

CP-MOVE — Movement & Self-Care Score (Group M)

Independence in daily activities. **Links to:** M1-M19

Patient: _____ ID: _____ Date/Time: _____ Nurse: _____

Item	0	1	2	Score
Washing	Independent	Needs some help	Fully dependent	
Dressing	Independent	Needs some help	Fully dependent	
Eating	Independent	Needs set-up or help	Fed by others	
Toileting	Independent	Needs some help	Fully dependent	
Transfer bed-chair	Independent	One person helps	Two people or hoist	
Walking	Independent	With aid or person	Cannot walk	
TOTAL				

Score	Level	Action
0-3	Independent	Encourage self-care
4-7	Partly dependent	Assist with care, physio referral
≥8	Dependent	Full care plan, physio and OT, moving-and-handling plan

⚠ **Red flags — escalate at once regardless of score:** New sudden weakness on one side

Score each item 0, 1 or 2 · add the total · follow the action band · any red flag = escalate (SBAR) · rescore after each intervention and at least once per shift.

Nursing notes / action taken:

Original tool, not yet validated. Pilot and review with clinicians before clinical decisions. Supports, but does not replace, clinical judgment, validated scales and local policy.