

Karnofsky Performance Scale

Name: Margaret T. Hensley Age: 74 Gender: Female

Examiner: December 12, 2024 Date: Dr. Evelyn Carter

Please tick the appropriate rating for your patient in terms of their capability to do activities of daily living while dealing with a serious medical illness or two.

Value	Level of functional capacity	Condition
<input type="checkbox"/> 100%	No complaints; no evidence of disease	Able to carry on normal activity and to work. No special care is needed.
<input type="checkbox"/> 90%	Able to carry on normal activity; minor signs or symptoms of disease	
<input type="checkbox"/> 80%	Normal activity with effort; some signs or symptoms of disease	
<input checked="" type="checkbox"/> 70%	Cares of self; unable to carry on normal activity or to do active work	Unable to work; able to live at home and care for most personal needs; varying amount of assistance is needed.
<input type="checkbox"/> 60%	Requires occasional assistance but is able to care for most personal needs	
<input type="checkbox"/> 50%	Requires considerable assistance and frequent medical care	
<input type="checkbox"/> 40%	Disabled; requires special care and assistance	
<input type="checkbox"/> 30%	Severely disabled; hospital admission indicated although death not imminent	Unable to care for self; requires equivalent of institutional or hospital care; diseases may be progressing rapidly.
<input type="checkbox"/> 20%	Very sick; hospital admission necessary; active supportive treatment necessary	
<input type="checkbox"/> 10%	Moribund; fatal processes progressing rapidly	
<input type="checkbox"/> 0%	Dead	

Additional notes

Mrs. Hensley is capable of performing normal activities with effort but exhibits fatigue and weakness due to rheumatoid arthritis and stage II breast cancer. She reports stiffness and joint pain, particularly in the mornings, limiting her ability to carry out tasks as quickly as she used to. While she maintains independence in daily activities, these require extra time and effort. Symptoms observed: Weight loss of approximately 5 lbs in the past month. Persistent fatigue, especially in the late afternoon. Reduced mobility, with difficulty walking long distances without rest. No longer able to work in her part-time role as a librarian due to fatigue and reduced stamina. Can cook and perform light cleaning but avoids heavier household chores, relying on her son for assistance. Maintains personal hygiene independently, though with some difficulty managing fine motor tasks like washing her hair. Recommend light exercises tailored to improve joint mobility and energy. Assess current pain management for rheumatoid arthritis and adjust dosages if necessary. Suggest installing grab bars in the shower and a stairlift to ease daily activities. Schedule a review in six weeks to monitor changes in energy, mobility, and weight.

Crooks, V. C., Waller, S., Smith, T. J., & Hahn, T. J. (1991). The use of the Karnofsky Performance Scale in determining outcomes and risk in geriatric outpatients. *Journal of Gerontology*, 46(4), M139–M144. <https://doi.org/10.1093/geronj/46.4.m139>

Schag, C. C., Heinrich, R. L., & Ganz, P. A. (1984). Karnofsky Performance Status revisited: reliability, validity, and guidelines. *Journal of Clinical Oncology*, 2(3), 187–193. <https://doi.org/10.1200/jco.1984.2.3.187>