

Karnofsky (Australian) Performance Scale

Instructions:

- Score at episode start, phase change and episode end.
- The Karnofsky used in PCOC is the Australian (modified) version which is applicable to both inpatient and community palliative care
- The Karnofsky Performance Scale assesses patient/client functioning and performance and can be used to indicate prognosis. The Karnofsky is often used in determining prognosis / survival times.

Karnofsky Performance Scale		
Definition	%	Criteria
Able to carry on normal activity and to work. No special care is needed.	100	Normal; no complaints; no evidence of disease
	90	Able to carry on normal activity; minor signs of symptoms of disease
	80	Normal activity with effort; some signs or symptoms of disease
Unable to work. Able to live at home, care for most personal needs. A varying amount of assistance is needed.	70	Cares for self. Unable to carry on normal activity or to do active work
	60	Able to care for most needs, but requires occasional assistance.
	50	Considerable assistance and frequent medical care required.
Unable to care for self. Requires equivalent of institutional or hospital care. Disease may be progressing rapidly.	40	In bed more than 50% of the time.
	30	Almost completely bedfast.
	20	Totally bedfast and requiring extensive nursing care by professionals and/or family.
	10	Comatose or barely arousable.
	0	Dead

Triggers: A Karnofsky assessment of 60 or below may trigger a family conference to discuss functional status and disease progression

References:

1. Abernethy, A. P., Shelby-James, T., Fazekas, B. S., Woods, D., & Currow, D. C. (2005). The Australia-modified Karnofsky Performance Status (AKPS) scale: a revised scale for contemporary palliative care clinical practice [Electronic Version]. *BioMed Central Palliative Care*, 4, 1-12.
2. Grbich, C., Maddocks, I., Parker, D., Brown, M., Willis, E., Piller, N., et al. (2005). Identification of patients with noncancer diseases for palliative care services. *Palliative & Supportive Care*, 3(1), 5-14.
3. Nikoletti, S., Porock, D., Kristjanson, L. J., Medigovich, K., Pedler, P., & Smith, M. (2000). Performance status assessment in home hospice patients using a modified form of the Karnofsky Performance Status scale. *Journal of Palliative Medicine*, 3(3), 301-311.