RESULTS AND INTERPRETATION OF AN ASSESSMENT OF MOTOR AND PROCESS SKILLS (AMPS) OBSERVATION
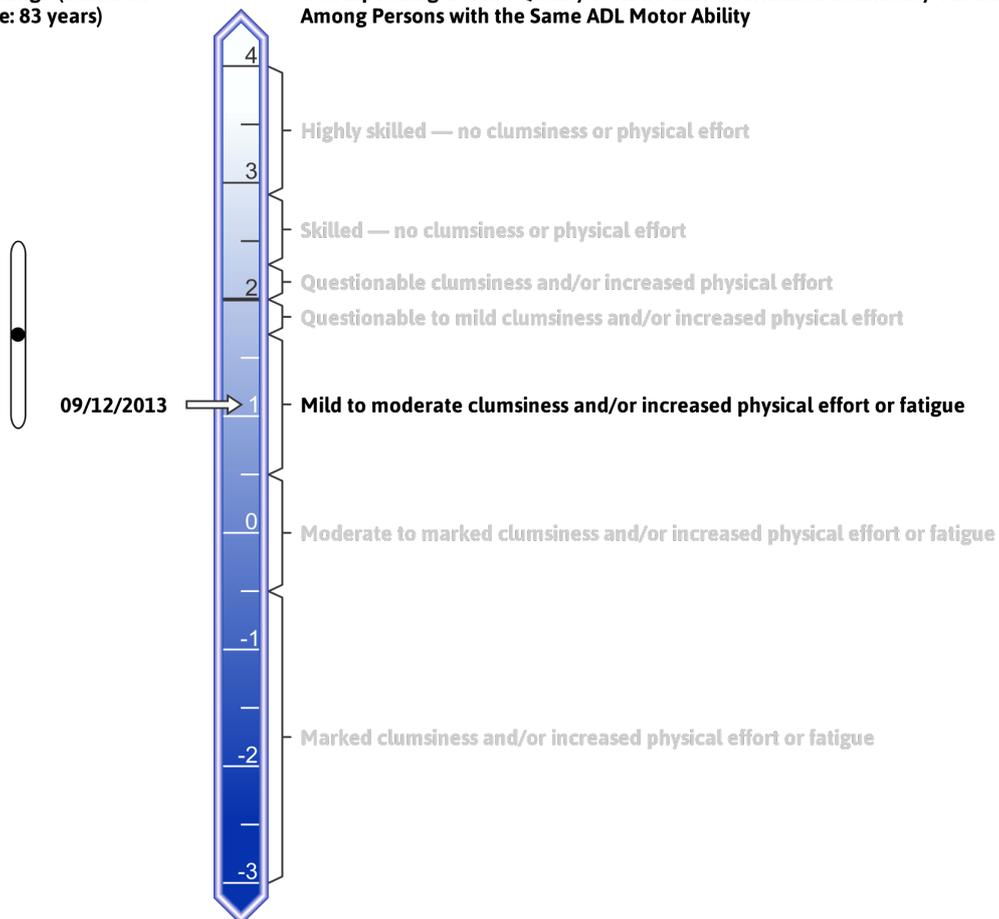
Client: Cynthia Sample   **Date:** 09/12/2013

The AMPS is a standardized evaluation of a person's ability to perform personal and domestic activities of daily living (ADL) tasks. More specifically, when a person is evaluated using the AMPS, the occupational therapist observes the person perform at least two relevant and chosen ADL tasks. Scoring the AMPS is criterion-referenced, based on how much clumsiness or physical effort, time and space inefficiency, safety risk, and/or need for assistance the person demonstrated when performing ADL tasks. The person's AMPS measures are reported in the table. Their locations are indicated by white arrows on the AMPS scales to illustrate the person's observed quality of ADL task performance.

ADL Motor Scale
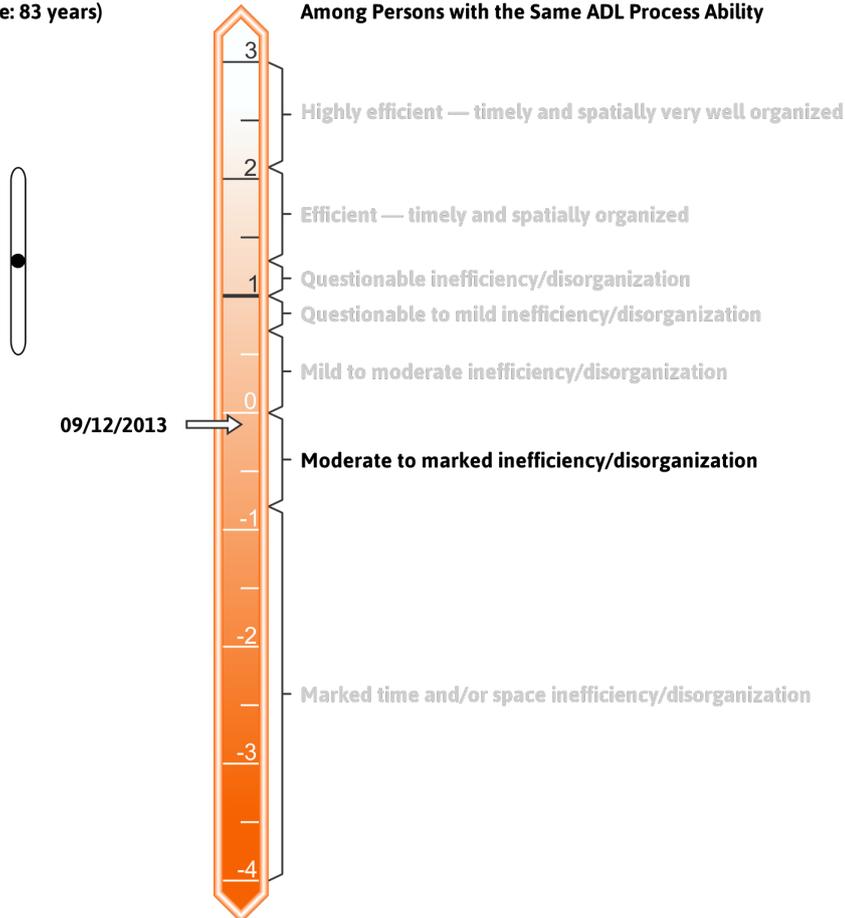
Expected Range (based on current age: 83 years)

