

# INPRO ICF Basic course 1 ECTS

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

### Introduction and motivation for learning

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**This ICF Basic course material has been collected and further developed during the INPRO project 2021-2022**



**<https://www.inproproject.eu/>**

Aim of the project: improve interprofessional and person-centered collaboration between health and social care professionals & improve health and quality of life of patients/clients.

The consortium:

- Netherlands (Hanze University of Applied Sciences & Revalidatie Friesland)
- Belgium (AP University of Applied Sciences)
- Austria (St. Poelten University of Applied Sciences & Moorheilbad Harbach)
- Finland (Jamk University of Applied Sciences & Coronaria)

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# Content of the course- welcome



1. Introduction and motivation (2 hours)
  - Content of the INPRO ICF Basic course
  - Background information about ICF
  - National examples of ICF usage
2. Basic information about ICF
  1. Terminology (slides and video)
  2. ICF codes and qualifiers (slides and video)
3. ICF e-learning material
4. ICF reflection seminar/ webinar nationally (2 hours)
5. ICF e-test and task / assignment (optional)



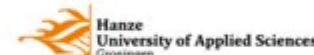
# Content



## 2. Basic information about ICF (slides & videos) (2 hours)

1. [Terminology](#) (link to the video 12:19 min)
2. [ICF codes and qualifiers](#) (link to the video 12:39 min)

- These slides / materials & videos are supposed to complement the ICF e-learning tool –material. They can be used parallel with the e-learning tool.
- Please learn the ICF terms in your own language too.



# E.g. (Finnish) Suomeksi THL:n sivuilta

<https://thl.fi/fi/web/toimintakyky/icf-luokitus>



**TOIMINTAKYKY**

Ajankohtaista Mitä toimintakyky on? **ICF-luokitus** Toimintakyvyn arviointi TOIMIA-tietokanta Yhteystiedot

THL.FI > AIHEET > TOIMINTAKYKY > ICF-LUOKITUS

TOIMINTAKYKY

**ICF-luokitus**

ICF-luokituksen rakenne >

ICF-luokituksen koodit ja tarkenteet >

ICF-ydinlistat ja tarkistuslista >

ICF-luokituksen käyttö >

## ICF-luokitus



**ICF ERI VERSIOINA**

THL - ICF Toimintakykykäsitteiden luokitus (vuonna 2018 päivitetty versio) on saatavilla

- **ICF-koodit sähköisenä kirjana**
- ICF-koodit Koodistopalvelussa
- Käyttöopas Koodistopalveluun "Näin käytät sähköistä ICF-luokitusta"

Ctrl + F  
painikkeilla  
saat  
hakukentän  
sähköiseen  
kirjaan

# Content



## 3. ICF e-learning material (FIC excluded)

- Link to ICF e-material tool: <https://www.icf-elearning.com/>
  - Choose the language (English, Finnish, Dutch)
  - Start with “Welcome” chapter
  - Learn and do quizzes in each Chapter
  - You can exclude Chapter 7 WHO-FIC
  - Take your time and write notes!
  - If you do not understand something, you can ask that in reflection seminar/webinar



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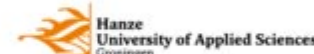
# Content



## 4. ICF reflection seminar/ webinar

All material should be studied before reflection seminar / webinar!

- Date        xxxx (teacher add)
- Time        xxxx
- Place        xxxx



# Content



## 5. ICF e-test and task / assignment

You will get the link to ICF e-test and instructions for the task/assignment if they are involved the course.





# International Classification of Functioning, Disability and Health, ICF

## Introduction

# International Classification of Functioning, Disability and Health, ICF



## Framework for collaboration

- ICF is the common framework for interprofessional collaboration and person centred practices
- It is utilized all over the world - international
- It enables the common language among professionals
- It is comprehensive
- It can be used in different levels
  - Micro (individual), makro (organization), maso (society)

- **IMPORTANT**  
“ICF does not classify people but describes the situation of each person within an array of health or health-related domains.” (WHO 2001)

