

## BRIEF ICF CORE SET for CHRONIC WIDESPREAD PAIN

<b>BODY FUNCTIONS</b>	
= physiological functions of body systems (including psychological functions)	
<b>b130</b>	<b>Energy and drive functions</b>
	<b>General mental functions of physiological and psychological mechanisms that cause the individual to move towards satisfying specific needs and general goals in a persistent manner.</b> <i>Inclusions: functions of energy level, motivation, appetite, craving (including craving for substances that can be abused) and impulse control</i> <i>Exclusions: consciousness functions (b110); temperament and personality functions (b126); sleep functions (b134); psychomotor functions (b147); emotional functions (b152)</i>
<b>b134</b>	<b>Sleep functions</b>
	<b>General mental functions of periodic, reversible and selective physical and mental disengagement from one's immediate environment accompanied by characteristic physiological changes.</b> <i>Inclusions: functions of amount of sleeping, and onset, maintenance and quality of sleep; functions involving the sleep cycle, such as in insomnia, hypersomnia and narcolepsy</i> <i>Exclusions: consciousness functions (b110); energy and drive functions (b130); attention functions (b140); psychomotor functions (b147)</i>
<b>b147</b>	<b>Psychomotor functions</b>
	<b>Specific mental functions of control over both motor and psychological events at the body level.</b> <i>Inclusions: functions of psychomotor control, such as psychomotor retardation, excitement and agitation, posturing, catatonia, negativism, ambitendency, echopraxia and echolalia; quality of psychomotor function</i> <i>Exclusions: consciousness functions (b110); orientation functions (b114); intellectual functions (b117); energy and drive functions (b130); attention functions (b140); mental functions of language (b167); mental functions of sequencing complex movements (b176)</i>
<b>b152</b>	<b>Emotional functions</b>
	<b>Specific mental functions related to the feeling and affective components of the processes of the mind.</b> <i>Inclusions: functions of appropriateness of emotion, regulation and range of emotion; affect; sadness, happiness, love, fear, anger, hate, tension, anxiety, joy, sorrow; lability of emotion; flattening of affect</i> <i>Exclusions: temperament and personality functions (b126); energy and drive functions (b130)</i>
<b>b1602</b>	<b>Content of thought</b>
	<b>Mental functions consisting of the ideas that are present in the thinking process and what is being conceptualized.</b> <i>Inclusions: impairments of delusions, overvalued ideas and somatization</i>
<b>b280</b>	<b>Sensation of pain</b>
	<b>Sensation of unpleasant feeling indicating potential or actual damage to some body structure.</b> <i>Inclusions: sensations of generalized or localized pain in one or more body part, pain in a dermatome, stabbing pain, burning pain, dull pain, aching pain; impairments such as myalgia, analgesia and hyperalgesia</i>
<b>b455</b>	<b>Exercise tolerance functions</b>
	<b>Functions related to respiratory and cardiovascular capacity as required for enduring physical exertion.</b> <i>Inclusions: functions of physical endurance, aerobic capacity, stamina and fatigability</i> <i>Exclusions: functions of the cardiovascular system (b410-b429); haematological system functions (b430); respiration functions (b440); respiratory muscle functions (b445); additional respiratory functions (b450)</i>
<b>b730</b>	<b>Muscle power functions</b>
	<b>Functions related to the force generated by the contraction of a muscle or muscle groups.</b> <i>Inclusions: functions associated with the power of specific muscles and muscle groups, muscles of one limb, one side of the body, the lower half of the body, all limbs, the trunk and the body as a whole; impairments such as weakness of small muscles in feet and hands, muscle paresis, muscle paralysis, monoplegia, hemiplegia, paraplegia, quadriplegia and akinetic mutism</i> <i>Exclusions: functions of structures adjoining the eye (b215); muscle tone functions (b735); muscle endurance functions (b740)</i>
<b>b760</b>	<b>Control of voluntary movement functions</b>
	<b>Functions associated with control over and coordination of voluntary movements.</b> <i>Inclusions: functions of control of simple voluntary movements and of complex voluntary movements, coordination of voluntary movements, supportive functions of arm or leg, right left motor coordination, eye hand coordination, eye foot coordination; impairments such as control and coordination problems, e.g. dysdiadochokinesia</i> <i>Exclusions: muscle power functions (b730); involuntary movement functions (b765); gait pattern functions (b770)</i>