Corresponding Overall Quality of ADL Task Performance Commonly Observed Among Persons with the Same ADL Motor Ability

Scale	Description
4	Highly skilled — no clumsiness or physical effort
3	Skilled — no clumsiness or physical effort
2	Questionable clumsiness and/or increased physical effort
	Questionable to mild clumsiness and/or increased physical effort
09/12/2013 → 1	**Mild to moderate clumsiness and/or increased physical effort or fatigue**
0	Moderate to marked clumsiness and/or increased physical effort or fatigue
-1	
-2	Marked clumsiness and/or increased physical effort or fatigue
-3	

ADL Process Scale

Expected Range (based on current age: 83 years)

Corresponding Overall Quality of ADL Task Performance Commonly Observed Among Persons with the Same ADL Process Ability

Highly efficient — timely and spatially very well organized

Efficient — timely and spatially organized

Questionable inefficiency/disorganization

Questionable to mild inefficiency/disorganization

Mild to moderate inefficiency/disorganization

09/12/2013

Moderate to marked inefficiency/disorganization

Marked time and/or space inefficiency/disorganization

Summary of Main Findings

ADL tasks observed:
- F-3: Tuna, chicken, or crab salad sandwich — one person
- H-4: Green salad, served in a large bowl, with dressing on the side — two or three persons

Criterion-referenced findings: When compared to criterion-referenced cutoff measures of 2.0 logits on the ADL motor scale and 1.0 logit on the ADL process scale:
- The person's ADL motor ability measure was below the cutoff and at a level where we would most commonly observe mild to moderate clumsiness and/or increased physical effort or fatigue during ADL task performance.
- The person's ADL process ability measure was below the cutoff and at a level where we would most commonly observe moderate to marked inefficiency/time-space disorganization during ADL task performance.

Norm-referenced findings: A summary of the results of the AMPS observation is shown in the table below. The ADL motor and ADL process ability measures, expressed in logits, have been transformed into standardized z scores (mean = 0.0, SD = 1.0), normalized standard scores (mean = 100, SD = 15), and percentile ranks (percentage of people with lower AMPS measures).

	ADL ability measure (in logits)	Standardized z score	Normalized standard score	Percentile rank
ADL motor	1.1	-1.4	79	8.2
ADL process	-0.1	<-3.0	<55	<1

The numbers in the table above indicate the following in relation to a norm-based interpretation:
- The ADL motor ability measure was 1.4 standard deviations below the normative mean, indicating that 91.8% of healthy, well people the same age likely have a **higher** ADL motor ability measure.
- The ADL process ability measure was more than 3.0 standard deviations below the normative mean, indicating that >99% of healthy, well people the same age likely have a **higher** ADL process ability measure.

Specific Findings

Overall quality of ADL task performance
When Cynthia made a green salad and a tuna salad sandwich, she demonstrated a moderate increase in physical effort and moderate inefficiency. She needed occasional verbal assistance.

Specific task-related actions that most reflect skilled ADL task performance
- *Bends, Reaches, Walks, Transports:* Cynthia independently reached for all needed tools and materials from high and low cupboards, drawers, and refrigerator with only minimal stiffness bending and rotating her trunk, and carried the materials to her workspace with no increase in physical effort.

Specific task-related actions that most reflect diminished quality of ADL task performance
- *Inquires:* Cynthia asked many questions related to the task and environment that were clarified prior to beginning the task performance resulting in the need for occasional verbal assistance.
- *Chooses, Heeds:* Cynthia chose many extra and some illogical task items resulting in not completing the agreed-upon tasks.

Client-centered Goals Related to Improving Quality of ADL Task Performance

- Cynthia will independently complete simple meal preparation tasks (e.g., sandwiches, salads) with minimal increase in physical effort and mild inefficiency.
- Cynthia will independently choose logical task items and complete a self-chosen ADL task.

Gabriëlle Van't Hof