. Decreasing numbers indicate a reduced performance status.

How to assess AKPS

- 1 Use the AKPS definitions to determine the initial rating on admission or commencement of an episode of care.
- 2 Assess routinely. A minimum of daily in an inpatient setting, at each visit in a community setting or each consult.
- 3 Assess whenever there is a phase change and at episode end when the patient is discharged.
- 4 Assessment may be conducted face to face or over the phone.
- 5 Record the rating as assessed (scores in increments of 10). In between scores such as 45, 55 or scores such as 50-60 are invalid.

AKPS ASSESSMENT CRITERIA	SCORE
Normal; no complaints; no evidence of disease	100
Able to carry on normal activity; minor sign of symptoms of disease	90
Normal activity with effort; some signs or symptoms of disease	80
Cares for self; unable to carry on normal activity or to do active work	70
Able to care for most needs; but requires occasional assistance	60
Considerable assistance and frequent medical care required	50
In bed more than 50% of the time	40
Almost completely bedfast	30
Totally bedfast and requiring extensive nursing care by professionals and/or family	20
Comatose or barely rousable	10
Dead	0

Examples of questions

"Have there been any changes today with the patient's ability to attend to activities of daily living?"

"Is the patient requiring more physical care today?"

"How much time is the patient actually spending in bed?"

For further information, please refer to the AKPS PowerPoint presentation located on your PCOC USB flash drive or go to www.pcoc.org.au

References for AKPS:

Abernethy, A. P., Shelby-James, T., Fazekas, B. S., Woods, D. Currow, D. C. (2005). The Australia-modified Karnofsky Performance Status (AKPS) Scale: A Revised Scale for Contemporary Palliative Care Clinical Practice [Electronic Version]. *BioMed Central Palliative Care*, 4, 1-12