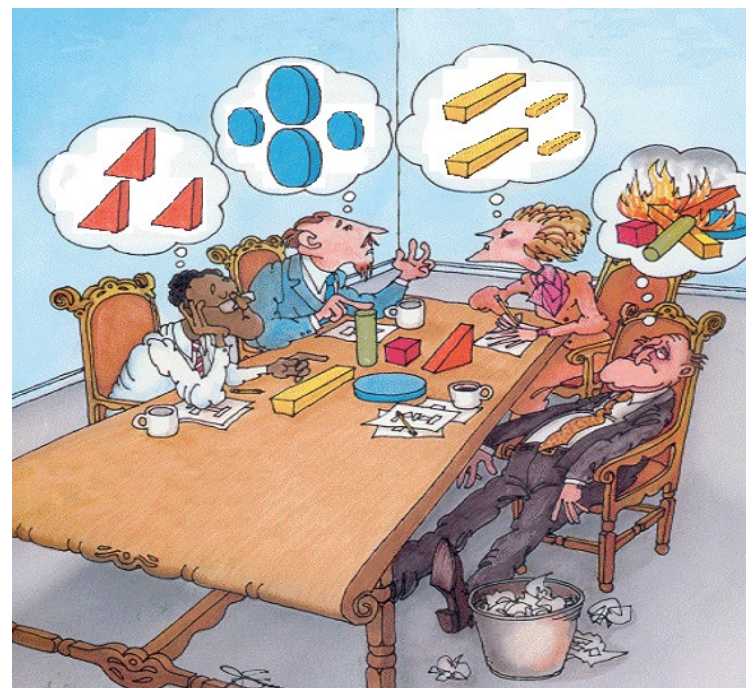
These things are described more exactly in next slides



# International Classification of Functioning, Disability and Health, ICF

## Common language in interprofessional team

- Is this the current situation?
- Interprofessional team having discussion about persons
  - problems
  - goals
  - interventions
  - dokumentation



Picture: ICF Research  
Branch ICF, 2014



# International Classification of Functioning, Disability and Health, ICF



## ICF is international

**ICF** is an **universal model** and **applies to all people** irrespective of their culture, health condition, gender, or age.

**ICF** describes *all* the domains of functioning and disability that are applicable to everyone.

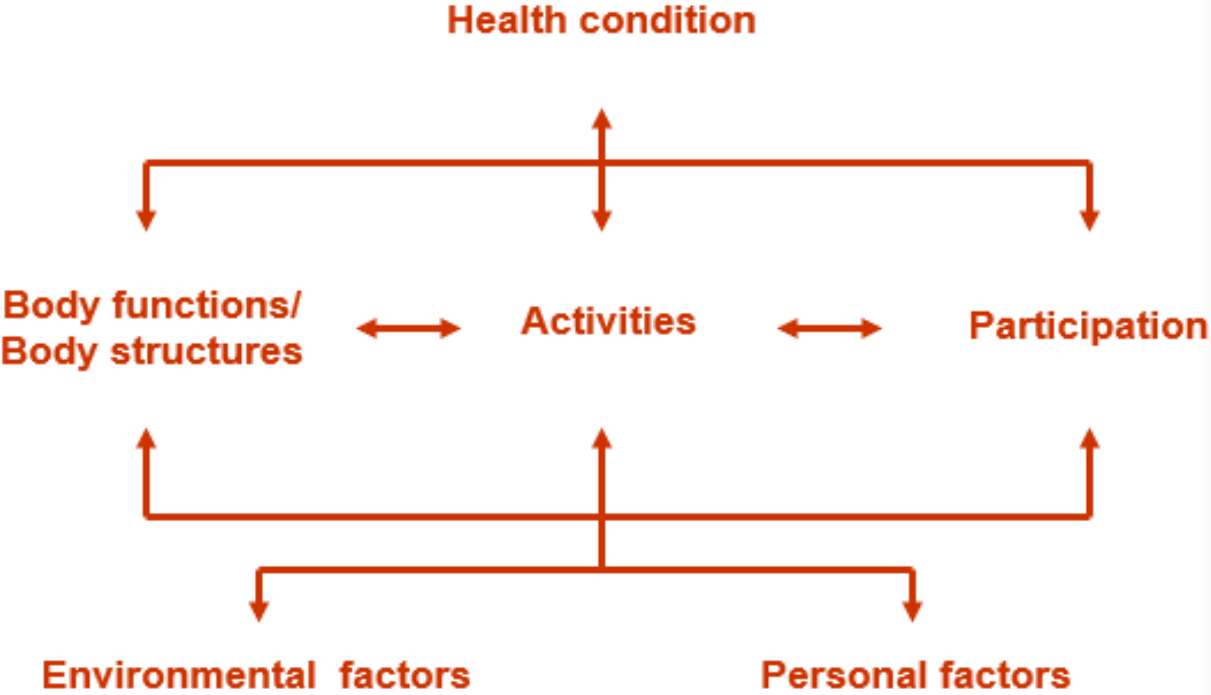




# International Classification of Functioning, Disability and Health, ICF



ICF is a comprehensive biopsychosocial model of functioning and disability



World Health Organization. ( 2001 ) . International classification of functioning, disability and health: ICF. Geneva: WHO. <https://apps.who.int/iris/handle/10665/42407>

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# International Classification of Functioning, Disability and Health, ICF



## The information of functioning and disability can be used / described in different levels

### At the individual level (micro)

- For the assessment of individuals: What is the person's level of functioning?
- For individual treatment planning: What treatments or interventions can maximize functioning?
- For the evaluation of treatment and other interventions: What are the outcomes of the treatment? How useful were the interventions?

