

Health of the Nation Outcome Scales for People with Intellectual Difficulties (HoNOS-ID)

Summary rating instructions:

- (a) Always refer to the glossary when rating each item.
- (b) Rate each item in order from 1 to 18.
- (c) Do not include information rated in an earlier item.
- (d) Rate the most severe problem that has occurred over the previous 4 weeks.
- (e) All items follow a five-point rating format:

0=no problem during the period rated;
1=mild problem;
2=moderate problem;
3=severe problem;
4=very severe problem.

- The glossary contains examples of behaviours to be rated but these are examples NOT exhaustive lists of things to be considered. Therefore, at times, referring to the underlying rating format (above) may be helpful.
- As a guide, ratings of 0 and 1 are not clinically significant, requiring no specific action other than possible monitoring for change. Ratings of 2 and above are regarded as clinically significant and would warrant recording in the clinical record for ongoing monitoring. A rating of 2 may be incorporated in the care plan. Ratings 3 and 4 should always be incorporated in the patient's care plan.
- Take into account factors such as the person's culture and the context when assessing whether specific behaviours, experiences or beliefs are problematic.
- When a lack of information from assessment means rating is not possible, a 9 is used to denote this. Where possible, this should be avoided, because missing data make scores less comparable over time or between settings.

1. Behavioural concerns (directed at others)

Include concerning behaviour that is directed to any other person. Do not include concerning behaviour that is directed towards self (Scale 2) or primarily at property or any other concerning behaviours (Scale 3). Rate risk as it is currently perceived.

0= No concerning behaviours directed to others during the period rated.

1= Irritable, argumentative, occasional verbal abuse.

2= Frequent verbal abuse, verbal threats, occasional aggressive gestures, pushing or intimidation.

3= Risk, or occurrence of, physical aggression resulting in injury to others requiring simple first aid, or requiring close monitoring for prevention.

4= Risk, or occurrence of, physical aggression producing injury to others serious enough to need emergency medical attention and requiring constant supervision or physical intervention for prevention (e.g. restraint, medication, or removal).

2. Behavioural problems directed towards self (self-harm and/or self-injury)

Include all forms of self-injurious behaviour. Do not include concerning behaviour directed towards others (Scale 1), or concerning behaviour primarily directed at property, or other behaviours (Scale 3).

0= No self-injurious behaviour during the period rated.

1= Occasional mild self-injurious behaviour; occasional fleeting thoughts of suicide.

2= Frequent self-injurious behaviour not resulting in tissue damage (e.g. redness, soreness, wrist-scratching); more frequent thoughts or talking about suicide.

3= Risk or occurrence of self-injurious behaviour resulting in reversible tissue damage and no loss of function (e.g. cuts, bruises, hair loss).

4= Risk or occurrence of self-injurious behaviour resulting in permanent tissue damage and/or permanent loss of functions (e.g. limb contractures, impairment of vision, permanent scarring) or attempted suicide.

3. Other psychological and behavioural concerns

This is a global rating to include behavioural disturbance not described in Scales 1 or 2. Do not include concerning behaviour directed towards others (Scale 1), self-injurious behaviour (Scale 2) or behaviours that are clearly driven by social or cultural beliefs. Rate the most prominent behaviour present in each category (if applicable). Include: A, behaviour destructive to property; B, problems with personal behaviours, for example, spitting, smearing, eating rubbish, self-induced vomiting, continuous eating or drinking, hoarding rubbish, inappropriate sexual behaviour; C, rocking, stereotyped and ritualistic behaviour; D, anxiety, phobias, obsessive or compulsive behaviour; E, others.

0= No behavioural concerns during the period rated.

1= Occasional behavioural concerns that are out of the ordinary or socially unacceptable.

2= Behaviour(s) sufficiently frequent and/or severe to produce some disruption of and impact on own or other people's functioning.

3= Behaviour(s) sufficiently frequent and severe to produce significant disruption and impact on own or other people's functioning, requiring close monitoring for prevention.

4= Constant, severe concerning behaviour(s) producing major disruption of and impact on functioning requiring constant support or physical intervention for prevention.

4. Attention and concentration

Include problems that may arise from underactivity, overactive behaviour, restlessness, fidgeting, inattention, hyperkinesis, or arising from prescribed and/or over the counter medication.

0= Can sustain attention and concentration in tasks/activities independently during the period rated.

1= Can sustain attention and concentration in tasks/activities with occasional prompting and support.

2= Can sustain attention and concentration in tasks/activities with regular prompting and support.

3= Can sustain attention and concentration in tasks/activities briefly with constant prompting and support.

4= Cannot participate in tasks/activities even with constant prompting and support.

5. Memory and orientation

Include recent memory loss and worsening of orientation for time, place, and person in addition to previous difficulties. Do not include issues relating to level of understanding.

