

## 患者自述的功能状态

活动及功能：在过去一个月内，我将自己的活动情况总的评价为：

- 正常，没有限制  
*Normal with no limitations*
- 不是我的正常状态，但能够起床从事还比较正常的活动  
*Not my normal self, but able to be up and about with fairly normal activities*
- 大部分事都提不起劲，但卧床或坐在椅子上的时间不到半日  
*Not feeling up to most things, but in bed or chair less than half the day*
- 仅能从事很少活动，大部分时间卧床或坐在椅子上  
*Able to do little activity and spend most of the day in bed or chair*
- 大部分时间卧床，几乎没有下床  
*Pretty much bedridden, rarely out of bed*

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Patient's Name \_\_\_\_\_

Date \_\_\_\_\_ Time \_\_\_\_\_

Completed by (check one):

- Patient
- Family caregiver
- Health care professional caregiver
- Caregiver-assisted