**Youth International HIV Dementia Scale (y-IHDS)**

Blue script – read this as it appears to the patient

Black script – administrator notes, do not read this to the patient

Today we are going to be doing a quick activity which will give us really useful information. Some parts of the tasks will be easy, others parts will be difficult. You are not expected to get everything right. Just try to do the best you can.

I’m going to time some parts of the tests and write the answers down.

If you don’t understand something, please ask me to explain it again.

Do you have any questions? (answer any questions the participant might have without going into too much detail about what the y-IHDS entails)

Which hand do you use most of the time? (make a note of the patient’s dominant hand) For all these tasks we are going to use your opposite hand (point to the patient’s non-dominant hand) Okay, let’s get started.

**y-IHDS English**

1. Screen for cognitive/functional impairment.

Have you ever repeated a grade at school? (please circle appropriate)

YES = 1 point

NO = 0 points

Memory registration – read words to patient at 1 word per second.

I am going to read four words to you: dog, hat, bean, read. Please repeat the words back to me. (do this until the participant recalls all four words).

Good. I am going to ask you to repeat these words again later.

2. Motor speed – demonstrate finger tapping of non-dominant hand as follows: open and close the first finger and thumb as widely as possible.

Please can you do the same with your first two fingers of your non-dominant hand like this (show), you need to do it as widely and as quickly as possible (do this until the patient gets it correct).

Good. Now I am going to time you. When I say go, tap your first two fingers as widely and as quickly as possible. Ready? (wait for ready signal from patient)

Go! (start timer and count the number of correct taps and assign scores according to scale below)

4 points = 15+ correct taps in 5 seconds

3 points = 11-15 correct taps in 5 seconds

2 points = 7-10 correct taps in 5 seconds

1 point = 3-6 correct taps in 5 seconds

0 points = 0-2 correct taps in 5 second \_\_\_ / 4

3. Psychomotor speed – demonstrate the hand sequence of non-dominant hand as follows: clench hand in fist on flat surface, then put hand flat on surface with palm down, then put hand perpendicular to flat surface on the side of the 5th digit.

Please can you do the same with your non-dominant hand like this (show), you need to do it as quickly as possible (do this until the patient gets it correct).

Good. Now I am going to time you. When I say go, do the hand movements as quickly as possible. Ready? (wait for ready signal from patient)

Go! (start timer and count the number of correct sequences and assign scores according to scale below)

4 points = 4 correct sequences in 10 seconds

3 points = 3 correct sequences in 10 seconds

2 points = 2 correct sequences in 10 seconds

1 point = 1 correct sequences in 10 seconds

0 points = unable to perform correct sequences in 10 seconds \_\_\_ / 4

4. Memory recall – ask patient to recall the words given at the start, if the participant cannot recall the words a semantic clue can be given as follows: animal (for dog), piece of clothing (for hat), vegetable (for bean) and colour (for red).

Please can you tell me the four words I gave you at the start of this task? (count the number of correct words recalled without prompting and assign scores according to the scale below)

4 points = all 4 words recalled without prompting

3 points = 3 words recalled without prompting

2 points = 2 words recalled without prompting

1 point = 1 words recalled without prompting

½ point = for each word recalled after prompting with semantic clue

0 points = unable to recall any words with and/or without prompting \_\_\_ / 4

**Total score: \_\_\_\_\_**

**y-IHDS scoring**: Add items 2 to 4 and subtract item 1 to give a total score out of 12 points.

For example: (item 2 + item 3 + item 4) - (item 1)

Patients scoring 10 or less should be evaluated for further possible cognitive impairment/disorder.

**Youth International HIV Dementia Scale (y-IHDS)**

Umbhalo oblue/ozuba - funda oku njengoko kubonakala kwisigulana.

Umbhalo omnyama – amanqaku kumlawuli; musa ukusifundela oku isigulane

Namhlanje sizakwenza umsebenzi ngokukhawulweza ozakusinika ulwazi oluluncedo nyani. Ezinye iinxalenye zalomsebenzi zizakuba lula, ezinye iinxalenye zizakuba nzima. Awulindelekanga uchane yonke into. Zama nje ukwenza konke onako ukukwenza.

Ezinye zeenxalenye zovavanyo ndiza kuzimisela ixesha kwaye ndibhale iimpendulo phantsi.

Ukuba kunento ongayiqondiyo, nceda undibuze ukuze ndikucacisele kwakhona.

Ingaba unombuzo? (phendula nawuphi na umbuzo asenokuba nawo umthabathi-nxaxheba ngaphandle kokungena nzulu kwiincukacha malunga noko kuqukwa yi y-IHDS)

Sesiphi isandla osisebenzisa rhoqo? (Chaza ngokubhala phantsi esona sandla asisebenzisa rhoqo) Kuyo yonke le misebenzi, siza kusebenzisa esi sandla ongasisebenzisi rhoqo (Khomba esi sandla isigulane esingasisebenzisi rhoqo).

Kulungile ke, masiqalise.

**y-IHDS isiXhosa**

1. Screen for cognitive/functional impairment.

Wawukhe waphinde ibanga? (please circle appropriate)

Ewe = 1 amanqaku

Hayi = 0 amanqaku

Memory registration – fundela isigulane igama elinye kumzuzwana ngamnye.