<b>ACTIVITIES AND PARTICIPATION</b>	
= execution of a task or action by an individual and involvement in a life situation	
<b>d175</b>	<b>Solving problems</b>
	Finding solutions to questions or situations by identifying and analysing issues, developing options and solutions, evaluating potential effects of solutions, and executing a chosen solution, such as in resolving a dispute between two people. <i>Inclusions: solving simple and complex problems</i> <i>Exclusions: thinking (d163); making decisions (d177)</i>
<b>d230</b>	<b>Carrying out daily routine</b>
	Carrying out simple or complex and coordinated actions in order to plan, manage and complete the requirements of day-to-day procedures or duties, such as budgeting time and making plans for separate activities throughout the day. <i>Inclusions: managing and completing the daily routine; managing one's own activity level</i> <i>Exclusion: undertaking multiple tasks (d220)</i>
<b>d240</b>	<b>Handling stress and other psychological demands</b>
	Carrying out simple or complex and coordinated actions to manage and control the psychological demands required to carry out tasks demanding significant responsibilities and involving stress, distraction or crises, such as driving a vehicle during heavy traffic or taking care of many children. <i>Inclusions: handling responsibilities; handling stress and crisis</i>
<b>d430</b>	<b>Lifting and carrying objects</b>
	Raising up an object or taking something from one place to another, such as when lifting a cup or carrying a child from one room to another. <i>Inclusions: lifting, carrying in the hands or arms, or on shoulders, hip, back or head; putting down</i>
<b>d450</b>	<b>Walking</b>
	Moving along a surface on foot, step by step, so that one foot is always on the ground, such as when strolling, sauntering, walking forwards, backwards or sideways. <i>Inclusions: walking short or long distances; walking on different surfaces; walking around obstacles</i> <i>Exclusions: transferring oneself (d420); moving around (d455)</i>
<b>d640</b>	<b>Doing housework</b>
	Managing a household by cleaning the house, washing clothes, using household appliances, storing food and disposing of garbage, such as by sweeping, mopping, washing counters, walls and other surfaces; collecting and disposing of household garbage; tidying rooms, closets and drawers; collecting, washing, drying, folding and ironing clothes; cleaning footwear; using brooms, brushes and vacuum cleaners; using washing machines, driers and irons. <i>Inclusions: washing and drying clothes and garments; cleaning cooking area and utensils; cleaning living area; using household appliances, storing daily necessities and disposing of garbage</i> <i>Exclusions: acquiring a place to live (d610); acquisition of goods and services (d620); preparing meals (d630); caring for household objects (d650); caring for others (d660)</i>
<b>d760</b>	<b>Family relationships</b>
	Creating and maintaining kinship relationships, such as with members of the nuclear family, extended family, foster and adopted family and step-relationships, more distant relationships such as second cousins or legal guardians. <i>Inclusions: parent-child and child-parent relationships, sibling and extended family relationships</i>
<b>d770</b>	<b>Intimate relationships</b>
	Creating and maintaining close or romantic relationships between individuals, such as husband and wife, lovers or sexual partners. <i>Inclusions: romantic, spousal and sexual relationships</i>
<b>d850</b>	<b>Remunerative employment</b>
	Engaging in all aspects of work, as an occupation, trade, profession or other form of employment, for payment, as an employee, full or part time, or self-employed, such as seeking employment and getting a job, doing the required tasks of the job, attending work on time as required, supervising other workers or being supervised, and performing required tasks alone or in groups. <i>Inclusions: self-employment, part-time and full-time employment</i>
<b>d920</b>	<b>Recreation and leisure</b>
	Engaging in any form of play, recreational or leisure activity, such as informal or organized play and sports, programmes of physical fitness, relaxation, amusement or diversion, going to art galleries, museums, cinemas or theatres; engaging in crafts or hobbies, reading for enjoyment, playing musical instruments; sightseeing, tourism and travelling for pleasure. <i>Inclusions: play, sports, arts and culture, crafts, hobbies and socializing</i> <i>Exclusions: riding animals for transportation (d480); remunerative and non-remunerative work (d850 and d855); religion and spirituality (d930); political life and citizenship (d950)</i>

**ENVIRONMENTAL FACTORS**

= make up the physical, social and attitudinal environment in which people live and conduct their lives

<b>e1101</b>	<b>Drugs</b>
	Any natural or human-made object or substance gathered, processed or manufactured for medicinal purposes, such as allopathic and naturopathic medication.
<b>e310</b>	<b>Immediate family</b>
	Individuals related by birth, marriage or other relationship recognized by the culture as immediate family, such as spouses, partners, parents, siblings, children, foster parents, adoptive parents and grandparents. <i>Exclusions: extended family (e315); personal care providers and personal assistants (e340)</i>
<b>e355</b>	<b>Health professionals</b>
	All service providers working within the context of the health system, such as doctors, nurses, physiotherapists, occupational therapists, speech therapists, audiologists, orthotist-prosthetists, medical social workers. <i>Exclusion: other professionals (e360)</i>
<b>e410</b>	<b>Individual attitudes of immediate family members</b>
	General or specific opinions and beliefs of immediate family members about the person or about other matters (e.g. social, political and economic issues) that influence individual behaviour and actions.
<b>e570</b>	<b>Social security services, systems and policies</b>
	Services, systems and policies aimed at providing income support to people who because of age, poverty, unemployment, health condition or disability require public assistance that is funded either by general tax revenues or contributory schemes. <i>Exclusion: economic services, systems and policies (e565)</i>