Dear colleague,

The purpose of this survey is to evaluate the use of outcome measures in critical care, specifically the Chelsea Critical Care Physical Assessment tool (CPAx) and the CPAx eLearning module. Your contact details have been collated via the CPAx database. The survey should take around ten minutes to complete and the results will go towards a PhD programme of study. If you are able to spare ten minute to complete this questionnaire it would be greatly appreciated.

If you have any questions, feel free to contact me on e.corner13@imperial.ac.uk

Kind regards,

Eve Corner

1. Please complete the demographic questions   below;

Work place:

City/Town:

Country:

Profession:

**Number of years of
clinical experience:**

Email Address (optional)

2. Are you using the CPAx in your clinical   practice?

○ Yes

○ No

3. How frequently do you assess each patient on the CPAx in your clinical   practice?

○ Daily

○ 6 times a week

○ 5 times a week

○ 4 times a week

○ 3 times a week

○ 2 times a week

○ Once a week

○ Once a fortnight

○ When the patient has shown signs of improvement

○ Not applicable

○ Other (please specify)

4. Do you use any other assessment tool/ outcome measure in your clinical practice? Please tick all that apply. If you are using any that are not listed, please describe in the comments field.

- [ ] No, I do not use any formal assessment tool or outcome measure
- [ ] We have a local assessment form that we use
- [ ] The Physical Function ICU Test (PFIT)
- [ ] The Physical Function ICU Test (scored) (PFIT-s)
- [ ] The Functional Status Score for ICU (FFS-ICU)
- [ ] The University of Rochester Acute Care Evaluation (URACE)
- [ ] The Functional Independence Measure (FIM)
- [ ] The Functional Independence Measure and Functional Assessment Measure (FIM/FAM)
- [ ] The Barthel Index
- [ ] The Katz ADL Index
- [ ] Grip strength dynamometry
- [ ] Hand held dynamometry
- [ ] The Medical Research Council (MRC) sum score
- [ ] The Perme mobility scale

Other (please specify)

[   ]

5. If you use any other functional assessment tools to assess you patients in critical care, how frequently do you use those measures?

- [ ] Daily
- [ ] 6 times a week
- [ ] 5 times a week
- [ ] 4 times a week
- [ ] 3 times a week
- [ ] 2 times a week
- [ ] Once a week
- [ ] Once a fortnight
- [ ] When the patient has shown signs of improvement

Other (please specify)

[   ]

6. How did you select which outcome measure to use in your critical care unit? Please tick all that apply and enter any additional reasons into the comments   box.

☐ Because it is simple to use

☐ Because it is validated in this population

☐ Because it is quick to complete

☐ Because it is easy for staff to understand

☐ Because patients find this one the most useful

☐ Because it is recognised by other authorities e.g. community services

Other (please specify)

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7. If you use the CPAx, do you use it with all of your critical care admissions (i.e. Intensive care and high dependency e.g. requiring respiratory support with one or more organs   failing)?

○ Yes, all

○ No, we have inclusion criteria

○ Not applicable

8. If you answered no to question 7, please indicate below which inclusion criteria you use to select patients for a CPAx assessment. Tick all that apply. If you use any additional criteria, please indicate in the comments field.

☐ Length of stay > 24 hours

☐ Length of stay > 48 hours

☐ Length of stay > 72 hours

☐ Length of stay > 5 days

☐ Length of stay > 7 days

☐ Length of stay > 14 days

☐ Diagnosis of intensive care unit acquired weakness/ critical illness myopathy or neuropathy

☐ Suspected intensive care unit acquired weakness/ critical illness myopathy or neuropathy

☐ Presence of a tracheostomy

☐ Level 3 (intensive care) patients only, e.g. multi-organ failure, requiring advanced respiratory support, 2 or more organs failing.

☐ Level 2 (high dependency) patients only, e.g. single organ failing, detailed observation/intervetion required

☐ Level 1 patients only e.g. patients at risk of deterioration

☐ Not applicable

Other (please specify)

9. If you are using the CPAx, do you think that there are any benefits to using the CPAx tool? Please tick all that apply.

