
Appendix-6.1

6D5L Health State Description System. Severity Levels and Dimensions.

I. Mobility (Position = 1):

A. What this dimension represents:

1. Transfers: Includes the management of all aspects of transfers to and from bed, mat, toilet, etc. Put more simply, getting in and out of bed.
2. Ambulation: Includes coming to a standing position and walking about,
3. Stairs and environmental surfaces: Ability to handle environmental barriers, and includes climbing stairs, curbs, ramps or environmental terrain
4. Community mobility: Ability to manage transportation.
5. Example of a condition that does not affect mobility: Vitiligo.
6. Example of conditions that may affect mobility to various degrees: Backache, paralysis of lower limbs.

B. Severity Levels and Codes (SLC):

- 1) Independent, i.e. no assistance required and no problem with mobility. Ability to run / flight in times of need. SLC =1
- 2) Occasional or very few problems in moving about. SLC =2
- 3) Some problems in moving about. SLC=3
- 4) Many problems in moving about. SLC=4
- 5) Unable i.e. totally dependent for mobility. SLC=5

II. Self care (Position = 2):

A. What this dimension represents:

- 1) Eating / feeding.
- 2) Personal hygiene, washing, bathing, grooming, dressing up.
- 3) Toilet use, movement of bladder and bowel.
- 4) Example of a condition that does not affect self care: ring worm infection of skin.
- 5) Example of conditions that may affect self care to various degrees: fracture of limbs, cerebral paralysis.

B. Severity Levels and Codes (SLC):

- 1) Independent, i.e. no assistance required and no problem with self care. SLC=1
- 2) Occasional or very few problems with self care like eating, bathing, dressing etc. SLC=2
- 3) Some problems with self care like eating, bathing, dressing etc. SLC=3
- 4) Many problems with self care like eating, bathing, dressing etc. SLC=4
- 5) Unable i.e. totally dependent for self care. SLC=5

III. Usual activities (Work and leisure), (Position = 3):

A. What this dimension represents:

1. Work, occupation and employment.
2. House work: Includes shopping, cooking, cleaning, washing clothes.
3. Family or leisure activities.
4. Example of a condition that does not affect usual activities: ring worm infection of skin.
5. Example of conditions that may affect usual activities to various degrees: Severe schizophrenia.

B. Severity Levels and Codes (SLC):

1. No assistance required and no problem with usual activities like work, employment, household work, etc. SLC=1
2. Occasional or very few problems in performing usual activities like work, employment, household work, etc. SLC=2
3. Some problems in performing usual activities like work, employment, household work, etc. SLC=3
4. Many problems in performing usual activities like work, employment, household work, etc. SLC=4
5. Unable i.e. totally dependent for usual activities. SLC=5

IV. Pain / Discomfort, (Position = 4):

A. What this dimension represents:

1. Pain: Includes pain, aches, chills, etc.
2. Discomfort: Includes physical distress, stiffness, weakness, numbness, breathlessness, burning, itching, etc.
3. Example of a condition that is not characterised by pain or discomfort: Squint
4. Example of conditions that is characterised by pain or discomfort: Herpes Zoster, Slipped inter vertebral disc, Congestive heart failure.

B. Severity Levels and Codes (SLC)::

1. No pain and no discomfort. SLC=1
2. Mild pain or discomfort. SLC=2
3. Moderate, discomforting pain. SLC=3
4. Distressing pain. SLC=4
5. Excruciating, unbearable pain. SLC=5

V. Anxiety / Depression, (Position = 5):

A. What this dimension represents:

1. Anxiety: Includes nervousness, strain, stress, or pressure, being tense, anxious, worried, upset, difficulty in relaxing, and difficulty while trying to calm down.
2. Depression: Includes sorrow, being discouraged, feeling hopeless, downhearted, and / or blue, low spirits, and brooding about things.
3. Emotional adjustment: Includes frequency and severity of depression, anxiety, frustration, inability, unresponsiveness, agitation, ability to cope with and take responsibility for emotional behaviour.
4. Social adjustments: Includes frequency and initiation of social contacts, responsiveness in one-to-one and group situations, appropriateness of behaviour in relationships, and spontaneity of interactions.
5. Example of a condition that is not characterised by anxiety or depression: Common cold.
6. Example of conditions that is characterised by various degree of anxiety or depression: Psoriasis, Stammering.

B. Severity Levels and Codes (SLC):

1. No anxiety and no depression. SLC=1
2. A little anxiety or depression. SLC=2
3. Moderate anxiety or depression. SLC=3
4. Much anxiety or depression. SLC=4
5. Severe anxiety or depression. Extremely anxious and depressed. SLC=5

VI.Cognition (Position = 6):

A. What this dimension represents:

1. Attention span and concentration: Including distractibility, level of alertness and responsiveness, ability to concentrate on a task, ability to follow directions, immediate recall as the structure, difficulty and length of the task varies,
2. Orientation: Includes visual spatial processing.
3. Judgement and reasoning.
4. Memory: Includes short and long term memory.
5. Verbal linguistic processing.
6. Problem-solving.
7. Example of a condition that does not affect cognition: Inguinal hernia, Transient amnesia.
8. Example of conditions that may affect cognition to various degrees: Hypothyroidism, Alzheimer's disease.

B. Severity Levels and Codes (SLC):

1. No impairment of cognitive function. No cognitive problems. SLC=1
2. A little / Very few cognitive problems. SLC=2
3. Moderate impairment of cognitive function. SLC=3
4. Considerable impairment of cognitive function. SLC=4
5. Severe impairment of cognitive function. SLC=5