

## HABAM Guidelines for Use

The HABAM is an instrument that provides a clinical assessment of in-bed mobility, transfers and ambulation. The patient is asked to stand, transfer from the bed and walk as far as they are safely able. Their performance is observed and recorded in a box for each of the three sections of the instrument. The GMRU aims to use data from the HABAM, the Comprehensive Geriatric Assessment (CGA) and patient discharge information to understand how the HABAM relates to health/illness in the hospital setting and patient outcomes.

### Recording Patient Performance

The first column of the form presents the dates of assessment and begins with the state of patients two weeks prior to hospitalization [-14]. This is considered a baseline for performance and provides a measure against which subsequent scores can be compared. Daily ratings are marked serially in successive columns [01-18]. Changes in mobility, balance and transfers can then be compared with patient progress.

Patients are encouraged to perform to their ability, as they would usually do in unobserved situations, to obtain the highest possible score. Each patient is assessed with their usual aid: sticks, crutches, walkers or wheelchairs.

The HABAM is scaled with numerical scores. The highest number marks the highest level of performance. The lowest number, a value of 0, is equal to the lowest or no performance. These numbers are associated with wording which describes the patient's ability.

### Clarification of descriptions

#### Balance:

- **stable static sitting** – the patient can sit upright without holding on to armrests, slumping or swaying
- **stable dynamic standing** - the patient can stand firm against a sternal nudge applied by the physiotherapist *or* the patient can maintain a firm standing position while attempting to reach forward towards an object

#### Transfers:

- **Standby assist** – the patient can transfer without help, but with aid for security
- **Minimal assist** – the patient requires hands on assistance with little force, assistance is essentially for guidance

#### Mobility

- **Stable ambulation** – the patient is able to stand up with no risk of immediate loss of position
- **distance travelled**
  - <8m is considered not being able to walk outside the room
  - 8-50m represents the ability to get to the nursing station and back
  - >50m represents more than one trip around the ward.
- **Use of aids**
  - patients who use sticks, crutches, walkers or who propel themselves in wheelchairs are considered mobile with aid
  - Patients using aids are normally ranked in a lower level of performance (e.g. *unlimited mobility* = 26, *unlimited with aid* = 21)