### At the institutional level (meso)

- For resource planning and development: What health care and other services will be needed?
- For quality improvement: How well do we serve our clients /patients? What basic indicators for quality assurance are valid and reliable?
- For management and outcome evaluation: How useful are the services we are providing?

### At the social level (macro)

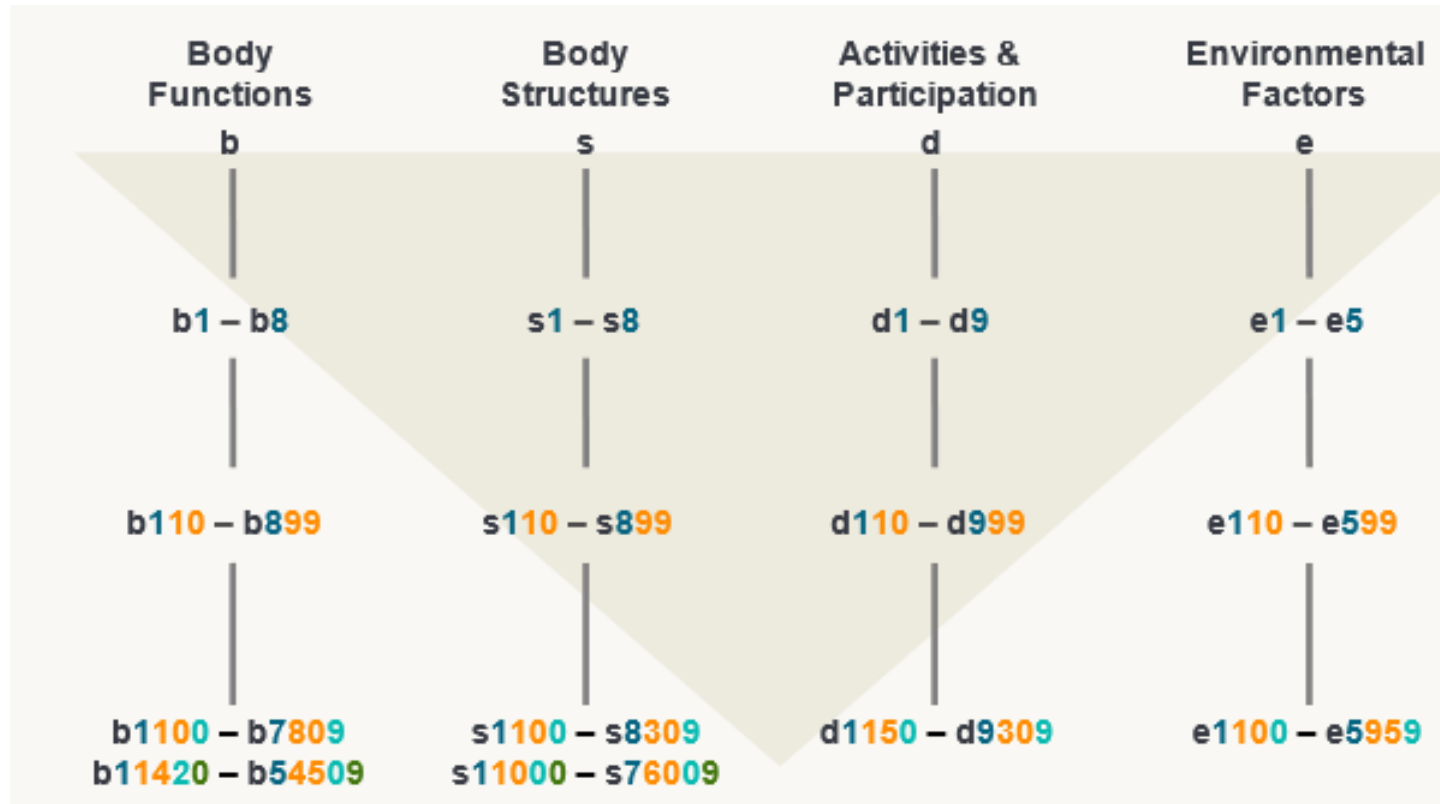
- For eligibility criteria for state entitlements such as social security benefits, disability pensions, workers' compensation and insurance: Are the criteria for eligibility for disability benefits evidence based, appropriate to social goals and justifiable?



