

# Spinal Cord Independence Measure

<b>Patient name:</b>				<b>ID:</b>					
<b>Examiner name:</b>									
Enter the score for each function in the adjacent square, below the date. The form may be used for up to 6 examinations.									
				<b>Exam 1</b>	<b>Exam 2</b>	<b>Exam 3</b>	<b>Exam 4</b>	<b>Exam 5</b>	<b>Exam 6</b>
<b>Self-care</b>			<b>Dates:</b>						
<b>1. Feeding</b> (cutting, opening containers, pouring, bringing food to mouth, holding cup with fluid)									
<ul style="list-style-type: none"> <li>• 0 = Needs parenteral, gastrostomy, or fully assisted oral feeding</li> <li>• 1 = Needs partial assistance for eating and/or drinking, or for wearing adaptive devices</li> <li>• 2 = Eats independently; needs adaptive devices or assistance only for cutting food and/or pouring and/or opening containers</li> <li>• 3 = Eats and drinks independently; does not require assistance or adaptive devices</li> </ul>									
<b>2. Bathing</b> (soaping, washing, drying body and head, manipulating water tap). A-upper body; B-lower body									
<b>A-upper body</b>									
<ul style="list-style-type: none"> <li>• 0 = Requires total assistance</li> <li>• 1 = Requires partial assistance</li> <li>• 2 = Washes independently; does not require adaptive devices or specific setting (not customary for healthy people) (adss)</li> <li>• 3 = Eats and drinks independently; does not require assistance or adaptive devices</li> </ul>									
<b>B-lower body</b>									
<ul style="list-style-type: none"> <li>• 0 = Requires total assistance</li> <li>• 1 = Requires partial assistance</li> <li>• 2 = Washes independently with adss</li> <li>• 3 = Washes independently; does not require adss</li> </ul>									
<b>3. Dressing</b> (clothes, shoes, permanent orthoses: dressing, wearing, undressing). A-upper body; B-lower body									
<b>A-upper body</b>									
<b>B-lower body</b>									
<ul style="list-style-type: none"> <li>• 0 = Requires total assistance</li> <li>• 1 = Requires partial assistance with clothes without buttons, zippers or laces (cwobzl)</li> <li>• 2 = Independent with cwobzl; requires adss</li> <li>• 3 = Independent with cwobzl; does not require adss; needs assistance or adss only for bzl</li> <li>• 4 = Dresses (any cloth) independently; does not require adaptive devices or specific setting</li> </ul>									
<b>4. Grooming</b> (washing hands and face, brushing teeth, combing hair, shaving, applying makeup)									
<ul style="list-style-type: none"> <li>• 0 = Requires total assistance</li> <li>• 1 = Requires partial assistance</li> <li>• 2 = Grooms independently with adaptive devices</li> <li>• 3 = Grooms independently without adaptive devices</li> </ul>									
<b>Subtotal (0-20):</b>									

	Exam 1	Exam 2	Exam 3	Exam 4	Exam 5	Exam 6
<b>Respiration and sphincter management</b>						
<b>5. Respiration</b>						
<ul style="list-style-type: none"> <li>• 0 = Requires tracheal tube (TT) and permanent or intermittent assisted ventilation (IAV)</li> <li>• 2 = Breathes independently with TT; requires oxygen, much assistance in coughing or TT management</li> <li>• 4 = Breathes independently with TT; requires little assistance in coughing or TT management</li> <li>• 6 = Breathes independently without TT; requires oxygen, much assistance in coughing, a mask (e.g., peep) or IAV (bipap)</li> <li>• 8 = Breathes independently without TT; requires little assistance or stimulation for coughing</li> <li>• 10 = Breathes independently without assistance or device</li> </ul>						
<b>6. Sphincter management - bladder</b>						
<ul style="list-style-type: none"> <li>• 0 = Indwelling catheter</li> <li>• 3 = Residual urine volume (RUV) &gt; 100cc; no regular catheterization or assisted intermittent catheterization</li> <li>• 6 = RUV &lt; 100cc or intermittent self-catheterization; needs assistance for applying drainage instrument</li> <li>• 9 = Intermittent self-catheterization; uses external drainage instrument; does not need assistance for applying</li> <li>• 11 = Intermittent self-catheterization; continent between catheterizations; does not use external drainage instrument</li> <li>• 13 = RUV &lt; 100cc; needs only external urine drainage; no assistance is required for drainage</li> <li>• 15 = RUV &lt; 100cc; continent; does not use external drainage instrument</li> </ul>						
<b>7. Sphincter management - bowel</b>						
<ul style="list-style-type: none"> <li>• 0 = Irregular timing or very low frequency (less than once in 3 days) of bowel movements</li> <li>• 5 = Regular timing, but requires assistance (e.g., for applying suppository); rare accidents (less than twice a month)</li> <li>• 8 = Regular bowel movements, without assistance; rare accidents (less than twice a month)</li> <li>• 10 = Regular bowel movements, without assistance; no accidents</li> </ul>						
<b>8. Use of Toilet</b> (perineal hygiene, adjustment of clothes before/after, use of napkins or diapers).						
<ul style="list-style-type: none"> <li>• 0 = Requires total assistance</li> <li>• 1 = Requires partial assistance; does not clean self</li> <li>• 2 = Requires partial assistance; cleans self independently</li> <li>• 4 = Uses toilet independently in all tasks but needs adaptive devices or special setting (e.g., bars)</li> <li>• 5 = Uses toilet independently; does not require adaptive devices or special setting)</li> </ul>						
<b>Subtotal (0-40):</b>						
<b>Mobility (room and toilet)</b>						
<b>9. Mobility in bed and action to prevent pressure sores</b>						
<ul style="list-style-type: none"> <li>• 0 = Needs assistance in all activities: turning upper body in bed, turning lower body in bed, sitting up in bed, doing push-ups in wheelchair, with or without adaptive devices, but not with electric aids</li> <li>• 2 = Performs one of the activities without assistance</li> <li>• 4 = Performs two or three of the activities without assistance</li> <li>• 6 = Performs all the bed mobility and pressure release activities independently</li> </ul>						
<b>10. Transfers: bed-wheelchair</b> (locking wheelchair, lifting footrests, removing and adjusting arm rests, transferring, lifting feet).						
<ul style="list-style-type: none"> <li>• 0 = Requires total assistance</li> <li>• 1 = Needs partial assistance and/or supervision, and/or adaptive devices (e.g., sliding board)</li> <li>• 2 = Independent (or does not require wheelchair)</li> </ul>						

