

## BRIEF ICF CORE SET for SPINAL CORD INJURY for LONG-TERM CARE

<b>BODY FUNCTIONS</b>	
= physiological functions of body systems (including psychological functions)	
<b>b152</b>	<b>Emotional functions</b>
	<p><b>Specific mental functions related to the feeling and affective components of the processes of the mind.</b></p> <p><i>Inclusions: functions of appropriateness of emotion, regulation and range of emotion; affect; sadness, happiness, love, fear, anger, hate, tension, anxiety, joy, sorrow; lability of emotion; flattening of affect</i></p> <p><i>Exclusions: temperament and personality functions (b126); energy and drive functions (b130)</i></p>
<b>b280</b>	<b>Sensation of pain</b>
	<p><b>Sensation of unpleasant feeling indicating potential or actual damage to some body structure.</b></p> <p><i>Inclusions: sensations of generalized or localized pain in one or more body part, pain in a dermatome, stabbing pain, burning pain, dull pain, aching pain; impairments such as myalgia, analgesia and hyperalgesia</i></p>
<b>b525</b>	<b>Defecation functions</b>
	<p><b>Functions of elimination of wastes and undigested food as faeces and related functions.</b></p> <p><i>Inclusions: functions of elimination, faecal consistency, frequency of defecation; faecal continence, flatulence; impairments such as constipation, diarrhoea, watery stool and anal sphincter incompetence or incontinence</i></p> <p><i>Exclusions: digestive functions (b515); assimilation functions (b520); sensations associated with the digestive system (b535)</i></p>
<b>b620</b>	<b>Urination functions</b>
	<p><b>Functions of discharge of urine from the urinary bladder.</b></p> <p><i>Inclusions: functions of urination, frequency of urination, urinary continence; impairments such as in stress, urge, reflex, overflow, continuous incontinence, dribbling, automatic bladder, polyuria, urinary retention and urinary urgency</i></p> <p><i>Exclusions: urinary excretory functions (b610); sensations associated with urinary functions (b630)</i></p>
<b>b640</b>	<b>Sexual functions</b>
	<p><b>Mental and physical functions related to the sexual act, including the arousal, preparatory, orgasmic and resolution stages.</b></p> <p><i>Inclusions: functions of the sexual arousal, preparatory, orgasmic and resolution phase: functions related to sexual interest, performance, penile erection, clitoral erection, vaginal lubrication, ejaculation, orgasm; impairments such as in impotence, frigidity, vaginismus, premature ejaculation, priapism and delayed ejaculation</i></p> <p><i>Exclusions: procreation functions (b660); sensations associated with genital and reproductive functions (b670)</i></p>
<b>b710</b>	<b>Mobility of joint functions</b>
	<p><b>Functions of the range and ease of movement of a joint.</b></p> <p><i>Inclusions: functions of mobility of single or several joints, vertebral, shoulder, elbow, wrist, hip, knee, ankle, small joints of hands and feet; mobility of joints generalized; impairments such as in hypermobility of joints, frozen joints, frozen shoulder, arthritis</i></p> <p><i>Exclusions: stability of joint functions (b715); control of voluntary movement functions (b760)</i></p>
<b>b730</b>	<b>Muscle power functions</b>
	<p><b>Functions related to the force generated by the contraction of a muscle or muscle groups.</b></p> <p><i>Inclusions: functions associated with the power of specific muscles and muscle groups, muscles of one limb, one side of the body, the lower half of the body, all limbs, the trunk and the body as a whole; impairments such as weakness of small muscles in feet and hands, muscle paresis, muscle paralysis, monoplegia, hemiplegia, paraplegia, quadriplegia and akinetic mutism</i></p> <p><i>Exclusions: functions of structures adjoining the eye (b215); muscle tone functions (b735); muscle endurance functions (b740)</i></p>
<b>b735</b>	<b>Muscle tone functions</b>
	<p><b>Functions related to the tension present in the resting muscles and the resistance offered when trying to move the muscles passively.</b></p> <p><i>Inclusions: functions of protecting against the sun and other radiation, photosensitivity, pigmentation, quality of skin; insulating function of skin, callus formation, hardening; impairments such as hypotonia, hypertonia and muscle spasticity</i></p> <p><i>Exclusions: muscle power functions (b730); muscle endurance functions (b740)</i></p>
<b>b810</b>	<b>Protective functions of the skin</b>
	<p><b>Functions of the skin for protecting the body from physical, chemical and biological threats.</b></p> <p><i>Inclusions: functions of protecting against the sun and other radiation, photosensitivity, pigmentation, quality of skin; insulating function of skin, callus formation, hardening; impairments such as broken skin, ulcers, bedsores and thinning of skin</i></p> <p><i>Exclusions: repair functions of the skin (b820); other functions of the skin (b830)</i></p>

