

Tinetti Performance Oriented Mobility Assessment **(POMA)***

Description:

The Tinetti assessment tool is an easily administered task-oriented test that measures an older adult's gait and balance abilities.

Equipment needed: Hard armless chair
Stopwatch or wristwatch
15 ft walkway

Completion:

Time: 10-15 minutes

Scoring: A three-point ordinal scale, ranging from 0-2. "0" indicates the highest level of impairment and "2" the individuals independence.

Total Balance Score = 16

Total Gait Score = 12

Total Test Score = 28

Interpretation:

25-28 = low fall risk

19-24 = medium fall risk

< 19 = high fall risk

* Tinetti ME. Performance-oriented assessment of mobility problems in elderly patients. *JAGS* 1986; 34: 119-126. (Scoring description: PT Bulletin Feb. 10, 1993)

Tinetti Performance Oriented Mobility Assessment (POMA)

- Balance Tests -

Initial instructions: Subject is seated in hard, armless chair. The following maneuvers are tested.

- | | | | | |
|----|--|-------------------------------|----|-------|
| 1. | <u>Sitting Balance</u> | Leans or slides in chair | =0 | |
| | | Steady, safe | =1 | _____ |
| 2. | <u>Arises</u> | Unable without help | =0 | |
| | | Able, uses arms to help | =1 | |
| | | Able without using arms | =2 | _____ |
| 3. | <u>Attempts to Arise</u> | Unable without help | =0 | |
| | | Able, requires > 1 attempt | =1 | |
| | | Able to rise, 1 attempt | =2 | _____ |
| 4. | <u>Immediate Standing Balance</u> (first 5 seconds) | | | |
| | Unsteady (swaggers, moves feet, trunk sway) | | =0 | |
| | Steady but uses walker or other support | | =1 | |
| | Steady without walker or other support | | =2 | _____ |
| 5. | <u>Standing Balance</u> | | | |
| | Unsteady | | =0 | |
| | Steady but wide stance(medial heels > 4 inches apart) and uses cane or other support | | =1 | |
| | Narrow stance without support | | =2 | _____ |
| 6. | <u>Nudged</u> (subject at maximum 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. | <u>Eyes Closed</u> (at maximum position of item 6) | | | |
| | Unsteady | =0 | | |
| | Steady | =1 | | _____ |
| 8. | <u>Turing 360 Degrees</u> | | | |
| | | Discontinuous steps | =0 | |
| | | Continuous steps | =1 | _____ |
| | | Unsteady (grabs, staggers) | =0 | |
| | | Steady | =1 | _____ |
| 9. | <u>Sitting Down</u> | | | |
| | Unsafe (misjudged distance, falls into chair) | | =0 | |
| | Uses arms or not a smooth motion | | =1 | |
| | Safe, smooth motion | | =2 | _____ |

BALANCE SCORE: _____/16

Tinetti Performance Oriented Mobility Assessment (POMA)

- 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**

Right swing foot

Does not pass left stance foot with step =0
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
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 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, 12-inch diameter; observe excursion of 1 foot over about 10 ft. 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 _____

GAIT SCORE = _____/12

BALANCE SCORE = _____/16

TOTAL SCORE (Gait + Balance) = _____/28

{ < 19 high fall risk, 19-24 medium fall risk, 25-28 low fall risk }

Tinetti Performance Oriented Mobility Assessment (POMA)	Date	Date	Date	Date
Balance Tests: Subject is seated on hard, armless chair				
SITTING BALANCE Leans or slides in chair =0, Steady, safe =1				
ARISES Unable without help =0; Able, uses arms =1, Able without using arms = 2				
ATTEMPTS TO RISE: Unable w/o help=0; Able, requires > 1 attempt =1; Able in 1 attempt =2				
IMMEDIATE STANDING BALANCE (first 5 seconds) Unsteady (sway/stagger/feet move)=0; Steady, w/ support =1;Steady w/o support =2				
STANDING BALANCE Unsteady =0; Steady, stance > 4 inch BOS & requires support =1; Narrow stance, w/o support =2				
STERNAL NUDGE (feet close together) Begins to fall =0; Staggers, grabs, catches self =1; Steady =2				
EYES CLOSED (feet close together) Unsteady =0; Steady =1				
TURNING 360 DEGREES Discontinuous steps =0; Continuous steps =1				
TURNING 360 DEGREES Unsteady (staggers, grabs) =0;Steady =1				
SITTING DOWN Unsafe (misjudges distance, falls) =0;Uses arms, or not a smooth motion =1; Safe, smooth motion =2				
BALANCE SCORE TOTAL	/16	/16	/16	/16
GAIT INITIATION (immediate after told "go") Any hesitancy, multiple attempts to start =0; No hesitancy =1				
STEP LENGTH R swing foot passes L stance leg =1; L swing foot passes R =1				
FOOT CLEARANCE R foot completely clears floor =1; L foot completely clears floor =1				
STEP SYMMETRY R and L step length unequal =0; R and L step length equal=1				
STEP CONTINUITY Stop/discontinuity between steps =0; Steps appear continuous =1				
PATH (excursion) Marked deviation =0; Mild/moderate deviation or use of aid =1; Straight without device=2				
TRUNK Marked sway or uses device =0; No sway but knee or trunk flexion or spread arms while walking =1; None of the above deviations=2				
BASE OF SUPPORT Heels apart =0; Heels close while walking =1				
GAIT SCORE TOTAL	/12	/12	/12	/12
ASSISTIVE DEVICE				
TOTAL SCORE (BALANCE + GAIT)				
FALL RISK (minimal >23, Mod. 19-23, High < 19)	/28	/28	/28	/28
Therapist initials				

The Clinical Toolbox for Geriatric Care was developed by the SHM Geriatric Task Force, a multidisciplinary group of health care providers specializing in care of the elderly and education of Hospitalists, and was supported in part by the John A Hartford Foundation through a subcontract with the American Geriatrics Society. The goal of the project was to provide Hospitalists with a compendium of resources or “toolbox” to facilitate and improve inpatient care of the elderly. Specifically, the project aimed to develop an easy to access resource containing the best assessment tools and, for each one, provide information allowing Hospitalists to quickly locate the best tool for any given clinical situation.