

Recommendations from the Task Force on Wound and Integumentary Functional Limitations (WIFL):

The WIFL Task Force used the rating tool provided by the APTA's Evaluation Database to Guide Effectiveness (EDGE) workgroup to assess the following tests as they relate to wound management. According to this tool:

- a score of "4" = "highly recommended; the outcome measure has excellent psychometric properties and clinical utility"
- a score of "3" = "recommended; the outcome measure has good psychometric properties and good clinical utility"

The tools in **bold** below received a score of "4" and the others listed received a score of "3". Please use these to determine appropriate outcome measures for your patients. The recommendation of the WMSIG is that at least one outcome measure from each list (functional and wound healing) be used for each patient (as appropriate).

Functional Outcome Measures:

- **5 times sit to stand -- power**
- 6 minute walk/2 minute walk -- activity tolerance
- **30 second chair stand -- strength**
- Action Research Arm Test – functional abilities
- Activity Specific Balance Confidence Scale (ABC) – balance
- ADLs/IADLs – functional abilities
- Cardiff Wound Impact Scale – quality of life
- Fall Efficacy Scale (FES) – balance
- Four Square Step Test (FSST) – balance
- Functional Reach – balance
- Patient Specific Functional Scale – functional abilities
- Quick DASH – functional abilities
- Self-Selected Walking Speed/Gait Speed – balance
- Timed Up and Go (TUG) – balance
- Tinetti – balance

Wound Healing Outcome Measures:

- **Bates Jensen Wound Assessment Tool (BWAT)**
- DESIGN-R
- Percent Change as Healing Prognosis
- Percent Change in Wound Area
- **Pressure Ulcer Scale for Healing (PUSH) Tool**