

## Tinetti Balance Assessment Tool

Risk For Falling: < 19 High, Risk of Falling  
 19 to 23, Increased Risk of Falling  
 > 24, Low Risk of Falling

<b>BALANCE TESTS: Subject is seated on hard, armless chair</b>				
<b>DATE:</b>				
<b>SITTING BALANCE</b> Leans or slides in chair = 0; Steady, safe = 1				
<b>ARISES</b> Unable without help = 0; Able, uses arms to help = 1; Able without using arms = 2				
<b>ATTEMPTS TO RISE</b> Unable without help = 0; Able, requires > 1 attempt = 1; Able on first attempt = 2				
<b>IMMEDIATE STANDING BALANCE (first 5 seconds)</b> Unsteady (moves feet, sway, swaggers) = 0; Steady but uses support = 1; Steady without support = 2				
<b>STANDING BALANCE</b> Unsteady = 0; Steady but > 4 inch BOS and requires support = 1; Narrow stance without support = 2				
<b>STERNAL NUDGE (feet close together)</b> Begins to fall = 0; Staggers, grabs, catches self = 1; Steady = 2				
<b>EYES CLOSED (feet close together)</b> Unsteady = 0; Steady = 1				
<b>TURNING 360°</b> Discontinuous steps = 0; Continuous steps = 1				
<b>TURNING 360°</b> Unsteady (grabs, staggers) = 0; Steady = 1				
<b>SITTING DOWN</b> Unsafe (misjudges distance, falls) = 0; Uses arms or not a smooth motion = 1; Safe, smooth motion = 2				
<b>BALANCE SCORE TOTAL</b>	<b>/16</b>	<b>/16</b>	<b>/16</b>	<b>/16</b>
<b>GAIT TESTS: Subject walks at normal pace</b>				
<b>GAIT INITIATION (immediate after told "go")</b> Any hesitancy, multiple attempts to start = 0; No hesitancy = 1				
<b>STEP LENGTH</b> R swing foot passes L stance leg = 1; L swing foot passes R stance leg = 1				
<b>FOOT CLEARANCE</b> R foot completely clears floor = 1; L foot completely clears floor = 1				
<b>STEP SYMMETRY</b> R and L step length unequal = 0; R and L step length equal = 1				
<b>STEP CONTINUITY</b> Stopping or discontinuity between steps = 0; Steps appear continuous = 1				
<b>PATH (excursion)</b> Marked deviation = 0; Mild/moderate deviation or uses device = 1; Straight without assistive device = 2				
<b>TRUNK</b> Marked sway or uses assistive device = 0; No sway, but knee or trunk flexion or spreads arms out while walking = 1; None of above deviations = 2				
<b>BASE OF SUPPORT</b> Heels apart = 0; Heels almost touching with gait = 1				
<b>GAIT SCORE TOTAL</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>
<b>Assistive Device</b>				
<b>COMBINED BALANCE AND GAIT SCORE</b>	<b>/28</b>	<b>/28</b>	<b>/28</b>	<b>/28</b>
<b>THERAPIST INITIALS</b>				

