

TINETTI ASSESSMENT TOOL: Description

POPULATION

Adult population, elderly residents

DESCRIPTION

The Tinetti Assessment Tool is a simple, easily administered test that measures a resident's gait and balance. The test is scored on the resident's ability to perform specific tasks.

MODE OF ADMINISTRATION

The Tinetti Assessment Tool is a task-performance exam

TIME TO COMPLETE

10 to 15 minutes

SCORING

Scoring of the Tinetti Assessment Tool is done on a three point ordinal scale with a range of 0 to 2. A score of 0 represents the most impairment, while a score of 2 represents independence. The individual scores are then combined to form three measures; an overall gait assessment score, and overall balance assessment score, and a combined gait and balance score.

INTERPRETATION

The maximum score for the gait component is 12 points. The maximum score for the balance component is 16 points. The maximum total score is 28 points. IN general, residents who score below 19 are at a high risk for falls. Residents who score in the range of 19 – 24 points indicate that the resident has a risk for falls.

RELIABILITY

Interrater reliability was measured in a study of 15 residents by having a physician and a nurse test the residents at the same time. Agreement was found on over 85% of the time and the items that differed never did so by more than 10%. These results indicate that the Tinetti Assessment Tool has good interrater reliability.

VALIDITY

Not reported

REFERENCES

Lewis C. Balance, Gait Test Proves Simple Yet Useful. *P.T. Bulletin*, 1993; 2/10:9 & 40
Tinetti ME. Performance-oriented Assessment of Mobility Problems in Elderly Patients. *JAGS* 1986; 34:119-126.

TINETTI ASSESSMENT TOOL: BALANCE

RESIDENT NAME: _____

Initial Instructions: Subject is seated on a hard, armless chair. The following maneuvers are tested.

TASK	DESCRIPTION OF BALANCE	Possible	Score	Date	Score	Date	Score	Date
1. SITTING BALANCE	Leans or slides in chair	0						
	Steady, safe	1						
2. RISES FROM CHAIR	Unable without help	0						
	Able, uses arms to help up	1						
	Able without using arms	2						
3. ATTEMPTS TO RISE FROM CHAIR	Unable without help	0						
	Able, requires > 1 attempt	1						
	Able to rise in 1 attempt	2						
4. IMMEDIATE STANDING BALANCE (first 5 seconds)	Unsteady (swaggers, moves feet, trunk sways)	0						
	Steady but uses walker or other support	1						
	Steady without walker or other support	2						
5. STANDING BALANCE	Unsteady	0						
	Steady but wide stance (heels 4 inches apart) and uses cane or other support	1						
	Narrows stance without support	2						
6. NUDGED (subject at max 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. EYES CLOSED (at max position - see #6 above)	Unsteady	0						
	Steady	1						
8. TURNING 360 DEGREES	Discontinuous steps	0						
	Continuous steps	1						
	Unsteady (grabs, swaggers)	0						
	Steady	1						
9. SITTING DOWN	Unsafe (misjudged distance, falls into Chair)	0						
	Uses arms or not a smooth motion	1						
	Safe, smooth motion	2						
BALANCE SCORES:								
				RATE 1	RATE 2	RATE 3		

DATE OF ASSESSMENT	ASSESSOR SIGNATURE AND TITLE	LOCATION DURING ASSESSMENT
1.		
2.		
3.		

TINETTI ASSESSMENT TOOL: GAIT

RESIDENT NAME: _____

Initial Instructions: Subject stands with examiner, walks down the hallway or across the room, first at “usual” pace, then back at “rapid but safe” pace. Use usual walking aid.

TASK	DESCRIPTION OF BALANCE	Possible	Score	Date	Score	Date	Score	Date
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						
	RIGHT foot 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						
	LEFT foot 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 appear equal	1						
13. STEP CONTINUITY	Stopping or discontinuity between steps	0						
	Steps appear to continue	1						
14. PATH (estimated in relation to floor tiles, 12-inch diameter. Observe excursion of 1 foot over about 10 feet 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						
		Score - GAIT:						
		Score - BALANCE:						
		Score: BALANCE & GAIT:						

< 19 = HIGH FALL RISK
 19-24 = MEDIUM FALL RISK
 25-28 = LOW FALL RISK

RATE 1 RATE 2 RATE 3

Side 2 of 2

DATE OF ASSESSMENT	ASSESSOR SIGNATURE AND TITLE	LOCATION DURING ASSESSMENT
1.		
2.		
3.		