# International Classification of Functioning, Disability and Health, ICF



The information of functioning and disability can be used / described in different levels





# International Classification of Functioning, Disability and Health, ICF



ICF is a person centred. Information about the lived experience is necessary **to identify the needs of the person with disabilities.**



It is the **starting point for any approach to achieve or maintain optimal levels of functioning** in individuals and populations.

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# Understanding functioning and disability



## Short history

- Previous models of health and disability (Nagi 1980, Verbrugge & Jette 1994)
  - Previously, disability began where health ended
  - WHO (1980) developed the International Classification of Impairments, Disabilities, and Handicaps (ICIDH) to create a common language for describing and understanding health and health status.
  - Pathology, Impairments, Functional Limitations, and Disability (Verbrukke & Jette)
- WHO ICF (2001) focus the persons level of Health
  - ICF describes functioning in society, no matter what is the reason for impairment
  - Updating ICF components in an ongoing process (since 2010)

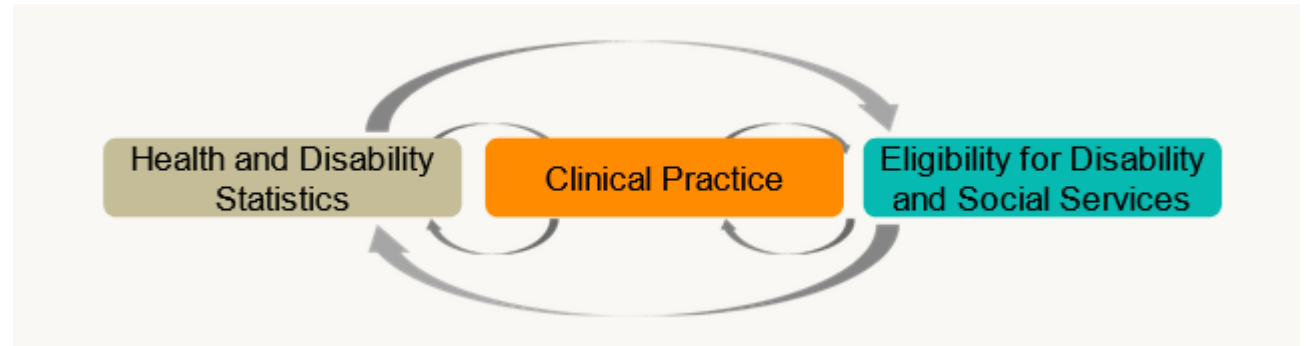


# Understanding functioning and disability

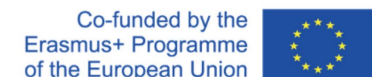


## Functioning

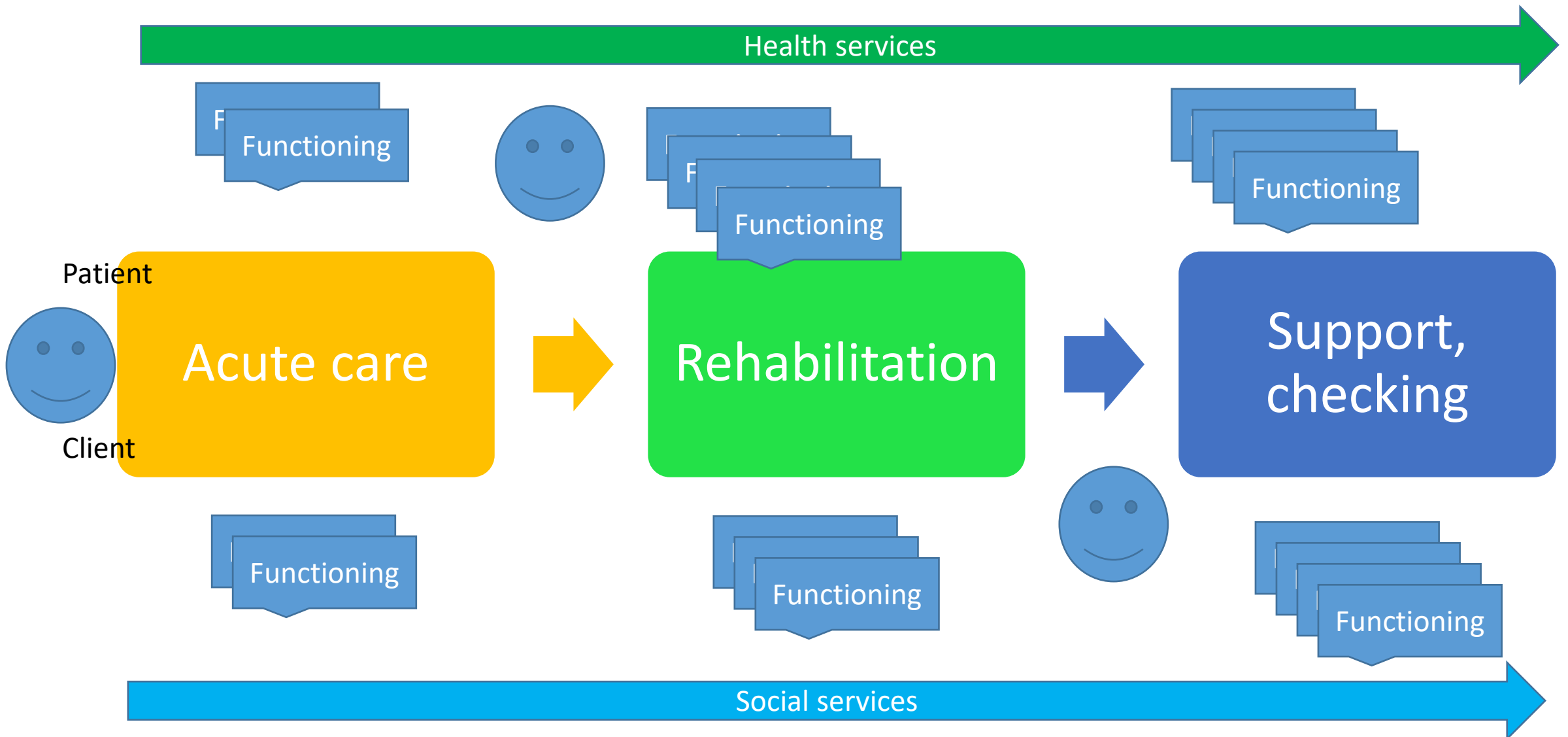
- Functioning is essential in all health services, from health promotion to prevention, treatment, rehabilitation, and palliative care across the life course, WHO Universal Health Coverage, UHC.
- Information about functioning is needed and produced in many situations / circumstances.
  - Quality
  - Effectiveness
  - Multipurpose tool