	Exam 1	Exam 2	Exam 3	Exam 4	Exam 5	Exam 6
<b>11. Transfers: wheelchair-toilet-tub</b> (if uses toilet wheelchair: transfers to and from; if uses regular wheelchair: locking wheelchair, lifting footrests, removing and adjusting armrests, transferring, lifting feet)						
<ul style="list-style-type: none"> <li>• 0 = Requires total assistance</li> <li>• 1 = Needs partial assistance and/or supervision, and/or adaptive devices (e.g., grab-bars)</li> <li>• 2. Independent (or does not require wheelchair)</li> </ul>						
<b>Mobility (indoors and outdoors, on even surface)</b>						
<b>12. Mobility indoors</b>						
<b>13. Mobility for moderate distances (10-100 meters)</b>						
<b>14. Mobility outdoors (more than 100 meters)</b>						
<ul style="list-style-type: none"> <li>• 0 = Requires total assistance</li> <li>• 1 = Needs electric wheelchair or partial assistance to operate manual wheelchair</li> <li>• 2 = Moves independently in manual wheelchair</li> <li>• 3 = Requires supervision while walking (with or without devices)</li> <li>• 4 = Walks with a walking frame or crutches (swing)</li> <li>• 5 = Walks with crutches or two canes (reciprocal walking)</li> <li>• 6 = Walks with one cane</li> <li>• 7 = Needs leg orthosis only</li> <li>• 8 = Walks without walking aids</li> </ul>						
<b>15. Stair management</b>						
<ul style="list-style-type: none"> <li>• 0 = Unable to ascend or descend stairs</li> <li>• 1 = Ascends and descends at least 3 steps with support or supervision of another person</li> <li>• 2 = Ascends and descends at least 3 steps with support of handrail and/or crutch or cane</li> <li>• 3 = Ascends and descends at least 3 steps without any support or supervision</li> </ul>						
<b>16. Transfers: wheelchair-car</b> (approaching car, locking wheelchair, removing arm- and footrests, transferring to and from car, bringing wheelchair into and out of car)						
<ul style="list-style-type: none"> <li>• 0 = Requires total assistance</li> <li>• 1 = Needs partial assistance and/or supervision and/or adaptive devices</li> <li>• 2 = Transfers independent; does not require adaptive devices (or does not require wheelchair)</li> </ul>						
<b>17. Transfers: ground-wheelchair</b>						
<ul style="list-style-type: none"> <li>• 0 = Requires total assistance</li> <li>• 1 = Transfers independent with or without adaptive devices (or does not require wheelchair)</li> </ul>						
<b>Subtotal (0-40)</b>						
<b>Total SCIM score (0-100)</b>						

## Reference

Catz, A., Itzkovich, M., Agranov, E., Ring, H., & Tamir, A. (1997). SCIM – spinal cord independence measure: a new disability scale for patients with spinal cord lesions. *Spinal Cord*, 35(12), 850–856. <https://doi.org/10.1038/sj.sc.3100504>