# Tinetti Balance Assessment Tool

**Anne Shumway-Cook, Marjorie H.  
Woollacott, Jaya Rachwani, Victor  
Santamaria**



## **Tinetti Balance Assessment Tool:**

**Interrater Ability of the Tinetti Balance Assessment Tool** Mark Hedetniemi, Yoo Mee Lee, 2002      **Primary Care Tools for Clinicians** Lorraine Loretz, 2005-01-01 Designed to save time and assist busy practitioners this book guides standardized assessment and documentation of a patient's condition by providing ready to use forms that represent the gold standard of current practice      *Measurement Scales Used in Elderly Care* Abhaya Gupta, Almas Rehman, 2017-11-22 This unique concise ready reference for daily use collates for the first time the most useful practical and simple assessment scales used in geriatric settings It provides tools to identify clinical conditions and health outcomes objectively and reliably It is essential as a clinical primer and everyday reference guide for all practising and training members of multidisciplinary teams including consultants and doctors in specialist training career grade doctors and general practitioners and medical students nurses health visitors dieticians and social workers allied health professionals such as physiotherapists occupational therapists speech and language therapists and managers of elderly care services Assessment is central to the practice of Geriatric Medicine All members of the multidisciplinary team require a sound knowledge of the basic principles of measurement scales We need to be competent in using and selecting appropriate scales understanding which scales are valid and fit for purpose Unfortunately up to now this has been a difficult task often requiring reference to original papers Dr Gupta's scholarship has come to the rescue He has trawled through the many hundreds of scales available selecting those most useful for the specialty This book will be valuable to all members of the multidisciplinary team Dr Gupta has done an excellent job outlining the theory and practice of measurement scales He has put together an extremely useful compendium of scales I congratulate him and wish his publication every success I can foresee this publication becoming an essential text for every unit library and valuable book for individual clinicians Dr Jeremy Playfer in his Foreword This book summarises the most commonly used validated assessment scales which can be used by medical students postgraduate trainees consultants and the multidisciplinary team members I hope a copy of this book will be kept on every ward outpatient department and GP practice for daily use and reference Professor Bim Bhowmick OBE in his Foreword      **Geriatric Nursing Protocols for Best Practice** Mathy Doval Mezey, 2003 The protocols in this thoroughly updated edition address key clinical conditions and circumstances likely to be encountered by a hospital nurse caring for older adults They represent best practices for acute care of the elderly as developed by nursing experts around the country as part of the Hartford Foundation's Nurses Improving Care to the Hospitalized Elderly project NICHE New to this edition are chapters on evaluating practice guidelines and measuring quality and outcome of care Although the protocols were developed for acute care they can be easily modified to work in other practice settings such as the nursing home or home care      **Handbook of Geriatric Care Management** Cathy Cress, 2007 This book is a reference which addresses the many settings that geriatric care managers find themselves in such as hospitals long term care facilities and assisted living and rehabilitation facilities It also includes case studies and

sample forms      **Functional Testing in Human Performance** Michael P. Reiman, Robert C. Manske, 2009 Functional Testing in Human Performance offers clinicians the first ever compilation of information on clinical and data based functional testing for sport exercise and occupational settings This unique text serves as a primary resource for accurate assessment of individuals functional abilities in order to develop program prescriptions to enhance their performance Functional Testing in Human Performance is a comprehensive learning tool for novices and an essential reference for advanced clinicians The text defines the role of function in physical performance and how it can be appropriately tested Especially helpful for novices the text explains testing criteria testing terms relevant to research and selecting the most appropriate test and testing sequence Common testing mistakes are also presented as well as pitfalls to avoid when testing The text also includes case studies that illustrate a variety of situations including testing for a client recovering from a lower extremity injury discussing preseason testing for a large group of athletes and presenting the study of a client in an occupational setting These cases include detailed statistical analysis and normative data offering clinicians the opportunity to consider the application of functional testing and implementation strategies adaptable to their specific practice setting After laying a foundation the text progresses to detailed testing procedures for discrete physical parameters and specific regions of the body Tests are organized from least to most complex and each test is presented in a step by step manner outlining the purpose of the test equipment needed testing procedure and recommendations for performing the test interpretation of results and the data to suggest normative values reliability and validity for each test This formatting facilitates quick reference to testing information for on the spot use whether in the clinic athletic training room gym or job site Throughout the text the functional tests are accompanied by photos for visual clarity To enhance understanding a companion DVD features live action demonstrations of 40 of the most advanced tests Icons on those test pages indicate they are modeled on the DVD In addition the DVD may be loaded onto a computer to offer convenient print on demand access to reproducible forms for recording data from selected tests Functional Testing in Human Performance offers a unique and comprehensive reference for assessment of physical activities in sport recreation work and daily living By presenting the theory and detailing the practice this text assists clinicians in understanding and incorporating functional testing to identify their patients or clients limitations and enhance their performance rehabilitation and daily functioning      Motor Control Anne Shumway-Cook, Marjorie H. Woollacott, 2007 Motor Control is the only text to bridge the gap between current motor control research and its applications to clinical practice The text prepares therapists to examine and treat patients with problems related to balance mobility and upper extremity function based on the best available evidence supporting clinical practice The Third Edition features a new two color design with an updated art program This edition provides the latest research findings and their clinical applications in postural control mobility and upper extremity function Drawings charts tables and photographs are also included to clarify postural control and functional mobility and laboratory activities and case studies are provided to reinforce key concepts