0= No forgetfulness, consistently orientated to time, can reliably find their way around familiar surroundings and recognise familiar people.

1= Occasional forgetfulness, mostly orientated to time, environment & person, but with some difficulty e.g. in finding their way or recognising familiar people.

2= Some difficulty remembering events; remains orientated to time, environment & familiar people with occasional support / guidance.

3= Severe memory loss; remains orientated to time, environment & familiar people with regular support / guidance.

4= Very severe memory loss; little/ no awareness of time of day. Not apparently able to recognise or relate to familiar people and environments.

6. Communication (problems with understanding)

Include all types of responses to verbal, gestural and signed communication. Rate the current level with **all** existing support (e.g. alternative/augmentative communication systems, picture exchange, talking mats).

0= Able to understand first language about personal needs and experience during the period rated.

1= Able to understand groups of words/short phrases/signed communication about most needs.

2= Able to understand some signs, gestures and single words about basic needs and simple commands (food, drink, come, go, sit, etc.).

3= Able to acknowledge and recognise attempts at communication, but little specific understanding regardless of nature of communication.

4= No apparent understanding or response to communication.

7. Communication (problems with expression)

Include all attempts to make needs known and communicate with others (through words, gestures, signs, and/or using communication aids). Do not rate behaviour already captured under Scales 1, 2 and 3.

0= Able to effectively express needs and experiences during the period rated.

1= Able to express basic, and some complex needs but with some difficulties/limitations.

- 2= Able to express basic needs only (food, drink, toilet, etc.).
- 3= Able to express presence of needs (e.g., pain), but cannot specify (e.g. cries or screams when hungry, thirsty or uncomfortable).
- 4= Unable to express need or presence of need.

8. Problems associated with hallucinations and/or delusions

Include hallucinations, pseudo-hallucinations, and delusions irrespective of diagnosis and patient's ability to self-report. Include all behaviours suggestive of hallucinations and delusions (e.g., responding to abnormal experiences such as voices not heard by others, and paranoid delusions). Do not include behaviours rated in scales 1, 2 and 3.

- 0= No evidence of hallucinations and/or delusions during period rated.
- 1= Occasional odd or eccentric beliefs or behaviours suggestive of hallucinations and/or delusions but little or no apparent distress.
- 2= Hallucinations and/or delusions with some distress or disturbance.
- 3= Hallucinations and/or delusions with severe distress or disturbance.
- 4= Hallucinations and/or delusions resulting in very severe distress or disturbance.

9. Problems associated with mood disturbance

Include problems associated with low mood states, elated mood states, mixed moods and mood swings (alternating between unhappiness, weeping and withdrawal on one hand and excitability and irritability on the other) that impact on the person's ADL and/or social interactions.

- 0= No evidence of mood disturbance during period rated.
- 1= Mood disturbance present but with little distress or impact (e.g. gloomy spells).
- 2= Mood disturbance producing moderate impact on self and/or others (e.g., decrease in skills, withdrawal, loss of interest, over-enthusiasm, restlessness).
- 3= Mood disturbance producing severe impact on self and/or others (e.g., severe lack of motivation, agitation, restlessness, and/or over-ambitious decision-making, overactivity).
- 4= Mood disturbance producing very severe impact on self and/or others (e.g. near complete withdrawal, significant weight loss from loss of appetite or overactivity; inability to engage in meaningful activity; dangerously over-ambitious decision-making and/or disregard for risk).

10. Problems with sleeping

Include duration, quality, and pattern of sleep, (e.g., daytime drowsiness, frequency of waking and disturbance of sleep pattern). Do not rate intensity of behaviour disturbance already rated in Scale 3.

- 0= No sleep problems during the period rated.
- 1= Occasional mild sleep disturbance (e.g., occasional night-time waking and/or daytime drowsiness).
- 2= Moderate sleep disturbance (e.g., frequent night-time waking, and/or daytime drowsiness).
- 3= Severe sleep disturbance (e.g., marked daytime drowsiness, and/or night-time restlessness/overactivity/waking early) several times per week.
- 4= Very severe sleep disturbance (e.g., restlessness/overactivity/waking early most nights and/or regular, prolonged daytime sleeping).

11. Problems with appetite

Include both increases and decreases in appetite, fluid intake and/or weight. Do not rate pica which should be rated in Scale 3, or dysphagia (swallowing problems) which should be rated at scale 12.

0= No change in appetite during the period rated.

1= Slight alteration to appetite but no adverse effects.

2= Significant alteration in appetite (e.g., declining meals/seeking more food than usual) but no weight change (e.g., managed with supplements).

3= Severe change in appetite with some weight change during the period rated.

4= Very severe change in appetite causing significant weight change during the period rated.

12. Physical problems

Include adverse effects of all illnesses on mobility, self-care, vision, and/or hearing (e.g., dementia, thyroid dysfunction, tremor affecting dexterity). Do not include relatively stable physical disability (e.g. cerebral palsy, hemiplegia).

