

## Using the Wheelchair Skills Test (WST) and Wheelchair Skills Test Questionnaire (WST-Q) to Assess Manual and Powered Wheelchair Users – A Practical Workshop

R Lee Kirby and Cher Smith

### Learning Objectives

Participants will be able to:

1. Describe the Wheelchair Skills Test (WST) and the Wheelchair Skills Test Questionnaire (WST-Q) and the research evidence underlying them.
2. Access the WST and WST-Q Manuals and related forms from the Wheelchair Skills Program website.
3. Implement the WST and WST-Q in their own settings.

**Table. Comparison of WST and WST-Q**

Consideration	WST	WST-Q
Time to administer	~30 minutes	~10 minutes
Obstacles needed	Yes	No
Space needed	~1000 sq feet	None
Induces a training effect	Probable (~5%)	None known
Can assess capacity ( <i>can do</i> )	Yes	Yes
Can assess confidence	No	Yes
Can assess performance ( <i>does do</i> )	No	Yes
Simulated vs real setting	Simulated usually	Real
Affected by missing equipment	Yes	No
Likelihood of failing a skill on a technicality	Occasional	None
Degree of specificity of settings	High	Low
Possibility of a testing error	Occasional	Rare
Can be administered by phone	No	Yes
Can be administered by mailed questionnaire	No	Yes
Can be administered on-line	No	Yes
Can be completed by a proxy	No	Yes
Requires ability to follow instructions	Yes	No
Requires ability to communicate	No	Yes (unless proxy)
Potential to misrepresent functional level	Low	Slightly greater
Provides detail about <i>how</i> skills performed	Yes	No
Risk of injury	Minimal	None
Total scores	Slightly lower	Slightly higher

### References

1. <http://www.wheelchairskillsprogram.ca/eng/manual.php>.
2. <http://www.wheelchairskillsprogram.ca/eng/publications.php>.

**Wheelchair Skills Test Questionnaire (WST-Q), Version 4.3**  
**Manual Wheelchairs Operated by Wheelchair Users**

Name of the wheelchair user: \_\_\_\_\_ Date: \_\_\_\_\_

Person completing questionnaire (if not user): \_\_\_\_\_

Relationship between the wheelchair user and the person who helped him/her: \_\_\_\_\_

#	Individual Skill	Capacity (0-2)	Confidence (0-2)	Performance (0-4)	Training Goal? (Y/N)
1	Rolls forwards short distance				
2	Rolls backwards short distance				
3	Turns in place				
4	Turns while moving forwards				
5	Turns while moving backwards				
6	Maneuvers sideways				
7	Reaches high object				
8	Picks object from floor				
9	Relieves weight from buttocks				
10	Operates body positioning options				
11	Level transfer				
12	Folds and unfolds wheelchair				
13	Gets through hinged door				
14	Rolls longer distance				
15	Avoids moving obstacles				
16	Ascends slight incline				
17	Descends slight incline				
18	Ascends steep incline				
19	Descends steep incline				
20	Rolls across side-slope				
21	Rolls on soft surface				
22	Gets over threshold				
23	Gets over gap				
24	Ascends low curb				
25	Descends low curb				
26	Ascends high curb				
27	Descends high curb				
28	Performs stationary wheelie				
29	Turns in place in wheelie position				
30	Descends high curb in wheelie position				
31	Descends steep incline in wheelie position				
32	Gets from ground into wheelchair				
33	Ascends stairs				
34	Descends stairs				
Total scores:			%		

**Wheelchair Skills Test Questionnaire (WST-Q), Version 4.3**  
**Powered Wheelchairs Operated by Wheelchair Users**

Name of the wheelchair user: \_\_\_\_\_ Date: \_\_\_\_\_

Person completing questionnaire (if not user): \_\_\_\_\_

Relationship between the wheelchair user and the person who helped him/her: \_\_\_\_\_

#	Individual Skill	Capacity (0-2)	Confidence (0-2)	Performance (0-4)	Training Goal? (Y/N)
1	Moves controller away and back				
2	Turns power on and off				
3	Selects drive modes and speeds				
4	Disengages and engages motors				
5	Operates battery charger				
6	Rolls forwards short distance				
7	Rolls backwards short distance				
8	Turns in place				
9	Turns while moving forwards				
10	Turns while moving backwards				
11	Maneuvers sideways				
12	Reaches high object				
13	Picks object from floor				
14	Relieves weight from buttocks				
15	Operates body positioning options				
16	Level transfer				
17	Gets through hinged door				
18	Rolls longer distance				
19	Avoids moving obstacles				
20	Ascends slight incline				
21	Descends slight incline				
22	Ascends steep incline				
23	Descends steep incline				
24	Rolls across side-slope				
25	Rolls on soft surface				
26	Gets over threshold				
27	Gets over gap				
28	Ascends low curb				
29	Descends low curb				
30	Gets from ground into wheelchair				
Total scores:			%		