**Mosby's Guide to Physical Examination** Henry M. Seidel, 2011-01-01 With a strong patient centered approach to care and an author team comprised of nurses and physicians Seidel's Guide to Physical Examination 8th Edition addresses teaching and learning health assessment in nursing medical and a wide variety of other health care programs at both undergraduate and graduate levels This new edition offers an increased focus on evidence based practice and improved readability along with integrated lifespan content and numerous special features such as Clinical Pearls and Physical Variations Functional Assessment and Staying Well boxes Evidence Based Practice in Physical Examination boxes supply you with current data on the most effective techniques for delivering quality patient care Clinical Pearls lend insights and clinical expertise to help you develop clinical judgment skills Functional Assessment boxes present a more holistic approach to patient care that extends beyond the physical exam to patients functional ability Staying Well boxes focus you on patient wellness and health promotion Risk Factor boxes provide opportunities for patient teaching or genetic testing for a variety of conditions Differential diagnosis content offers you an understanding of how disease presentations vary and specific information for how to make diagnoses from similar abnormal findings Abnormal Findings tables equip you with a quick illustrated reference that allows for comparisons of various abnormalities along with key symptoms and underlying pathophysiology Sample Documentation boxes clarify appropriate professional language for the process of recording patient assessment data NEW Advance Practice Skills highlighted throughout text makes identification and reference easier for students NEW Updated content throughout provides you with cutting edge research and a strong evidence based approach to care NEW Vital Signs and Pain Assessment Chapter groups important foundational tasks together for easy reference in one location NEW Improve readability ensures content remains clear straightforward and easy to understand NEW Updated illustrations and photographs enhances visual appeal and clarifies anatomic concepts and exam techniques

**Motor Control** Anne Shumway-Cook, Marjorie H. Woollacott, Jaya Rachwani, Victor Santamaria, 2023-04-05 Motor Control Translating Research into Clinical Practice 6th Edition is the only text that bridges the gap between current and emerging motor control research and its application to clinical practice Written by leading experts in the field this classic resource prepares users to effectively assess evaluate and treat clients with problems related to postural control mobility and upper extremity function using today's evidence based best practices This extensively revised 6th Edition reflects the latest advances in research and features updated images clinical features and case studies to ensure a confident transition to practice Each chapter follows a consistent straightforward format to simplify studying and reinforce understanding of normal control process issues age related issues research on abnormal function clinical applications of current research and evidence to support treatments used in the rehabilitation of patients with motor control problems

**Perturbation-based balance training** Yoshiro Okubo, Christopher McCrum, 2023-11-02

**Perioperative Care of the Elderly** Gabriella Bettelli, 2017-11-16 This innovative comprehensive book covers key elements of perioperative management of older patients

