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

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

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