ICF e-learning tool. Module 3, slide 4. <https://www.icf-elearning.com/>

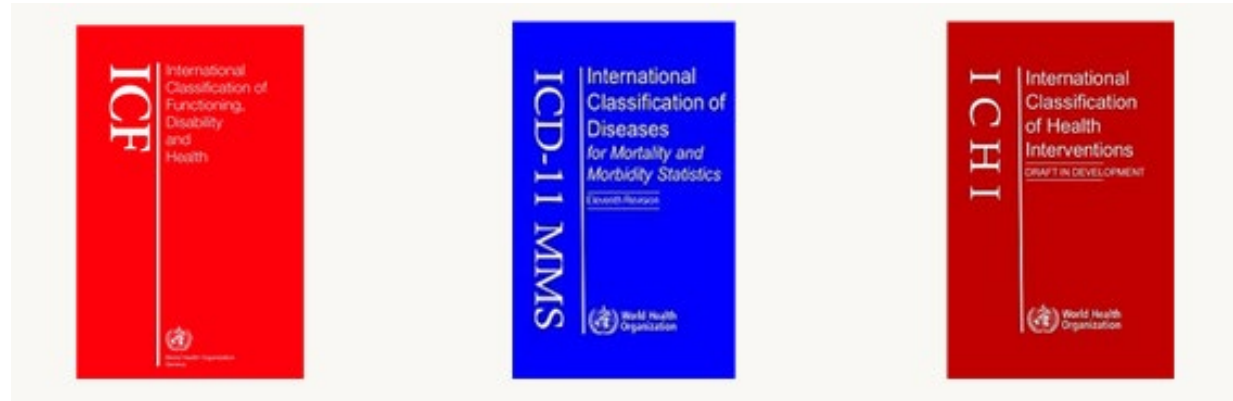


# Rehabilitation process and functioning



# Understanding functioning and disability

## ICF as a part of WHO FIC (Family of International Classification)



- Different types of WHO Classifications can be used as a
  - Clinical tool
  - Statistical tool
  - Administrative tool e.g. in a Social and Health Record Systems



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# National usege - examples



## Austria, Belgium, Netherlands

Please describe your national examples, how ICF is used in different situations!