from preoperative evaluation to post hospital care

**Fragility Fracture Nursing** Karen Hertz,Julie

Santy-Tomlinson,2018-06-15 This open access book aims to provide a comprehensive but practical overview of the knowledge required for the assessment and management of the older adult with or at risk of fragility fracture It considers this from the perspectives of all of the settings in which this group of patients receive nursing care Globally a fragility fracture is estimated to occur every 3 seconds This amounts to 25 000 fractures per day or 9 million per year The financial costs are reported to be 32 billion EUR per year in Europe and 20 billion USD in the United States As the population of China ages the cost of hip fracture care there is likely to reach 1 25 billion USD by 2020 and 265 billion by 2050 International Osteoporosis Foundation 2016 Consequently the need for nursing for patients with fragility fracture across the world is immense Fragility fracture is one of the foremost challenges for health care providers and the impact of each one of those expected 9 million hip fractures is significant pain disability reduced quality of life loss of independence and decreased life expectancy There is a need for coordinated multi disciplinary models of care for secondary fracture prevention based on the increasing evidence that such models make a difference There is also a need to promote and facilitate high quality evidence based effective care to those who suffer a fragility fracture with a focus on the best outcomes for recovery rehabilitation and secondary prevention of further fracture The care community has to understand better the experience of fragility fracture from the perspective of the patient so that direct improvements in care can be based on the perspectives of the users This book supports these needs by providing a comprehensive approach to nursing practice in fragility fracture care

**5-Minute Clinical Consult 2023**

Frank J. Domino,Robert A. Baldor,Kathleen A. Barry,Jeremy Golding,Mark B. Stephens,2022-03-02 Practical and highly organized The5 Minute Clinical Consult 2023 provides rapid access to the diagnosis treatment medications follow up and associated conditions for more than 540 disease and condition topics to help you make accurate decisions at the point of care Organized alphabetically by diagnosis it presents brief bulleted points in a templated format and contains more than 100 diagnostic and therapeutic algorithms Edited by Frank J Domino Robert A Baldor Kathleen A Barry Jeremy Golding and Mark B Stephens this up to date bestselling reference delivers maximum clinical confidence as efficiently as possible allowing you to focus your valuable time on providing high quality care to your patients

*Advances in Human Factors and Ergonomics in Healthcare and Medical Devices* Vincent Duffy,Nancy Lightner,2017-06-17 This book discusses the latest advances in human factors and ergonomics focusing on methods for improving quality safety efficiency and effectiveness in patient care By emphasizing the physical cognitive and organizational aspects of human factors and ergonomics applications it presents various perspectives including those of clinicians patients health organizations and insurance providers The book describes cutting edge applications highlighting best practices for staff interactions with patients as well as interactions with computers and medical devices It also presents new findings related to improved organizational outcomes in healthcare settings and approaches to modeling and analysis specifically targeting those work aspects unique to healthcare Based on

the AHFE 2017 International Conference on Human Factors and Ergonomics in Healthcare and Medical Devices held on July 17-21, 2017 in Los Angeles, California, USA. The book is intended as a timely reference guide for both researchers involved in the design of healthcare systems and devices and for healthcare professionals working to deliver safe and effective health service. Moreover, by providing a useful survey of cutting edge methods for improving organizational outcomes in healthcare settings, the book also represents a source of inspiration for healthcare counselors and international health organizations.

An Introduction to Hospitals and Inpatient Care Saeid Mirafzali, MD, Janice Foust, PhD, RN, Eugenia L. Siegler, MD, FACP, 2003-02-01. This book offers an overview of key elements of the hospital: its structure, administration, and its functioning. Students and new clinicians may be so focused on mastering specific clinical skills that they have little time to observe or question the whole process of care. This book looks beyond acute disease to the environment of care: how it works, how it doesn't work, and how it might improve. Issues discussed include understanding and communicating with families, the basics of hospital finance, how dangerous hospitalization can be to the elderly, and how to minimize errors. Medical students and residents, advanced practice nurses, and physician's assistants are among the many potential readers for this book.