- [ ] No, there are no benefits to using the CPAx.
- [ ] Teaching junior staff
- [ ] It gives structure to my physiotherapy assessment
- [ ] It helps me to see and monitor patient progress
- [ ] It helps the patient to see and monitor their progress
- [ ] It helps the relatives to see and monitor progress
- [ ] It helps with communication between the teams and staff member
- [ ] It helps in therapy goal setting
- [ ] It helps me to communicate with the patient and family
- [ ] I have used it to support business cases
- [ ] It helps me to adhere to the NICE guidance for Rehabilitation After Critical Illness
- [ ] It helps to motivate patients during rehabilitation
- [ ] Not applicable

Other (please specify)

10. Do you think there any negatives to using the CPAx?   Please tick all that apply.

☐ No, I find it a useful measure

☐ Yes, it is a paper exercise

☐ It is complex to administer

☐ It is too time consuming

☐ Patients do not understand it

☐ Relatives do not understand it

☐ Staff do not understand it

☐ It can be demotivating for the patient if they do not make progress

☐ It does not respond enough to change for goal setting

☐ My colleagues and I never get the same scores.

☐ Not applicable

Other (please specify)

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11. If you are using the CPAx, please rate the relevance of each component of the CPAx on the scale below. Please add additional comments to faciliate improvements in the CPAx.

	not relevant	somewhat relevant	quite relevant	highly relevant
Respiratory Function	◯	◯	◯	◯
Cough	◯	◯	◯	◯
Moving within the bed (e.g. rolling)	◯	◯	◯	◯
Supine to sitting on the edge of the bed	◯	◯	◯	◯
Dynamic sitting (i.e. when sitting on the edge of the bed unsupported sitting)	◯	◯	◯	◯
Standing balance	◯	◯	◯	◯
Sit to stand (starting position: ≥ 90° hip flexion)	◯	◯	◯	◯
Transferring from bed to chair	◯	◯	◯	◯
Stepping	◯	◯	◯	◯
Grip strength	◯	◯	◯	◯

Other (please specify)

12. If you are using the CPAx, please rate the appropriateness of the scoring system for each component part of the CPAx (aspect of physicality). Please add additional comments where relevant to facilitate improvement in the scale.

	Not appropriate	Somewhat appropriate	Quite appropriate	Highly appropriate
Respiratory Function	○	○	○	○
Cough	○	○	○	○
Moving within the bed (e.g. rolling)	○	○	○	○
Supine to sitting on the edge of the bed	○	○	○	○
Dynamic sitting (i.e. when sitting on the edge of the bed unsupported sitting)	○	○	○	○
Standing balance	○	○	○	○
Sit to stand (starting position: ≥ 90° hip flexion)	○	○	○	○
Transferring from bed to chair	○	○	○	○
Stepping	○	○	○	○
Grip strength	○	○	○	○

Other (please specify)

[   ]

13. Have you completed the CPAx eLearning   module?

○ Yes

○ No

14. If you have answered yes to question 13, please continue. Please indicate whether you agree or not with the below statements.

	Agree	Disagree	Neither agree or disagree
I am unsure how to use the CPAx, despite completing the eLearning module.	○	○	○
The eLearning module was simple and easy to use	○	○	○

	Agree	Disagree	Neither agree or disagree
I understood how to use the CPAx once I had complete the eLearning module	○	○	○
If I do not know a patients physical function, when someone tells me their CPAx score, I have no idea of their physical ability	○	○	○
The eLearning module taught me how to use the CPAx consistently with patients	○	○	○
Further teaching is required in addition to the elearning module in order to use the CPAx	○	○	○
If I do not know a patients physical function, when someone tells me their CPAx score, I have some rough idea of their physical ability.	○	○	○
Following completion of the CPAx eLearning module, I can explain how the CPAx works to my colleagues.	○	○	○
The eLearning module was difficult to use	○	○	○
Following completion of the CPAx eLearning module, I am unclear about how the CPAx works	○	○	○

15. Do you have any additional comments or feedback about the CPAx tool? Please describe below.

Thank you for taking the time to complete this questionnaire. If you have not accessed the eLearning module and would like to, the link is http://cpax.ocbmedia.com.