**BODY STRUCTURES**

= anatomical parts of the body such as organs, limbs and their components

<b>s120</b>	<b>Spinal cord and related structures</b>
<b>s430</b>	<b>Structure of respiratory system</b>
<b>s610</b>	<b>Structure of urinary system</b>
<b>s810</b>	<b>Structure of areas of skin</b>

**ACTIVITIES AND PARTICIPATION**

= execution of a task or action by an individual and involvement in a life situation

<b>d230</b>	<b>Carrying out daily routine</b>
	Carrying out simple or complex and coordinated actions in order to plan, manage and complete the requirements of day-to-day procedures or duties, such as budgeting time and making plans for separate activities throughout the day. <i>Inclusions: managing and completing the daily routine; managing one's own activity level</i> <i>Exclusion: undertaking multiple tasks (d220)</i>
<b>d240</b>	<b>Handling stress and other psychological demands</b>
	Carrying out simple or complex and coordinated actions to manage and control the psychological demands required to carry out tasks demanding significant responsibilities and involving stress, distraction or crises, such as driving a vehicle during heavy traffic or taking care of many children. <i>Inclusions: handling responsibilities; handling stress and crisis</i>
<b>d410</b>	<b>Changing basic body position</b>
	Getting into and out of a body position and moving from one location to another, such as getting up out of a chair to lie down on a bed, and getting into and out of positions of kneeling or squatting. <i>Inclusions: changing body position from lying down, from squatting or kneeling, from sitting or standing, bending and shifting the body's centre of gravity</i> <i>Exclusion: transferring oneself (d420)</i>
<b>d420</b>	<b>Transferring oneself</b>
	Moving from one surface to another, such as sliding along a bench or moving from a bed to a chair, without changing body position. <i>Inclusion: transferring oneself while sitting or lying</i> <i>Exclusion: changing basic body position (d410)</i>
<b>d445</b>	<b>Hand and arm use</b>
	Performing the coordinated actions required to move objects or to manipulate them by using hands and arms, such as when turning door handles or throwing or catching an object <i>Inclusions: pulling or pushing objects; reaching; turning or twisting the hands or arms; throwing; catching</i> <i>Exclusion: fine hand use (d440)</i>
<b>d455</b>	<b>Moving around</b>
	Moving the whole body from one place to another by means other than walking, such as climbing over a rock or running down a street, skipping, scampering, jumping, somersaulting or running around obstacles. <i>Inclusions: crawling, climbing, running, jogging, jumping and swimming</i> <i>Exclusions: transferring oneself (d420); walking (d450)</i>
<b>d465</b>	<b>Moving around using equipment</b>
	Moving the whole body from place to place, on any surface or space, by using specific devices designed to facilitate moving or create other ways of moving around, such as with skates, skis, or scuba equipment, or moving down the street in a wheelchair or a walker. <i>Exclusions: transferring oneself (d420); walking (d450); moving around (d455); using transportation (d470); driving (d475)</i>
<b>d470</b>	<b>Using transportation</b>
	Using transportation to move around as a passenger, such as being driven in a car or on a bus, rickshaw, jitney, animal-powered vehicle, or private or public taxi, bus, train, tram, subway, boat or aircraft. <i>Inclusions: using human-powered transportation; using private motorized or public transportation</i> <i>Exclusions: moving around using equipment (d465); driving (d475)</i>
<b>d520</b>	<b>Caring for body parts</b>
	Looking after those parts of the body, such as skin, face, teeth, scalp, nails and genitals, that requires more than washing and drying. <i>Inclusions: caring for skin, teeth, hair, finger and toe nails</i> <i>Exclusions: washing oneself (d510); toileting (d530)</i>
<b>d530</b>	<b>Toileting</b>
	Planning and carrying out the elimination of human waste (menstruation, urination and defecation), and cleaning oneself afterwards. <i>Inclusions: regulating urination, defecation and menstrual care</i> <i>Exclusions: washing oneself (d510); caring for body parts (d520)</i>
<b>d550</b>	<b>Eating</b>
	Carrying out the coordinated tasks and actions of eating food that has been served, bringing it to the mouth and consuming it in culturally acceptable ways, cutting or breaking food into pieces, opening bottles and cans, using eating implements, having meals, feasting or dining. <i>Exclusion: drinking (d560)</i>

