

Table 1 - Functions requiring Physical Exertion and Stamina

Introduction to Table 1

- Table 1 is to be used to assess the functional impact of a diagnosed condition when performing activities requiring physical exertion or stamina.
- The diagnosis of the condition causing the impairment must be made by an appropriately qualified medical practitioner.
- There must be corroborating evidence of the person's impairment.
- Self-report of symptoms must be supported by corroborating medical evidence.
- Examples of corroborating evidence for the purposes of this Table include, but are not limited to, the following:
 - a report from the person's treating doctor;
 - a report from a medical specialist confirming diagnosis of conditions commonly associated with cardiac or respiratory impairment (such as cardiac failure, cardiomyopathy, ischaemic heart disease, chronic obstructive airways/pulmonary disease, asbestosis, mesothelioma, or lung cancer);
 - a report from a medical specialist confirming the diagnosis of conditions commonly associated with fatigue or exhaustion (such as diabetes mellitus, renal failure, end stage organ failure, widespread/metastatic cancer, chronic pain, myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS), lymphoedema and fibromyalgia), and providing details of treatment, functional impact and prognosis;
 - results of exercise, cardiac stress, treadmill testing or actimetry linked blood pressure and heart rate monitoring.
- When determining whether a descriptor applies that involves a person performing an activity, the descriptor applies if that person can do the activity when they would be expected to do so and not only once or rarely.
- When assessing episodic or fluctuating impairments and conditions (such as migraines, chronic pain or transient ischaemic attacks), a rating must be assigned which reflects the overall functional impact of those impairments, taking into account the severity, duration and frequency of the episodes or fluctuations as appropriate.
- The examples used in descriptors are not an exhaustive list and are to be used only as a guide.
- Assistance means assistance from another person rather than any aids or equipment the person may use, unless specified otherwise.

Points	Descriptors
0	<p><i>There is no or minimal functional impact on activities requiring physical exertion or stamina.</i></p> <ol style="list-style-type: none"> 1. The person: <ol style="list-style-type: none"> a. is able to undertake exercise appropriate to their age for at least 30 minutes at a time; and b. has no or minimal difficulty completing physically active tasks around their home and community; and can undertake personal care activities such as showering or bathing and these activities do not prevent the person from undertaking a full range of activities in the same day.

5	<p><i>There is a mild functional impact on activities requiring physical exertion or stamina.</i></p> <ol style="list-style-type: none"> 1. The person: <ol style="list-style-type: none"> a. experiences occasional symptoms such as mild shortness of breath, fatigue, pain, or mild post-exertional malaise, when performing physically demanding activities and, due to these symptoms, the person has mild difficulty: <ol style="list-style-type: none"> i. walking or mobilising in a wheelchair or other equivalent assistive technology to local facilities without stopping to rest; or <i>Example: going to local shops or supermarket, larger workplace, education or training campus.</i> ii. performing physically active tasks or heavier household activities; and <i>Example 1: climbing a flight of stairs or mobilising up a long, sloping pathway or ramp if in a wheelchair.</i> <i>Example 2: vacuuming floors or mowing the lawn.</i> b. is able to perform most work-related tasks, other than tasks involving heavy manual labour. <i>Example: digging, carrying or moving heavy objects, concreting, bricklaying, or laying pavers.</i>
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There is a **moderate** functional impact on activities requiring physical exertion or stamina.

1. The person:

a. experiences frequent symptoms such as moderate shortness of breath, fatigue, pain, or post-exertional malaise, when performing day-to-day activities around the home and community and, due to these symptoms, the person has moderate difficulty:

i. walking or mobilising in a wheelchair or other equivalent assistive technology far outside the home and needs to drive or get other transport to local facilities; or

Example: going to local shops or supermarket, workplace, education or training campus.

ii. performing day-to-day household activities; or

Example: changing sheets, washing and putting away dishes or sweeping paths.

iii. performing personal care activities such as showering or bathing and needs to plan and schedule showering or bathing around other activities to ensure they are not doing too much in any one day; and

b. is able to:

i. use public transport and walk or mobilise in a wheelchair around local facilities such as local shops, workplaces, or a supermarket; and

ii. perform work-related tasks of a clerical, sedentary or stationary nature (i.e. tasks not requiring a high level of physical exertion).

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There is a **severe** functional impact on activities requiring physical exertion or stamina.

1. The person:

a. usually experiences symptoms such as severe shortness of breath, fatigue, post-exertional malaise, or pain when performing light physical activities and, due to these symptoms, the person has severe difficulty:

i. walking or mobilising in a wheelchair or other equivalent assistive technology from the carpark, into and around local facilities without assistance; or

ii. using public transport without assistance; or

iii. performing light day-to-day household activities without requiring a long recovery period afterwards; or

Example: preparing a simple meal, dusting, folding and putting away laundry or light gardening.

iv. performing personal care activities without assistance; and

Example: the activity will cause severe fatigue and the person needs to rest before and after showering/bathing, and can undertake minimal to no other activities for the rest of that day.

b. has or is likely to have severe difficulty sustaining work-related tasks of a clerical, sedentary or stationary nature for a shift of at least 3 hours.

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There is an **extreme** functional impact on activities requiring physical exertion or stamina.

1. The person:

- a. is unable to perform activities requiring physical exertion or stamina; or
- b. experiences symptoms such as extreme shortness of breath, extreme fatigue or pain when performing any activities requiring physical exertion or stamina and, due to these symptoms, the person is unable to move around inside the home without assistance; or
- c. is unable to undertake personal care activities and needs assistance to use the bathroom or is reliant on bed baths or using wet wipes. Such activities result in severe fatigue; or
- d. is bedbound.

Note: this impairment rating level includes people who require Oxygen treatment.

Example: requiring the use of an Oxygen concentrator during the day or to move around.