# National usege - examples



## Finland

1. South Karelia Social and Health Care District
  - Evaluation
  - Dokumentation
2. THL (Finnish Institute for Health and Welfare)
  - Evaluation (TOIMIA database)
  - Dokumentation and specifiacion
3. Valteri special school [https://youtu.be/IICo00\\_sA-0](https://youtu.be/IICo00_sA-0) (video 1:50min, text in English)
  - Evaluation
  - Dokumentation
4. Rehabilitation Foundation
  - Goal setting (Spiral game) <https://hankkeet.kuntoutussaatio.fi/spiral/english/>





# 1. Mobile App for evaluation functioning in home care (for elderly) (South Karelia Social and Health Care District)

- A home care model on the South Karelia region
  - integrated service path and rehabilitative operating models, including everyday support
  - technology-based operating models
  - ICF-based assessment of the need for services and rehabilitation
  - Interview, ICF core set, outcome measurements (Promis10, GDS15, SPPB)
  - ICF android application (linked to the Life Care electronic health record system)
- More information in Finnish <https://youtu.be/GyCyilgOC64?si=fnzQT1B5PRClz6mT>



## 2. TOIMIA Functioning Measures Database

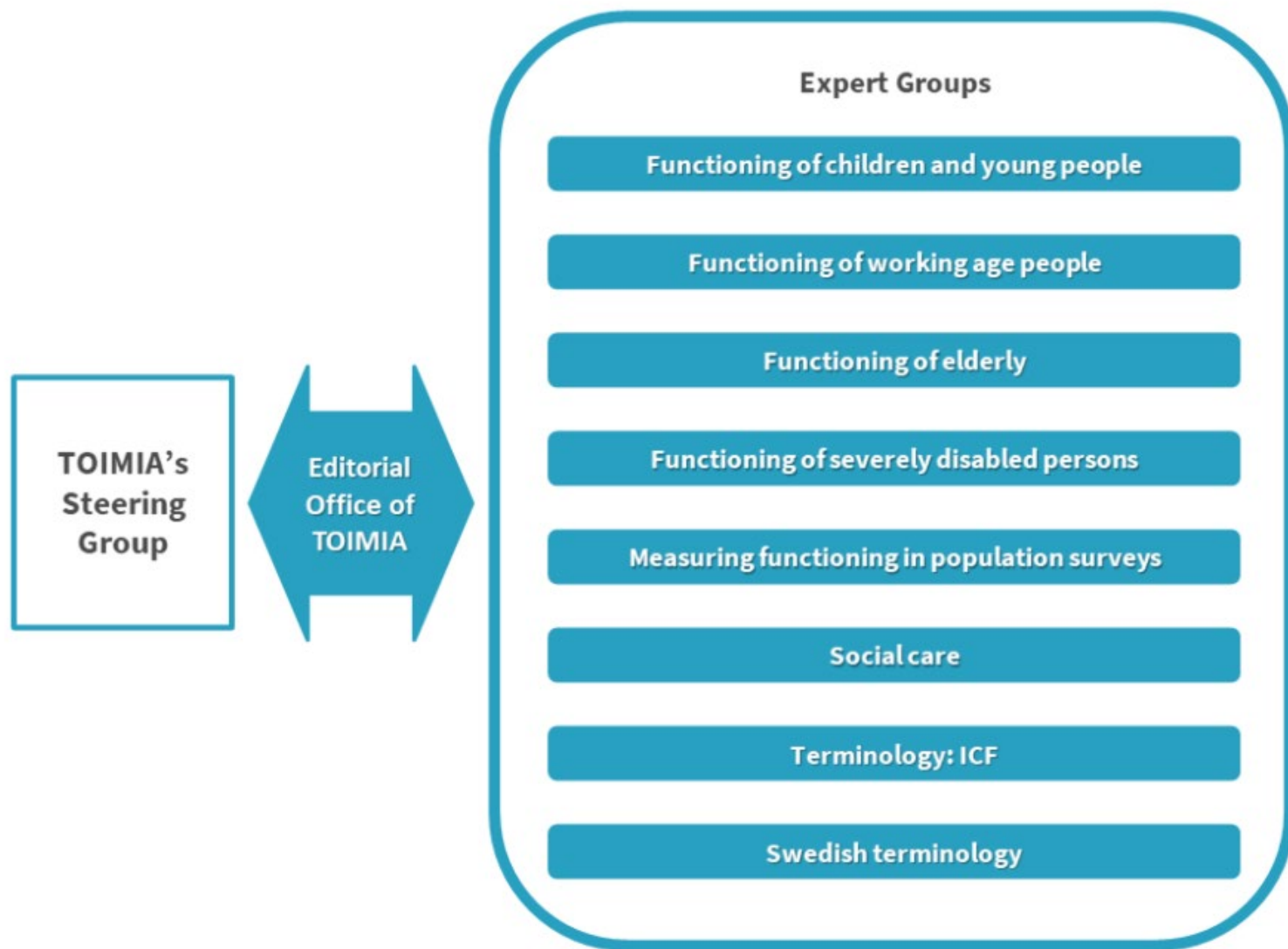
- TOIMIA (2011 →) is an open access free-of-charge tool in Finnish designed for experts and professionals interested in how to **measure functioning in clinical practice and research**.
- The database contains
  - basic descriptions of functioning measures;
  - assessments of psychometric properties and feasibility of these measurement instruments for different purposes; and
  - guidelines and recommendations by experts concerning the measuring of functioning in different situations and contexts.
- The TOIMIA network of experts aims is to unify the concepts of functioning (ICF).

