

## Abnormal Involuntary Movement Scale (AIMS)

- AIMS is a rating scale to assess side effects of Antipsychotic Drugs ONLY
  - AIMS measures involuntary movements known as tardive dyskinesia (TD)
  - TD is a syndrome characterized by abnormal involuntary movements of the patient's face, mouth, trunk, or limbs, which affects 20%–30% of patients who have been treated for months or years with antipsychotic medications.
  - **The AIMS test is used not only to detect TD but also to follow the severity of a patient's TD over time.**
  - Patients who are older, heavy smokers, or have diabetes mellitus are at higher risk of developing TD while on antipsychotic medications
  - Symptoms of TD can be reversible in many patients. Symptoms can be reversed by lowering the current dose or considering a different antipsychotic medication such as an atypical. However, in some cases TD has been irreversible.
- Drugs that can cause Tardive Dyskinesia :

TYPICAL ANTIPSYCHOTICS		ATYPICAL ANTIPSYCHOTICS	
Haloperidol (Haldol)	Fluphenazine (Prolixin)	Aripiprazole (Abilify)	Primavanserin (Nuplazid)
Loxapine (Loxitane)	Trifluoperazine (Stelazine)	Clozapine (Clozaril)	Risperidone (Risperdal)
Thioridazine (Mellaril)	Chlorpromazine (Thorazine)	Ziprasidone (Geodon)	Quetiapine (Seroquel)
Thiothixine (Navane)	Perphenazine (Trilafon)	Lurasidone (Lutuda)	Olanzapine (Zyprexa)

\*\*\*Typical antipsychotics are more likely to cause TD compared to atypical antipsychotics

- Metoclopramide (Reglan)
- AIMS Description
  - The entire test can be completed in 10 minutes
  - The patient must be calm and sitting in a **firm chair that does not have arms**
  - Total of 12 items in 5 sections rated on a five-point scale of severity from 0-4
    - 0 (None), 1 (Minimal), 2 (Mild), 3 (Moderate), 4 (Severe)
- How to Conduct the Exam: Brief Overview
  - **Section A. Facial and Oral Movements**
    - Ask Resident to open mouth: Observe tongue in mouth at rest. Do Twice
    - Ask Resident to protrude tongue: Observe any abnormal movements.
    - Observe movements of Facial Muscles/Expressions, Lips, Jaw and Tongue
  - **Section B. Extremity Movements**
    - Flex and extend Resident's left and right arm. One at a time
    - Ask Resident to extend both arms outstretched in front with palms down
    - Have Resident walk a few paces, turn, and walk back to chair. Do Twice
    - Ask Resident to tap thumb, with each finger, as rapidly as possible for 10-15 seconds; separately with right hand then left hand.
  - **Section C. Trunk Movements**
    - Ask Resident to Stand up. Observe all body areas
    - Have Resident sit in chair with hands on knees, legs slightly apart. Observe body for any movements
    - Ask Resident to sit with hands unsupported between legs. Observe any movements
    - Ask Resident if they recognize any abnormal movements and if YES, have the resident describe them
    - Look for rocking, twisting, squirming, pelvic gyrations
  - Section D & E. Global Judgments (Resident's awareness of Abnormal Movements) & Dental Status
- Overall, AIMS is a very useful tool to detect/ assess side effects of Antipsychotic Medications
- Any patient on an antipsychotic medication should have AIMS testing completed on a regular basis to monitor for TD and track progression of the TD if present.

