

Naam:

Geb.datum:

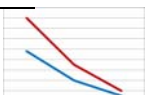
Datum:

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## Tinetti assessment tool

Deze test bestaat uit twee delen, namelijk het deel balans (negen items) en het deel ganganalyse (zeven items). Voorbeelden van items van het deel balans zijn: evenwicht in zit, evenwicht in stand, op de plaats 360° draaien. De maximale score is 16. Voorbeelden van de ganganalyse zijn: staphoogte, stapasymmetrie en stabiliteit van de romp. De maximale score is 12. De totale maximale score is 28.

Een aantal items van beide schalen is prognostisch voor een verhoogd valrisico.<sup>42</sup> Van het deel balans zijn dit: verminderd evenwicht tijdens draaien (360°) en verminderd evenwicht bij staan op één been en omhoog reiken. Voor de ganganalyse zijn dit: lagere staphoogte, kortere staplengte, minder stapcontinuïteit en moeite met draaien tijdens het lopen.



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## The Tinetti Assessment

### Tinetti Balance Tests

**Initial Instructions:** Subject is seated in hard, armless chair. The following manoeuvres are tested.

#### 1. Sitting Balance

-Leans or slides in chair = 0  
-Steady, safe = 1 \_\_\_\_\_

#### 2. Arises

-Unable without help = 0  
-Able, uses arms to help = 1  
-Able without using arms = 2 \_\_\_\_\_

#### 3. Attempts to Rise

-Unable without help = 0  
-Able, requires >1 attempt = 1  
-Able to arise, 1 attempt = 2 \_\_\_\_\_

#### 4. Immediate Standing Balance (first 5 sec.)

-Unsteady (swaggers, moves ft., trunk sway) = 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 (medial heels >4 in. apart) and uses cane/other support = 1  
-Narrow stance without support = 2 \_\_\_\_\_

**6. Nudged** (subject at maximum position with feet as close together as possible, examiner pushes lightly on subject's with palm of hand 3 times)

-Begins to fall = 0  
-Staggers, grabs, catches self = 1  
-Steady = 2 \_\_\_\_\_

#### 7. Eyes Closed (at maximum position #6)

-Unsteady = 0  
-Steady = 1 \_\_\_\_\_

#### 8. Turning 360 degrees

-Discontinuous steps = 0  
-Continuous steps = 1  
-Unsteady (grabs, staggers) = 0  
-Steady = 1 \_\_\_\_\_

#### 9. Sitting Down

-Unsafe (misjudged distance, falls into chair) = 0  
-Uses arm or not a smooth motion = 1  
-Safe, smooth motion = 2 \_\_\_\_\_

**Balance Score:** ...../16

### Tinetti 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

a. Right Swing Foot  
-Does not pass left stance foot with step = 1  
-Passes left stance foot = 0  
-Right foot does not clear floor with step = 1  
-Right foot completely clear floor = 0 \_\_\_\_\_

#### b. Left Swing Foot

-Does not pass right stance foot with step = 1  
-Passes right stance foot = 0  
-Left foot does not clear floor with step = 1  
-Left foot completely clears floor = 0 \_\_\_\_\_

#### 12. Step Symmetry

-Right and left step length not equal = 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; observe excursion of 1 foot over about 10 ft. of the course)

-Marked deviation = 0  
-Mild/mod 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 spread 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 + Gait Score:** ...../28