<https://thl.fi/en/web/functioning/toimia-functioning-measures-database>



TOIMIA Functioning  
Measures Database





<https://thl.fi/aiheet/toimintakyky/toimia-tietokanta/toimia-verkosto/organisaatio>

The TOIMIA is interprofessional, updating databased.



**TOIMIA**

TOIMIA Functioning Measures Database



## 2. ICF in documentation

- THL (Finnish institute for health and welfare) <https://thl.fi/en/web/thlfi-en/about-us/what-is-thl->
  - monitors and develops measures to promote the well-being and health of the population
- Documentation in health care:
  - At the moment, the only structure for documentation of functioning information is a "Title" . The information is provided as written narrative under this title "Functioning".
  - THL has published the Documentation guideline for Functioning 2021 (draft) which is based on ICF.

<https://thl.fi/en/web/functioning/icf-implementation>



# 3. Valteri special school

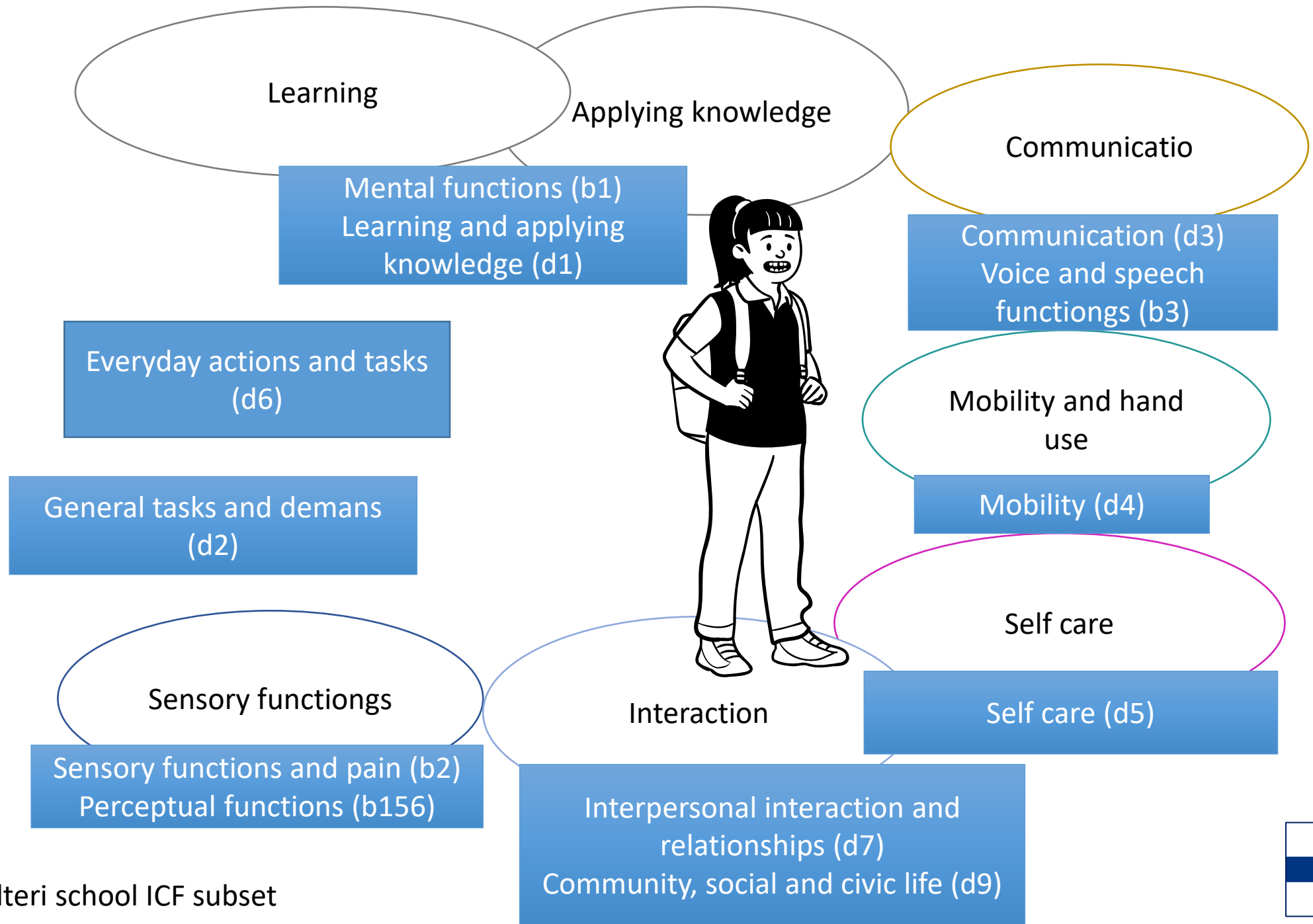
A service for describing functioning relating to both learning and school attendance

