

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

### Self-Efficacy on Assessing, Training, and Spotting: The SEATS Test for Manual Wheelchair Skills

**Instructions:** A range of basic, community, and advanced wheelchair skills are listed below. Spotting, testing, and training these skills is often a part of regular occupational and physical therapy practice with clients who use manual wheelchairs. For the purpose of this test, we will operationalize assess, train and spot according to the following definitions:

**Assess** – Testing of individual wheelchair skills.

**Train** - Training of individual wheelchair skills, including the development of goals and a structured training session, as well as the selection and adaptation of training strategies, according to the wheelchair user’s unique situation. The demonstration of the skill may be a useful training technique.

**Spot** - The act of reducing the likelihood of injury to /ensuring the safety of the person who is performing the wheelchair skill, without unnecessarily interfering with the performance of that skill. The focus of spotting is on the prevention of major acute injury.

Please rate your self-efficacy (how confident you are) *as of now* to assess, train, and spot these skills with your clients who use manual wheelchairs using the following scale:

Not At All Confident	Somewhat Confident	Neutral	Fairly Confident	Completely Confident
1	2	3	4	5

#	<i>As of now, how confident are you that you can assess, train, and spot your clients to:</i>	Confidence Level for Assessing					Confidence Level for Training					Confidence Level for Spotting								
		1	2	3	4	5	1	2	3	4	5	1	2	3	4	5				
1	Rolls forward short distance																			
2	Rolls backward short distance																			
3	Stops on command																			
4	Turns in place																			
5	Turns while moving forward																			
6	Turns while moving backward																			
7	Maneuvers sideways																			
8	Picks objects from floor																			
9	Relieves weight from buttocks																			
10	Performs level transfers																			
11	Folds and unfolds wheelchair																			
12	Gets through hinged door																			
13	Rolls longer distance																			
14	Ascends slight incline																			
15	Descends slight incline																			
16	Ascends steep incline																			
17	Descends steep incline																			
18	Rolls across side-slope																			
19	Rolls on soft surface																			
20	Gets over obstacle																			
21	Gets over gap																			
22	Ascends low curb																			
23	Descends low curb																			
24	Ascends high curb																			
25	Descends high curb																			
26	Performs wheelchair-ground transfers																			
27	Performs stationary wheelie																			

#	Wheelchair Skill	Assess					Train					Spot				
		1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
28	Turns in place in wheelie position															
29	Rolls forward and backward in wheelie position															
30	Descends high curb in wheelie position															
31	Descends steep incline in wheelie position															
32	Ascends stairs															
33	Descends stairs															

Using the same scale as before, please rate your self-efficacy (how confident you are) *as of now* in regards to documentation of the wheelchair skills assessment and training that you conduct with your clients:

Not At All Confident	Somewhat Confident	Neutral	Fairly Confident	Completely Confident
1	2	3	4	5

<i>As of now</i> , how confident are you that you can document:	Confidence Level				
	1	2	3	4	5
Wheelchair Skills Assessment Results					
Wheelchair Skill Goals					
Wheelchair Skills Treatment Plan					
Wheelchair Skills Progress					
Wheelchair Skills Upon Discharge					

<b>Formulae for calculating SEATS total scores:</b>
<ul style="list-style-type: none"> <li>Total Assessing Score = (sum of confidence level scores) / ([33 – number missing values in that category] x 5) x 100</li> <li>Total Training Score = (sum of confidence level scores) / ([33 – number missing values in that category] x 5) x 100</li> <li>Total Spotting Score = (sum of confidence level scores) / ([33 – number missing values in that category] x 5) x 100</li> <li>Total Documentation Score = sum of confidence level scores x 100 / 25</li> </ul>