

Sitting Standing and Transfers

SITTING TO STANDING INSTRUCTIONS:	STANDING TO SITTING INSTRUCTIONS:	TRANSFERS INSTRUCTIONS:
Please stand up. Try not to use your hands for support.	Please sit down.	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 independently	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 independently 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 independently but has uncontrolled descent	able to transfer with verbal cueing and/or supervision
1	needs minimal aid to stand or to stabilize	sits independently but has uncontrolled 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
- Supervision

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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Published 19th December, 2021.

Last updated 2nd January, 2022.

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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 confidently >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 supervision	unable to pick up and needs supervision while trying
0 loses balance while trying/requires 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 supervision when turning
0 needs assistance while turning	needs assist to keep from losing balance or falling

Falls Risk Assessment Tool (cont)		
0 in last 12 months	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

Falls Risk Assessment Tool				
Have you had a fall in the previous year?	Are you taking four or more medications per day? Out of sedatives, anti-depressants, parkinson's, diuretics, anti-hypertensives and hypnotics	Psychological (Anxiety, depression, stroke, Parkisons, cooperation, insight or judgement)	Have you had a stroke? Have you been diagnosed with Parkinson's disease?	Are you unable to stand up from a chair of knee height without using your arms?



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