Ndizakufundela amagama amane: inja, umnqwazi, imbotyi, bomvu. Nceda undiphindele lamagama ngokuvakalayo. (yenza oku de isigulane siwakhumbule omane amagama)

Kulungile ke. Ndizakucela uwaphinde lamagama kwakhona ngelinye ixesha kamva.

2. Motor speed – bonisa ukubethaniswa kweminwe yesandla angayisebenzisi rhoqo ngokulandelayo: vula uze uphinde uvale ucikicane nobhontsi kakhulu kangangoko unako.

Ndicela wenze ngokufanayo ngeminwe yakho emibini yokuqala yesandla ongayisebenzisi rhoqo ngoluhlobo (mbonise), kufuneka uvule kakhulu nangokukhawulezisa kangangoko unako (yenza oku de isigulane sikwenze ngokuchanekileyo).

Kulungile. Ngoku ndizakubekela ixesha. Xa ndisithi qalisa, bethanisa iminwe yakho emibini yokuqala ngokuvulekileyo nangokukhawuleza kangangoko unako. Ingaba ukulungele? (lindela umqondiso obonisa ukuba isigulane sikulungele)

Qalisa! (qalisa ixesha elibalayo uze ubale ukubethana kweminwe okuchanileyo, uze wabele amanqaku ngokwesikali esingezantsi)

4 amanqaku = 15 + yokubethana okuchanileyo ngemizuzwana e5

3 amanqaku = 11-15 yokubethana okuchanileyo ngemizuzwana e5

2 amanqaku = 7-10 yokubethana okuchanileyo ngemizuzwana e5

1 inqaku = 3-6 yokubethana okuchanileyo ngemizuzwana e5

0 amanqaku = 0-2 yokubethana okuchanileyo ngemizuzwana e5 \_\_\_ / 4

3. Psychomotor speed – bonisa isigulane iintshukumo ngokulandelelanayo kwisandla angasisebenzisi rhoqo ngokulandelayo: shwabanisa isandla sibelinqindi phezu kwendawo ethe tyaba (eflet), wolule impama yesandla phezu kwendawo ethe tyaba (eflet), ubeke isandla ngecala kwindawo ethe tyaba ngecala likacikicane.

Ndicela wenze ngokufanayo ngeminwe yakho emibini yokuqala yesandla ongasisebenzisi rhoqo ngoluhlobo (mbonise), kufuneka wenze ngokukhawulezisa kangangoko unako (yenza oku de isigulane sikwenze oku ngokuchanekileyo)

Kulungile. Ngoku ndizakubekela ixesha. Xa ndisithi qalisa, yenza iintshukumo zesandla ngokukhawuleza kangangoko unako. Ukulungele? (lindela umqondiso obonisa isigulane sikulungele)

Qalisa! (qala ixesha elibalayo uze ubale ulandelelwano oluchanekileyo uze wabele amanqaku ngokwesikali esingezantsi)

Amanqaku amane (4) = 4 yolandelelwano oluchanekileyo ngemizuzwana e10

Amanqaku amathathu (3) = 3 yolandelelwano oluchanekileyo ngemizuzwana e10

Amanqaku amabini (2) = 2 yolandelelwano oluchanekileyo ngemizuzwana e10

Inqaku elinye (1) = 1 yolandelelwano oluchanekileyo ngemizuzwana e10

Iqanda /Akukho nqaku (0) = akakwazanga ukwenza ulandelelwano oluchanekileyo ngemizuzwana e10 \_\_\_ / 4

4. Memory recall/Inkumbulo – cela isigulane siphinde amagama amane ebesiwanikwe ekuqaleni, ukuba isigulane asiwakhumbulo amagama, ungamnika intluva ngoluhlobo: isilwanyana (endaweni yenja), into enxitywayo/impahla (endaweni yomnqwazi), imifuno (endaweni yembotyi) nombala (endaweni yobomvu).

Ingaba ungakwazi ukundichazela lamagama mane bendikuchazele wona ekuqaleni kwalomsebenzi? (bala amaqama aye wawakhumbula ngaphandle kokumphembelela uze wabele amangqaku ngokwesikali esingezantsi)

Amanqaku amane (4) = ukuba uwakhumbule omane (4) amagama ngaphandle kokuncediswa

Amanqaku amathathu (3) = amagama amathathu (3) awakhumbule ngaphandle kokuncediswa

Amanqaku amanini (2) = amagama amabini (2) awakhumbule ngaphandle kokuncediswa

Inqaku elinye (1) = igama elinye (1) alikhumbulileyo ngaphandle kokuncediswa

Isiqingatha (½) senqaku = ngegama ngalinye alikhumbulileyo emveni kokuba aye wanikwa intluva

Iqanda /Akukho nqaku (0) = ukuba akakwazanga ukukhumbula igama ngokunokwakhe kwaye/okanye encediswa ngentluva \_\_\_ / 4

**Amanqaku ewonke: \_\_\_\_\_**

**y-IHDS ukunikwa kwamanqaku**: Dibanisa u 2 ukuya ku 4 uthabathe u 1 akunike isiphumo samanqaku angaphakathi ku 12.

For example: (item 2 + item 3 + item 4) - (item 1)

Izigulane ezifumana amanqaku angu 10 okanye ngaphantsi, kufuneka ziphononongelwe ukuphazamiseka kwendlela yokucinga (cognitive impairment/disorder).