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## **Use of Katz Index of Independence in Activities of Daily Living in Older Adults: A Scoping Review**

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## **Use of Katz Index of Independence in Activities of Daily Living in Older Adults: A Scoping Review**

### **Abstract**

**Background:** The health of elderly individuals is closely linked to their functional independence, measured through functional evaluations. Katz Index of independence determines the ability to perform ADLs independently in 6 areas (bathing, dressing, toileting, transferring, continence, and feeding). The scale is focused on the loss and recovery of functions and assesses the dependence (0) /independence(1) degree from six daily life activities.

**Aims and objective:** Aim of the study was to explore the currently available literature and utilization of the Katz Index Scale in the assessment and healthcare management of the older adult population in different world regions.

**Method:** This scoping review follows Arksey and O'Malley's framework. We included the following databases PubMed, Scopus, Web of Science, and CINAHL were searched.

**Result:** A total of 24 articles were included in this study. Based on the search that was done, it was found that 33% of the articles were published between 2010 to 2014 and 67% between 2015 to 2019, with a majority of 20.83% of the articles in the year 2015.

**Discussion:** The scale has proven to be easy to understand and to administer in a short period. It has been recommended for use in areas of research of older adults. (Marijke Hopman-Rock et al., 2019) The scale has proven that it can be used on the older adult population despite a cognitive decline to measure severe limitations and independence.

**Conclusion:** Katz Index of Independence Scale serves as a practical scale for quick assessment in Occupational Therapy for older adults in areas of ADL, which provides a baseline for intervention planning.