







# The value of INCAT in CIDP treatment monitoring

The Inflammatory Neuropathy Cause and Treatment (INCAT) disability scale has been used in CIDP care since 2001 to help translate a patient's everyday physical challenges into a quantitative measure of their functional capabilities.<sup>1,2</sup>

Focused on arm and leg function, INCAT offers a simple, validated way to monitor progression and treatment response without the need for equipment. INCAT complements your clinical assessments by providing a measurable snapshot of a patient's physical function that directly relates to activities they perform during in their daily lives.<sup>1,2</sup>







## Assess your patients using the INCAT scale<sup>1</sup>

### ARM DISABILITY

<b>0</b>		<b>1</b>		<b>2</b>		<b>3</b>		<b>4</b>		<b>5</b>	
No upper limb problems	Symptoms in 1 or both arms, not affecting the ability to perform any of the following functions: zipping and buttoning clothing, washing or brushing hair, using a knife and fork together, and handling small coins	Symptoms in 1 or both arms, affecting but not preventing any of the previously mentioned functions	Symptoms in 1 or both arms, preventing 1 or 2 of the previously mentioned functions	Symptoms in 1 or both arms, preventing 3 or all of the functions previously mentioned, but some purposeful movements still possible	Inability to use either arm for any purposeful movement						

**ARM SCORE:**

### LEG DISABILITY

<b>0</b>		<b>1</b>		<b>2</b>		<b>3</b>		<b>4</b>		<b>5</b>	
Walking not affected	Walking affected, but walks independently outdoors	Usually uses unilateral support (stick, single crutch, 1 arm) to walk outdoors	Usually uses bilateral support (sticks, crutches, frame, 2 arms) to walk outdoors	Usually uses wheelchair to travel outdoors, but able to stand and walk a few steps with help	Requires a wheelchair; unable to stand and walk a few steps with help						

**LEG SCORE:**

**TOTAL SCORE:** \_\_\_\_\_

## Determining the INCAT score

Adding together the arm score and the leg score gives you the INCAT score. The score is inversely related to level of function, with a score of 0 indicating no functional impairment and a score of 10 indicating complete disability in both the arms and legs.<sup>1</sup>

**Consider using the INCAT scale to help track your patient's response to therapy.**

CIDP, chronic inflammatory demyelinating polyneuropathy.

**References:** **1.** Hughes R, Bensa S, Willison H, et al. Randomized controlled trial of intravenous immunoglobulin versus oral prednisolone in chronic inflammatory demyelinating polyradiculoneuropathy. *Ann Neurol.* 2001;50(2):195-201. **2.** Breiner A, Barnett C, Brill V. INCAT disability score: a critical analysis of its measurement properties. *Muscle Nerve.* 2014;50(2):164-169.