0= No increased impairment due to physical problems during the period rated.

1= Mild physical impairment e.g. due to common cold or sprained wrist but remains independent.

2= Significant physical impairment requiring prompting and/or some practical support and/or aids and adaptations (e.g. handrails).

3= Severe physical impairment requiring practical assistance with some basic needs (e.g. eating and dressing).

4= Almost completely physically dependent on others, requiring practical assistance with most basic needs, such as eating, drinking, and toileting, at all times.

13. Seizures

Include the effects of all types of seizure events on the individual's daily life. Do not include behaviours already rated under Scales 1, 2 and 3.

0= No adverse impact from seizures during the period rated.

1= Seizures with minimal immediate impact on daily activities (e.g., resumes activity soon after seizures).

2= Seizures of sufficient frequency or severity to have a significant, immediate, but relatively brief impact on daily activities.

3= Seizures of sufficient frequency or severity to have a severe, immediate, and lengthy impact on daily activities. May also require simple first aid for injuries etc.

4= Frequent, poorly controlled seizures requiring urgent clinical attention and/or prolonged recovery time.

14. Domestic activities

Include such skills as cooking, cleaning and other household tasks. Do not rate problems with daily living in the wider community (Scale 15). Do not rate problems with self-care (Scale 16). Rate severity regardless of cause for example, disability, motivation etc. Rate actual performance not potential. Rate the current level **with all existing support**.

0= No problems performing or contributing towards domestic activities (e.g. able to undertake tasks independently or as part of a team in shared accommodation).

1= Some difficulties in performing or contributing towards domestic tasks (e.g. completes tasks but needs prompts and/or guidance).

2= Significant difficulties in performing or contributing towards domestic tasks (e.g. unable and/or unwilling to wash or tidy up, difficulty in preparing meals).
3= Major difficulties in performing or contributing towards domestic tasks (e.g. living conditions dirty and/or untidy; no domestic routine).
4= Gross self-neglect or risk resulting from dangerous practices and/or complete absence of domestic activity (e.g. dangerous food hygiene practices, unsafe use of appliances etc.).

15. Activities of daily living in the community

Include skills such as budgeting, shopping, mobility and use of transport, etc. Do not include problems with domestic activities (Scale 14). Do not rate problems with self-care (Scale 16) or employment (scale 18). Rate the current level **with all existing support**.

0= Regularly uses community facilities and public amenities as necessary (e.g. shops, public transport etc.).
1= Encounters some difficulties when undertaking community-based tasks (e.g. struggles at times to use public amenities or transport).
2= Has significant difficulties with at least one aspect of community-based tasks (e.g. with shopping /use of transport /public amenities etc.).
3= Experiences major difficulties with multiple community activities (e.g. travelling to AND using shops or public amenities).
4= Unable to perform most community-based tasks (e.g. very severe difficulties with shopping, travel etc.).

16. Level of self-care

Rate the overall level of functioning in activities of self-care such as, washing, dressing and toileting. Do not include problems arising from poor motivation. Rate the current level **with all existing support**.

0= Self-care and personal hygiene adequately maintained.
1= Minor issues with self-care, personal hygiene or attention to health (e.g. poor grooming).
2= Self-care, personal hygiene or attention to health, leads to problems with social acceptability and/or moderate health risk (e.g. body odour, unkempt hair or nails).
3= Self-care, personal hygiene or attention to health poses a significant health risk (e.g. skin rashes, gum infection, inadequately dressed).
4= Very severe self-neglect with difficulties relating to self-care, hygiene that pose a major health risk (e.g. pressure sores).

17. Problems with relationships

Rate what is occurring regardless of cause. Include effects of problems with relationships with family, friends and carers (including where the person is living and/or where they spend their day/leisure time). Include intimate/romantic relationships here. Include all aspects of their relationships including the person's level of satisfaction.

0= Positive contact with family or friend or carers.
1= Generally positive relationships, but some strain or limitations in contact.
2= Some positive relationships, but current disruptions of contact or worsening of relationships.
3= Difficulties in relationships with risk of breakdown or infrequent contact.
4= All significant relationships broken down and/or no current contact.

18. Occupation and/or meaningful activity

Rate the overall appropriateness of the person's daytime environment i.e. how well they meet the person's needs. Take account of frequency and appropriateness of, and engagement with, occupational, educational and/or leisure activity. Consider factors such as lack of suitably skilled staff, equipment, and activities, with regard to age and clinical condition. Do not rate problems with self-care (Scale 16).

0= Fully engaged with wide range of opportunities.

1= Uses reasonable range of opportunities, but some limitation of access or appropriateness.

2= Uses limited range of opportunities, limited availability or appropriateness.

3= Attends occupational, educational and/or leisure activity irregularly.

4= No engagement with occupational, educational and/or leisure activity.