

# ICF

## A Predeployment Workshop Module



UP CAMP Community Based Rehabilitation Program  
September 2020

## OBJECTIVES

- ◆ To review the ICF framework, its components and relation with one another, and its importance to community practice
- ◆ To apply the ICF framework in given cases

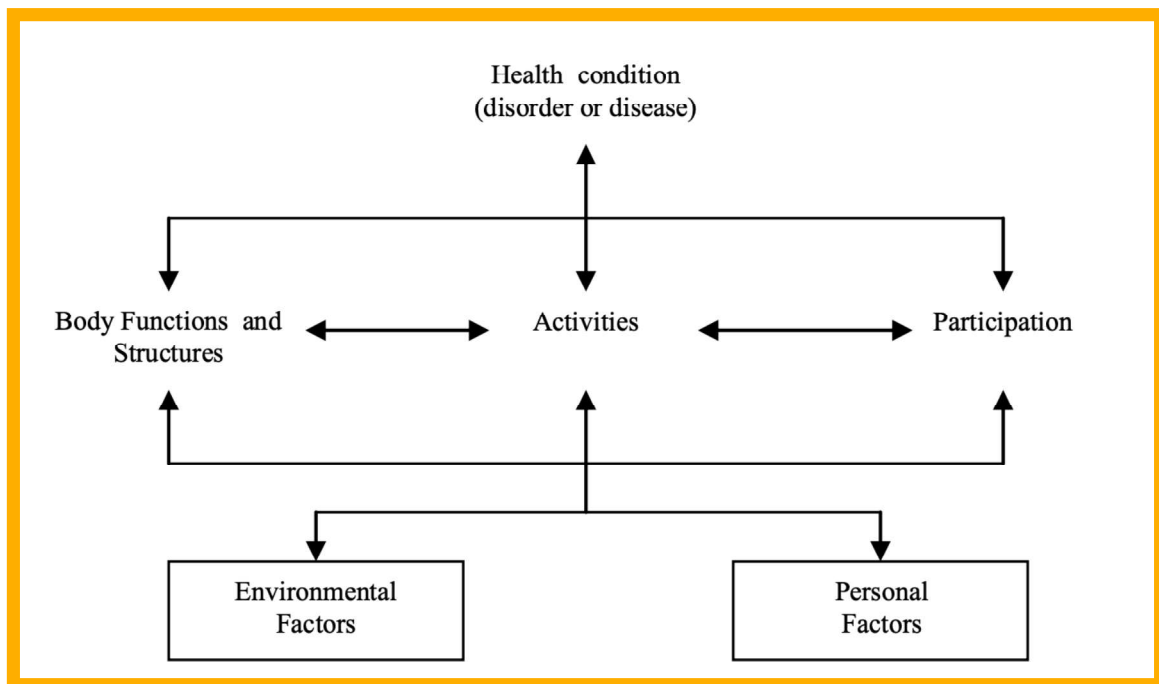
## TIMETABLE

Activity	Type of Activity	Time Allocated	Preceptor-in-Charge
<b>MORNING TASKS</b>			
ICF Asynchronous Activity	Group Work	1 hour	FDSG, GDR
<b>AFTERNOON TASKS</b>			
Submission of output	VLE Submission	30 minutes	FDSG, GDR, MLSI
ICF Levelling Off	Synchronous Session	1 hour	FDSG, GDR, MLSI,
<b>For any concerns or questions,</b> the preceptor on call for Wednesday is GDR. You may send your concerns or questions through the Viber group or by sending an email to <a href="mailto:gdrabacca@up.edu.ph">gdrabacca@up.edu.ph</a>			



# The International Classification of Functioning, Disability and Health (ICF)


- ◆ A framework that provides a standard for describing and recording functioning, disabilities, and other relevant factors.
- ◆ The framework views the health and disability of the individual as a dynamic interaction between the health impairment, environmental and personal factors
  - **Health** is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity
  - A **disability** is any condition of the body or mind that makes it more difficult for a person to do certain activities and interact with the environment, and is not caused by the health impairment alone.



# Rationale of the ICF



**Highlights the connections of each component to help with treatment planning**



**A Standard understanding of health information across profession and populations**



**Assist in policy creation for certain populations**



**A tool in preparing for an assessment**



**Emphasize the importance of environmental factors in accessibility**



# Components and Definition

Health Condition		
<ul style="list-style-type: none"> <li>Disorder, disease, or injury being described</li> <li>ICD 10 codes may be used to allow for better communication between professionals.</li> </ul>		
Body Structures and Function	Activity/Limitation	Participation/Restriction
<ul style="list-style-type: none"> <li>Anatomical parts and physiological functions of the body systems. It also includes psychological functions.</li> </ul> <p>Qualifiers:</p> <ul style="list-style-type: none"> <li>[+] indicates the presence of a health condition</li> <li>[-] indicates an absence of a health condition</li> </ul>	<p><b>Activity</b> is the execution of a task or action by an individual.</p> <p><b>Activity Limitations</b> are difficulties an individual may have in executing activities.</p>	<p><b>Participation</b> is involvement in a life situation.</p> <p><b>Participation Restrictions</b> are problems an individual may experience in involvement in life situations.</p>

Contextual Factors	
<p>The physical, social, and attitudinal setting. One may describe these by identifying the <b>facilitators and barriers</b> present. Given community-setting, these are important factors to consider when providing interventions and home programs.</p>	
Personal Factors	Environmental Factors
<ul style="list-style-type: none"> <li>INTERNAL contextual factors</li> <li>May include gender, age, coping styles, social background, education, profession, etc.</li> </ul>	<ul style="list-style-type: none"> <li>EXTERNAL contextual factors</li> <li>May include social attitudes, architectural characteristics, legal and social structures, as well as climate, terrain, etc</li> </ul>



# Practical Examples

Health Condition		
Duchenne muscular dystrophy (DMD)		
Body Structures and Functions	Activity Limitation	Participation Restriction
<ul style="list-style-type: none"> <li>• Decreased muscle strength</li> <li>• (+) muscle atrophy</li> </ul>	<ul style="list-style-type: none"> <li>• Difficulty in sit to stand</li> <li>• Inability to perform non-level ambulation</li> </ul>	Limited participation in age-appropriate play

Contextual Factors			
Personal Factors		Environmental Factors	
<i>Facilitators</i>	<i>Barriers</i>	<i>Facilitators</i>	<i>Barriers</i>
<ul style="list-style-type: none"> <li>• Motivated to attend therapy</li> <li>• Supportive family members</li> </ul>	<ul style="list-style-type: none"> <li>• Difficulty with compliance to medications</li> <li>• Limited technical knowledge to use electronics for teletherapy</li> <li>• Limited knowledge of organizations and programs for PWDs</li> </ul>	<ul style="list-style-type: none"> <li>• Accessible health facilities in the community</li> <li>• Presence of an active PWD organization in the community</li> </ul>	<ul style="list-style-type: none"> <li>• Limited access to information on therapy services</li> <li>• Limited access to internet for teletherapy sessions</li> <li>• Living far from the pharmacy</li> </ul>



## References

- <https://www.who.int/classifications/icf/icfbeginnersguide.pdf>
- [https://www.researchgate.net/publication/260480562\\_The\\_World\\_Health\\_Organization\\_ICF\\_Model\\_as\\_a\\_Conceptual\\_Framework\\_of\\_Disability](https://www.researchgate.net/publication/260480562_The_World_Health_Organization_ICF_Model_as_a_Conceptual_Framework_of_Disability)
- <https://www.who.int/classifications/icd/en/>





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