

Department of Physiotherapy, JSS Hospital

Geriatric Evaluation Form

Name: Age: Sex: Occupation: OP/ IP No:

Chief complaints:

Height:

Weight:

History of present illness:

Past medical history:

Drug history:

Family history:

Personal history:

Observation:

HR:

RR:

SPO2:

BP:

Neurological Examination:

Higher mental function:

Sensory:

Muscle tone:

Muscle power:

Reflexes:

Co-ordination:

Balance:

Orthopedic Evaluation:

Pain assessment:

Range of motion:

Tightness/ Deformities/ Contractures:

Limb length measurement:

Gait evaluation:

Cardio-pulmonary Evaluation:

Dyspnoea:

Auscultatory findings:

Risk of falls assessment:

Tinetti POMA score-
Interpretation-

TUG score-
Interpretation-

Functional evaluation:

FIM score:

If FIM 7, 6 MWD:

Predicted 6 MWD:

Problems list:

Impairment	Disability	Handicap

Aims & Means:

Signature of Therapist:
Date:

Tinetti Performance Oriented Mobility Assessment (POMA) - Balance Tests -

Initial instructions: Subject is seated in hard, armless chair. The following maneuvers are tested.

- | | | | | |
|----|--|--|----------------|------|
| 1. | <u>Sitting Balance</u> | Leans or slides in chair
Steady, safe | =0
=1 | ____ |
| 2. | <u>Arises</u> | Unable without help
Able, uses arms to help
Able without using arms | =0
=1
=2 | ____ |
| 3. | <u>Attempts to Arise</u> | Unable without help
Able, requires > 1 attempt
Able to rise, 1 attempt | =0
=1
=2 | ____ |
| 4. | <u>Immediate Standing Balance</u> (first 5 seconds) | | | |
| | Unsteady (swaggers, moves feet, trunk sway) | | =0 | |
| | Steady but uses walker or other support | | =1 | |
| | Steady without walker or other support | | =2 | ____ |
| 5. | <u>Standing Balance</u> | | | |
| | Unsteady | | =0 | |
| | Steady but wide stance(medial heels > 4 inches apart) and uses cane or other support | | =1 | |
| | Narrow stance without support | | =2 | ____ |
| 6. | <u>Nudged</u> (subject at maximum position with feet as close together as possible, examiner pushes lightly on subject's sternum with palm of hand 3 times) | | | |
| | | Begins to fall | =0 | |
| | | Staggers, grabs, catches self | =1 | |
| | | Steady | =2 | ____ |
| 7. | <u>Eyes Closed</u> (at maximum position of item 6) | | | |
| | Unsteady | | =0 | |
| | Steady | | =1 | ____ |
| 8. | <u>Turing 360 Degrees</u> | | | |
| | | Discontinuous steps | =0 | |
| | | Continuous steps | =1 | ____ |
| | | Unsteady (grabs, staggers) | =0 | |
| | | Steady | =1 | ____ |
| 9. | <u>Sitting Down</u> | | | |
| | Unsafe (misjudged distance, falls into chair) | | =0 | |
| | Uses arms or not a smooth motion | | =1 | |
| | Safe, smooth motion | | =2 | ____ |

BALANCE SCORE: ____/16

Tinetti Performance Oriented Mobility Assessment (POMA)

- Gait Tests -

Initial Instructions: Subject stands with examiner, walks down hallway or across room, first at “usual” pace, then back at “rapid, but safe” pace (using usual walking aids)

10. **Initiation of Gait** (immediately after told to “go”
 Any hesitancy or multiple attempts to start =0
 No hesitancy =1 _____
11. **Step Length and Height**
 Right swing foot
 Does not pass left stance foot with step =0
 Passes left stance foot =1 _____
 Right foot does not clear floor completely
 With step =0
 Right foot completely clears floor =1 _____
 Left swing foot
 Does not pass right stance foot with step =0
 Passes right stance foot =1 _____
 Left foot does not clear floor completely
 With step =0
 Left foot completely clears floor =1 _____
12. **Step Symmetry**
 Right and left step length not equal (estimate) =0
 Right and left step length appear equal =1 _____
13. **Step Continuity**
 Stopping or discontinuity between steps =0
 Steps appear continuous =1 _____
14. **Path** (estimated in relation to floor tiles, 12-inch diameter;
 observe excursion of 1 foot over about 10 ft. of the course)
 Marked deviation =0
 Mild/moderate deviation or uses walking aid =1
 Straight without walking aid =2 _____
15. **Trunk**
 Marked sway or uses walking aid =0
 No sway but flexion of knees or back or
 Spreads arms out while walking =1
 No sway, no flexion, no use of arms, and no
 Use of walking aid =2 _____
16. **Walking Stance**
 Heels apart =0
 Heels almost touching while walking =1 _____

GAIT SCORE = _____/12

BALANCE SCORE = _____/16

TOTAL SCORE (Gait + Balance) = _____/28

{ < 19 high fall risk, 19-24 medium fall risk, 25-28 low fall risk }