

**The Brachial Assessment Tool (BrAT)**

Date:

We are interested to know how you are using your arm/hand to do the activities listed below.

Please provide an answer for all activities by marking the number under the appropriate response. Your clinician will explain which items to answer.

**Subscale 1: Dressing and grooming items**

	Activity	Cannot do now	Very hard to do now	A little hard to do now	Easy to do now
1	Use both arms to put on a T-shirt	0	1	2	3
2	Use both arms to put on a pair of trousers	0	1	2	3
3	Use both hands to put on socks	0	1	2	3
4	Use both hands to put toothpaste on a toothbrush	0	1	2	3
5	Use both hands to do up belt buckle	0	1	2	3
6	Tuck your shirt in using your <b>affected</b> hand	0	1	2	3
7	Use both hands to do up shirt buttons	0	1	2	3
8	Use both hands to do up tight trouser buttons e.g. jeans	0	1	2	3
<b>Column Totals:</b>					
<b>Subscale 1 Total</b>					

**Subscale 2: Arm and hand items**

	Activity	Cannot do now	Very hard to do now	A little hard to do now	Easy to do now
9	Wash both hands at same time	0	1	2	3
10	Use both hands to push a pram, lawnmower or shopping trolley	0	1	2	3
11	Use both hands to do up zip including putting ends together	0	1	2	3
12	Use both hands to spread butter or jam on a piece of bread	0	1	2	3
13	Use both hands to tie up a rubbish bag and put in the bin	0	1	2	3
14	Use both hands to tie up shoe laces	0	1	2	3
15	Use a knife and fork at the same time	0	1	2	3
16	Carry an object only using your <b>affected</b> arm so your other arm/hand is free to do another task	0	1	2	3
17	Pick up a small object with the fingers of your <b>affected</b> hand eg a tablet, coin or pen	0	1	2	3
18	Hold a pot of food with 1 hand and stir it with the other	0	1	2	3
19	Use both arms/hands to change the sheet on a bed	0	1	2	3
20	Use both hands to wash your face	0	1	2	3
21	Use both arms to peg clothes on the washing line	0	1	2	3
22	Use both hands to type on a keyboard	0	1	2	3
23	Turn on a light switch using only your <b>affected</b> arm	0	1	2	3
24	Use your <b>affected</b> hand to wash your other armpit	0	1	2	3
25	Use both arms to lift a box or bag onto a shelf at eye level	0	1	2	3
<b>Column Totals:</b>					
<b>Subscale 2 Total</b>					

### Subscale 3: No hand items

	Activity	Cannot do now	Very hard to do now	A little hard to do now	Easy to do now
26	Maintain control of your <b>affected</b> arm so you don't need to wear a sling	0	1	2	3
27	Hold an object between your <b>affected</b> upper arm and your chest wall, e.g. a book	0	1	2	3
28	Hold an object draped over your <b>affected</b> forearm, e.g. an article of clothing	0	1	2	3
29	Stabilize an object with your <b>affected</b> arm while you manipulate it with your other hand	0	1	2	3
30	Lift your <b>affected</b> arm to put it through the sleeve of a shirt	0	1	2	3
31	Roll over when sleeping without having to wake to move your <b>affected</b> arm	0	1	2	3
<b>Column Totals:</b>					
<b>Subscale 3 Total</b>					

### Clinician. Scores can be generated as one summed total or 3 separate subscales:

Subscale 1 Dressing items:            Sum column totals items 1 – 8:            \_\_/24

Subscale 2 Arm and hand items:    Sum column totals items 9 – 25:            \_\_/51

Subscale 3 No hand items:            Sum column totals items 26 – 31:            \_\_/18

Summed score:                            Sum all column totals for a raw score:    \_\_/93

### Complete this section only if you injured your writing arm (DO NOT ADD to summed score)

Using **only your affected arm / hand** how easy or hard is it for you to perform these day-to-day activities.

Activity	Cannot do now	Very hard to do now	A little hard to do now	Easy to do now
Brush your teeth with your <b>affected</b> arm	0	1	2	3
Write with a pen or pencil with your <b>affected</b> arm	0	1	2	3
Use a computer mouse with your <b>affected</b> hand	0	1	2	3
Wipe yourself after going to the toilet with your <b>affected</b> arm	0	1	2	3
<b>Column Totals:</b>				

The BrAT is freely available for use; however, to enable ongoing evaluation we request that you please notify Bridget Hill at [bridget.hill@epworth.org.au](mailto:bridget.hill@epworth.org.au) if you are using this tool so that dissemination and uptake can be tracked.