# Cheatography

#### Geriatric Outcome Measures Cheat Sheet by datamansam via cheatography.com/139410/cs/29861/

				_						
	Sitting Standing and Transfers			Sitting Standing and Transfers (cont)			s (cont)	AMTs (cont)		
	SITTING TO STANDING INSTRU- CTIONS: Please stand up.	STANDING TO S 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	3	able to stand indepe- ndently using hands	controls descent by using hands	able to transfer safely definite need of hands	of the resid situated? Can the pa doctor, nur	e name of the hospital or number dence where the patient is atient recognize two persons (the rse, home help, etc.)?	
				s u h a s tu 1 n n a s s tu s	stand using hands after several tries	sits indepe- ndently but has uncont- rolled descent	able to transfer with verbal cueing and/or supervision	What is your date of birth? (day and month sufficient)		
	Try not to use your							. In what ye	ear did World War 1 begin?	
	hands for support.							Name the present monarch/prime minister/- president.		
								Count bac	kwards from 20 down to 1	
									6 or less suggests delirium or	
					needs minimal aid to stand or to	sits indepe- ndently but has uncont- rolled	needs one person to assist	dementia, necessary confirm	although further tests are to	
								Barthel Pa	rt 1 Mobility	
					stabilize			Transfers	Independent	
					noodo	descent	needs two		Needs minor help	
			chair.	0	needs moderate or maximal assist to	needs assistance	people to assist or supervise to be safe		Needs major help	
	4 able to stand	nd with nout minimal ng use of ds and hands	th transfer inimal safely with le of minor use of unds hands			to sit			Unable	
	without							Mobility	Independent (may use a stick) >50 yards	
	hands and stabilize			Th	stand				Walks with physical or verbal help of one other > 50 yards	
	indepe- ndently			- Hands - Stability					Wheelchair independent > 50 yards	
					- Assistance				Immobile < 50 yards	
				- 5	Supervison			Staire	Independent	

#### 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?

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Independent

Unable

Needs help (other person, aid)

Stairs

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Sta	anding and Sitting			Standing and Sitting (cont)			Risk Factor Checklist (cont)		
	STANDING UNSUPP- ORTED	SITTING WITH BACK UNSUPP- ORTED BUT FEET SUPPORTED	STANDING UNSUPP- ORTED ONE FOOT IN FRONT	STAINEDWING ON GeVEral LECtries to stand 30 seconds unsupp-	able to sit 10 seconds unsupp- orted	needs help to step but can hold 15 seconds	tries to lift leg unable to hold seconds but	Nutrition Contience Barthel Part	
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	able do fift leg indepe- ndently and hold >10 Øecomdable to stand 30 seconds	unable to sit without	loses balance while	remains standing indepe- ndently tries to lift leg unable		Independent +10 Needs Help +5 Unable 0 Independent Unable Independent
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	able489775iste leg indepe- ndently and hold = or >3 seconds	ed support 10 seconds	stepping or standing	to hold 3 seconds but remains standing indepe- ndently	Toileting	Needs Help Unable Continent Coccasional Accident Incontinent Continent
2	able to stand 30 seconds unsupp- orted	able to sit 30 seconds unsupported	able to take these to small step WigiQha indepe- to hold ndently and Massing hold 30 seconds standir Behavi indepe	Risk Factor O Hes for III Végighable to hold 3 Mostings but remains Transfers standing Behaviours indepe- ndently ADLs	Dificulty seeing or finding way around Unsafe, impulsive, forgets aid 0 Over=reaches, impusive Agintation, confusion or non- compliant Riskptaking, unsafe equiment		s aid non-	Toilet Use Feeding	Occasional Accident Incontinent Independent Needs Help Unable Independent Needs Help Unable
By datamansam				or footwear   Enviro- Diffculties with orientation   nment   Published 19th December, 2021.   Last updated 2nd January, 2022.   Page 2 of 3.			Learn to solv	y CrosswordCheats.com e cryptic crosswords! ordcheats.com	

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Rea	aching	
	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 (cont)0 in last 12000 or more in last 31mildly by 1 or<br/>moreone or more in last2moderately by<br/>one or more

3 or more whilst >2 sever in one or ination more

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

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