- Toimintakykyarvio.fi is an ICF-based service developed in Valteri Centre for Learning and Consulting.
  - Valteri school provides student places is for children in need of special support. It operates under the Finnish National Agency for Education.
- The pupil, parents and professionals each assess the pupil's functioning (ICF) with a web-based assessment tool.
  - The service combines the participants' answers into different views about the strengths and challenges of the pupil's functioning.
  - The functioning assessment describes e.g. functioning in relation to learning, school attendance, interaction and well-being.

Kysymys	Vastaus
Käyttäytyminen ja vapaa aika	Hän suunnittelee omaa tulevaisuuttaan.
Arvomahto ihmissuhteissa	Hän kohtaa toisia ystävällisesti.
Vapaamuuttoneuvotteluyhteistyö	Hän on mielellään muiden seurassa.
Vapaamuuttoneuvotteluyhteistyö läheisten kanssa	Hän viettää vapaa-aikaa läheisten kanssa.
Päätösten osuuden lehtäiden ja toimien suorittaminen	Hän käy koulussa säännöllisesti eikä myöhästy.
Oppiminen ja tiedon soveltaminen, muu maantieto	Hän oppii uusia asioita ja oppiminen etenee suunnitellulla tavalla.
Arauskestävyys	Hän soautuu keuhkotaukun oppimalla.
Mielipiteiden hallinta	Hän osaa esittää omaa mieltään.
Uuden lehtäiden tekeminen ryhmässä	Hän pyytää työkalujen parin kanssa tai ryhmästä.
Vastuun kantaminen	Hän huolehtii koulun tiloista.
Uuden välineen käyttäminen	Hänen työkalunsa on alustan kanssa on suora.
Uuden välineen käyttäminen	Hän ei tunteellisesti ja riittävästi.

<https://toimintakykyarvio.fi>





# 4. Goal setting – Spiral board game

(Rehabilitation foundation)



- The Spiral board game
  - Question cards for target group rehabilitation
  - Reply form for target group rehabilitation
  - Pictures to facilitate participation target group rehabilitation
  - List of questions and corresponding ICF-codes for persons undergoing the rehabilitation mentioned below

Target groups:

- For persons undergoing mental health rehabilitation
- For young persons with autism spectrum disorders
- For adults with language related difficulties (aphasia)
- For children with language related difficulties
- For families with language related difficulties
- Vocational rehabilitation



# 4. Goal setting – Spiral game (Rehabilitation foundation)



SPIRAL-questions for persons undergoing mental health rehabilitation	ICF-code	ICF- classification of health-related domains
1. Daily routines • How well are you able to carry out daily routines? <i>For instance cooking food, washing oneself.</i>	d230	Carrying out daily routine
2. Ability to relax • Do you have ways of relaxing that work for you?	d240	Handling stress and other psychological demands
3. Conversation between two persons • Are you able to start and sustain conversations with a friend?	d3503	Conversing with one person
4. Conversation in a group • Is it easy for you to converse in a group? <i>For instance expressing your own opinion, speaking when it is your turn, listening to others.</i>	d3504	Conversing with many people



Assess whether you have difficulties with the topics mentioned in the question card and write a dash in the appropriate point on each scale. Also indicate, by ticking the appropriate section, whether you want to achieve personal change on the topic in question.

Date: \_\_\_\_\_

Name:	As regards this topic I ...	I want a change to this
	☹️ ... have a lot of difficulties      ☺️ ... do not have any difficulties at all	yes      no
1. Daily routines		<input type="checkbox"/> <input type="checkbox"/>
2. Ability to relax		<input type="checkbox"/> <input type="checkbox"/>
3. Conversation between two persons		<input type="checkbox"/> <input type="checkbox"/>



Ohjeistus

Lopeta kysely

**Päivittäiset rutiinit**

Kuinka hyvin päivittäiset toiminnot tulevat tehdyksi? *Esim. ruuan laitto, peseytyminen.*

[Katso kuvaesimerkki](#)

Tässä asiassa minulla...

☹️ on runsaasti vaikeuksia      ☺️ ei ole lainkaan vaikeuksia

Toivoisin tähän asiaan muutosta

Kyllä    En osaa sanoa    En

Edellinen   1 / 24   Seuraava

versionumeri

# References



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