Sitting Standing and Transfers

	SITTING TO STANDING INSTRU-CTIONS: Please stand up. Try not to use your hands for support.	STANDING TO SITTING INSTRU-CTIONS: Please sit down.	TRANSFERS INSTRU-CTIONS: Arrange chairs(s) for a pivot transfer. Ask subject to transfer one way toward a seat with armrests and one way toward a seat without armrests. You may use two chairs (one with and one without armrests) or a bed and a chair.
4	able to stand without using hands and stabilize indepe-ndently	sits safely with minimal use of hands	able to transfer safely with minor use of hands

Sitting Standing and Transfers (cont)

3	able to stand indepe-ndently using hands	controls descent by using hands	able to transfer safely definite need of hands
2	able to stand using hands after several tries	sits indepe-ndently but has uncont-rolled descent	able to transfer with verbal cueing and/or supervision
1	needs minimal aid to stand or to stabilize	sits indepe-ndently but has uncont-rolled descent	needs one person to assist
0	needs moderate or maximal assist to stand	needs assistance to sit	needs two people to assist or supervise to be safe

Think:
- Hands
- Stability
- Assistance
- Supervison

AMTs

What is your age?

. Give the patient an address, and ask him or her to repeat it at the end of the test e.g. 42 West Street

What is the time to the nearest hour?

What is the year?

AMTs (cont)

What is the name of the hospital or number of the residence where the patient is situated?

Can the patient recognize two persons (the doctor, nurse, home help, etc.)?

What is your date of birth? (day and month sufficient)

. In what year did World War 1 begin?

Name the present monarch/prime minister/-president.

Count backwards from 20 down to 1

A score of 6 or less suggests delirium or dementia, although further tests are necessary to confirm

Barthel Part 1 Mobility

Transfers	Independent
	Needs minor help
	Needs major help
	Unable
Mobility	Independent (may use a stick) >50 yards
	Walks with physical or verbal help of one other > 50 yards
	Wheelchair independent > 50 yards
	Immobile < 50 yards
Stairs	Independent
	Needs help (other person, aid)
	Unable

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Standing and Sitting

	STANDING UNSUPP-ORTED	SITTING WITH BACK UNSUPP-ORTED BUT FEET SUPPORTED	STANDING UNSUPP-ORTED ONE FOOT IN FRONT
4	able to stand safely 2 minutes	able to sit safely and securely 2 minutes	able to place foot tandem indepe-ndently and hold 30 seconds
3	able to stand 2 minutes with supervision	able to sit 2 minutes with supervision	able to place foot ahead of other indepe-ndently and hold 30 seconds
2	able to stand 30 seconds unsupp-orted	able to sit 30 seconds unsupported	able to take small step indepe-ndently and hold 30 seconds

Standing and Sitting (cont)

	STANDING ON ONE LEG	NEEDS several tries to stand 30 seconds unsupp-orted	able to sit 10 seconds unsupp-orted	needs help to step but can hold 15 seconds	tries to lift leg unable to hold 3 seconds but remains standing indepe-ndently
	able to lift leg indepe-ndently and hold >10 seconds	unable to stand 30 seconds unassisted	unable to sit without support 10 seconds	loses balance while stepping or standing	tries to lift leg unable to hold 3 seconds but remains standing indepe-ndently
	able to lift leg indepe-ndently and hold = or >3 seconds				
	tries to lift leg unable to hold 3 seconds but remains standing indepe-ndently				

Risk Factor Checklist

Vision	Dificulty seeing or finding way around
Mobility	Unsafe, impulsive, forgets aid
Transfers	Over=reaches, impusive
Behaviours	Agintation, confusion or non-compliant
ADLs	Riskptaking, unsafe equiment or footwear
Enviro-nment	Diffculties with orientation

Risk Factor Checklist (cont)

Nutrition	Underweight/low appetite
Contience	Urgency, nocturia, accidents

Barthel Part 1 ADLS

Cleaning	
Bathing	Independent +10
	Needs Help +5
	Unable 0
Grooming	Independent
	Unable
Dressing	Independent
	Needs Help
	Unable
Toileting	
Bowel Control	Continent
	Occasional Accident
	Incontinent
Bladder	Continent
	Occasional Accident
	Incontinent
Toilet Use	Independent
	Needs Help
	Unable
Feeding	Independent
	Needs Help
	Unable

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Reaching

	REACHING FORWARD WITH OUTSTR-ETCHED ARM WHILE STANDING	PICK UP OBJECT FROM THE FLOOR FROM A STANDING POSITION
4	can reach forward confid-ently >25 cm (10 inches)	able to pick up slipper safely and easily
3	can reach forward >12 cm safely (5 inches)	able to pick up slipper but needs supervision
2	can reach forward >5 cm safely (2 inches)	unable to pick up but reaches 2-5cm (1-2 inches) from slipper and keeps balance independently
1	reaches forward but needs superv-ision	unable to pick up and needs superv-ision while trying
0	loses balance while trying/re-quires external support	unable to try/needs assist to keep from losing balance or falling

Berg Balance Tests

	TURN 360 DEGREES	TURNING TO LOOK BEHIND
4	able to turn 360 degrees safely in 4 seconds or less	looks behind from both sides and weight shifts well
3	able to turn 360 degrees safely one side only in 4 seconds or less	looks behind one side only other side shows less weight shift
2	able to turn 360 degrees safely but slowly	turns sideways only but maintains balance
1	needs close supervision or verbal cueing	needs superv-ision when turning
0	needs assistance while turning	needs assist to keep from losing balance or falling

Falls Risk Assessment Tool

Have you had a fall in the previous year?	Are you taking four or more medica-tions per day? Out of sedatives, anti-depr-esssants, parkin-son's, diuretics, anti-hype-rtiensives and hypnotics	Psycol-ogical (Anexity, depres-sion, stroke, Parkisons, cooper-ation, insight or judgement)	Have you had a stroke? Have you been diagnosed with Parkin-son's disease?	Are you unable to stand up from a chair of knee height without using your arms?

Falls Risk Assessment Tool (cont)

0 in last 12	0	0
0 or more in last 3 months	1	mildly by 1 or more
one or more in last 3 months	2	moderately by one or more
3 or more whilst ination	>2	sever in one or more

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