*Clinical Disorders of Balance, Posture and Gait, 2Ed* Adolfo Bronstein, T. Brandt, 2004-03-29. The diagnosis and treatment of the patient with critically impaired walking abilities present the busy physician with a formidable challenge. This book provides a comprehensive account of the various balance, posture, and gait disorders and of the methods for their effective management. The text is divided into five sections dealing with: Mild Traumatic Brain Injury Rehabilitation Toolkit Margaret M. Weightman, Mary Vining Radomski, Pauline A. Mashima, Borden Institute (U.S.), Carole R. Roth, 2014. NOTE: NO FURTHER DISCOUNT ON THIS PRODUCT TITLE OVER STOCK SALE. Significantly reduced list price. Traumatic brain injury (TBI) is a complex condition for which limited research exists. The recent conflicts in Iraq and Afghanistan have resulted in numerous service members returning home after sustaining TBI, and healthcare providers scrambling to find resources on how to treat them. This toolkit is a comprehensive source of inventories and therapy options for treating service members with mild TBI. All aspects of mild TBI are covered, including vestibular disorders, vision impairment, balance issues, posttraumatic headache, temporomandibular dysfunction, cognition, and fitness, among others. With easy-to-follow treatment options and evaluation instruments, this toolkit is a one-stop resource for clinicians and therapists working with patients with mild TBI. Mild Traumatic Brain Injury Rehabilitation Toolkit Margaret Weightman, Mary Vining Radomski, Pauline A. Mashima, Carole R. Roth, 2014-03-01. Traumatic brain injury (TBI) is a complex condition for which limited research exists. The recent conflicts in Iraq and Afghanistan have resulted in numerous service members returning home after sustaining TBI, and healthcare providers scrambling to find resources on how to treat them. This toolkit is a comprehensive source of inventories and therapy options for treating service members with mild TBI. All aspects of mild TBI are covered, including vestibular disorders, vision impairment, balance issues, posttraumatic headache, temporomandibular dysfunction, cognition, and fitness.

among others With easy to follow treatment options and evaluation instruments this toolkit is a one stop resource for clinicians and therapists working with patients with mild TBI

*Seidel's Guide to Physical Examination - E-Book* Jane W. Ball, Joyce E. Dains, John A. Flynn, Barry S. Solomon, Rosalyn W. Stewart, 2014-02-01 Seidel's Guide to Physical Examination is a comprehensive textbook of physical examination history taking and health assessment with a unique emphasis on differential diagnosis and variations across the lifespan The book conveys a uniquely compassionate patient centered approach to physical examination with a strong evidence based foundation Evidence Based Practice in Physical Examination boxes supply you with current data on the most effective techniques for delivering quality patient care Clinical Pearls lend insights and clinical expertise to help you develop clinical judgment skills Functional Assessment boxes present a more holistic approach to patient care that extends beyond the physical exam to patients functional ability Staying Well boxes focus you on patient wellness and health promotion Risk Factor boxes provide opportunities for patient teaching or genetic testing for a variety of conditions Differential diagnosis content offers you an understanding of how disease presentations vary and specific information for how to make diagnoses from similar abnormal findings Abnormal Findings tables equip you with a quick illustrated reference that allows for comparisons of various abnormalities along with key symptoms and underlying pathophysiology Sample Documentation boxes clarify appropriate professional language for the process of recording patient assessment data NEW Advance Practice Skills highlighted throughout text makes identification and reference easier for students NEW Updated content throughout provides you with cutting edge research and a strong evidence based approach to care NEW Vital Signs and Pain Assessment Chapter groups important foundational tasks together for easy reference in one location NEW Improve readability ensures content remains clear straightforward and easy to understand NEW Updated illustrations and photographs enhances visual appeal and clarifies anatomic concepts and exam techniques

*Evidence-Based Geriatric Medicine* Jayna Holroyd-Leduc, Madhuri Reddy, 2012-03-09 The latest addition to the Evidence Based Book series Evidence Based Geriatric Medicine provides non geriatrician clinicians an overview of key topics central to the care of the older patient This guide focuses on the management of common problems in the elderly taking into account their life situations as well as treatment of specific conditions Leading geriatricians with expertise in evidence based medicine utilize the best available evidence and present this information in a concise easy to use question based format Evidence Based Geriatric Medicine is a unique guide to the optimum management of older patients



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