

Script

NAT Breakfast Task

Background

Important for the handling of multistep actions in the daily life of patients

Materials

- Evaluation sheet and pen
- Booklet with photos of finished slice of toast and tea

Left	Right
toast (at least 6 slices)	toaster
jam with loosely fastened cap	butter/ margarine
cup	1 knife
teabags in a container	1 table spoon
	1 tea spoon
	kettle filled with water (til 0.8l)
	sugar in a sugar pot

Instructions for the therapist

- Materials have to be arranged in front of the patient exactly as shown on the evaluation sheet
- **Before starting the test the kettle** is set to **40°C** to avoid burning
- kettle and toaster are plugged into multiple socket that has an **emergency stop**
- **support by the therapist is possible** but the patient has to initiate the action by himself
- in **dangerous** situations immediately **cancel** the action

Instructions for the patient

“I would like you to do the following two things (*showing two fingers*): **Please prepare one slice of toasted bread with butter/ margarine and jam** (*show the photo of the slice of toast*) **and a cup of tea with sugar** (*show the photo of the tea*). **Everything you need for this task is in front of you. I will help you if necessary, but you must start all actions on your own.**“

- if the patient does not start: **“Please begin with the task.”**
- if the patient is unsure e.g. because of Neglect: **“I cannot tell you how to solve this task. Everything you need is placed in front of you. Make sure to look to your left/ right.”**
- After one minute without any attempts: **“Please remember, the task was preparing breakfast consisting of a slice of toasted bread with butter/ margarine and jam, and a cup of tea with sugar.”**

Evaluation and interpretation

– Lateralized Attention Score (LAS)

- indicates which materials were **attended to**
- check which materials were touched independent of these being used or not
- **LAS** = contralesional proportion – ipsilesional proportion
- **Interpretation recommendation:** “The patient especially payed attention to objects on his contralesional/ ipsilesional side.”

– Accomplishment Score (AS)

- measures how much **parts of the task were performed**
- **Maximum number of points:** 7 points
- **Interpretation recommendation:** “The patient could achieve all parts of the task. / The patient was only able to achieve some parts of the task (preparing tea/ toast). / The task was too difficult and the patient was overstrained.”

– Error Score (ES)

- measures how many **errors** were made while performing the task
- apraxic errors and omissions are counted
- **Ideal number:** 0
- **Interpretation recommendation:** “The patient made a lot of/ some/ no errors while executing the task. / Errors that occur most frequent are omissions and perseverations.”

– Naturalistic Action Task Score (NAT Score)

- **combines AS and ES**
- **Interpretation recommendation:** “Overall, the patient was (not) able to solve the task independently/ with help/ and with a lot of/ some/ no errors.”

Error examples

see Manual page 42