**ENVIRONMENTAL FACTORS**

= make up the physical, social and attitudinal environment in which people live and conduct their lives

<b>e110</b>	<b>Products or substances for personal consumption</b>
	Any natural or human-made object or substance gathered, processed or manufactured for ingestion. <i>Inclusions: food and drugs</i>
<b>e115</b>	<b>Products and technology for personal use in daily living</b>
	Equipment, products and technologies used by people in daily activities, including those adapted or specially designed, located in, on or near the person using them. <i>Inclusions: general and assistive products and technology for personal use</i>
<b>e120</b>	<b>Products and technology for personal indoor and outdoor mobility and transportation</b>
	Equipment, products and technologies used by people in activities of moving inside and outside buildings, including those adapted or specially designed, located in, on or near the person using them. <i>Inclusions: general and assistive products and technology for personal indoor and outdoor mobility and transportation</i>
<b>e150</b>	<b>Design, construction and building products and technology of buildings for public use</b>
	Products and technology that constitute an individual's indoor and outdoor human-made environment that is planned, designed and constructed for public use, including those adapted or specially designed. <i>Inclusions: design, construction and building products and technology of entrances and exits, facilities and routing</i>
<b>e155</b>	<b>Design, construction and building products and technology of buildings for private use</b>
	Products and technology that constitute an individual's indoor and outdoor human-made environment that is planned, designed and constructed for private use, including those adapted or specially designed. <i>Inclusions: design, construction and building products and technology of entrances and exits, facilities and routing</i>
<b>e310</b>	<b>Immediate family</b>
	Individuals related by birth, marriage or other relationship recognized by the culture as immediate family, such as spouses, partners, parents, siblings, children, foster parents, adoptive parents and grandparents. <i>Exclusions: extended family (e315); personal care providers and personal assistants (e340)</i>
<b>e340</b>	<b>Personal care providers and personal assistants</b>
	Individuals who provide services as required to support individuals in their daily activities and maintenance of performance at work, education or other life situation, provided either through public or private funds, or else on a voluntary basis, such as providers of support for home-making and maintenance, personal assistants, transport assistants, paid help, nannies and others who function as primary caregivers. <i>Exclusions: immediate family (e310); extended family (e315); friends (e320); general social support services (e5750); health professionals (e355)</i>
<b>e355</b>	<b>Health professionals</b>
	All service providers working within the context of the health system, such as doctors, nurses, physiotherapists, occupational therapists, speech therapists, audiologists, orthotist-prosthetists, medical social workers. <i>Exclusion: other professionals (e360)</i>
<b>e580</b>	<b>Health services, systems and policies</b>
	Services, systems and policies for preventing and treating health problems, providing medical rehabilitation and promoting a healthy lifestyle. <i>Exclusion: general social support services, systems and policies (e575)</i>