

# Physical Function ICU Test (PFIT)

## Patient information

Name:

Date of birth:

Contact information:

Date of assessment:

## Instructions

This test is designed to assess the physical function of ICU patients. Please complete each component as outlined below. Follow the specific instructions provided for each section.

## General notes

- The PFIT-s is suitable for patients who are alert and cooperative.
- Testing positions:
  - If the patient can sit in a chair, conduct the test in this position.
  - If unable to sit in a chair, use the edge of the bed.
  - If unable to sit on the edge of the bed, strength testing can be done in bed, but functional components (e.g., sit-to-stand, marching) cannot be assessed.
- Conduct test components sequentially: strength tests → sit-to-stand → marching.
- Use the **highest score** achieved if components are repeated.

## Testing procedure

Testing component	Equipment needed	Instructions & additional considerations
Shoulder flexion strength (grade)	Chair/bed	<ul style="list-style-type: none"><li>• If the patient has a limited range of motion, test their strength within the available range</li><li>• If one side (right or left) is stronger than the other, use the stronger side (highest grade) for PFIT scoring</li></ul>
Knee extension strength (grade)	Chair/bed	
Sit-to-stand assistance	Chair/bed	<ul style="list-style-type: none"><li>• Ideally, patient should have their arms crossed at the wrist and held against their chest. If this is not feasible, the patient may keep their arms at their sides or hold on to the arms of the chair.</li></ul>

Testing component	Equipment needed	Instructions & additional considerations
Sit-to-stand assistance	Chair/bed	<ul style="list-style-type: none"> <li>Provide the least amount of assistance required for the patient to safely transfer to the standing position</li> </ul>
Step cadence (step/min)	Stopwatch/clock	<ul style="list-style-type: none"> <li>The patient may use a walker if required. Each time a foot hits the floor, it counts as one step (i.e. stepping with the right foot and then the left foot counts as 2 steps)</li> <li>The patient's foot must completely clear the floor with each step for it to count.</li> <li>If the patient's feet do not clear the floor at each step for 6 steps, the test is over</li> <li>If the patient stops marching for longer than 2 seconds the test is over</li> <li>If the patient can march on the spot for 3 minutes, they automatically receive the highest score (3)</li> </ul>

### Step cadence sample calculation

# of steps = 75

Time (min: sec) = 1:20 = 60sec + 20sec = 80 sec

Cadence formula:  $75 \text{ steps} / 80 \text{ sec} \times 60 \text{ sec} / 1 \text{ min} = 56 \text{ steps/min}$

### Scoring

PFIT scoring	0	1	2	3	Total
Shoulder strength (grade)	0, 1, or 2	3	4	5	
Knee strength (grade)	0, 1, or 2	3	4	5	
Sit-to-stand assistance	Unable	Assist 2x	Assist 1x	No assist	
Cadence (steps/mins)	Unable	>0 - 49	50 - <80	80+	

**Total PFIT score:**

## Additional notes

## Healthcare professional information

Name:

License ID number:

Date of assessment:

Signature:

## References:

Denehy, L., de Morton, N. A., Skinner, E. H., Edbrooke, L., Haines, K., Warrillow, S., & Berney, S. (2013). A physical function test for use in the intensive care unit: Validity, responsiveness, and predictive utility of the Physical Function ICU Test (scored). *Physical Therapy*, 93(12), 1636–1645. <https://doi.org/10.2522/ptj.20120310>