Name: MJ

**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 individual’s 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 Performance Oriented Mobility Assessment (POMA)

- Balance Tests -

Initial instructions: Subject is seated in hard, armless chair. The following maneuvers 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 Arise
   - Unable without help = 0
   - Able, requires > 1 attempt = 1
   - Able to rise, 1 attempt = 2

4. Immediate Standing Balance (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. Standing Balance
   - Unsteady = 0
   - Steady but wide stance (medial heals > 4 inches apart) and uses cane or 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 sternum with palm of hand 3 times)
   - Begins to fall = 0
   - Staggers, grabs, catches self = 1
   - Steady = 2

7. Eyes Closed (at maximum position of item 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 arms or not a smooth motion = 1
   - Safe, smooth motion = 2

BALANCE SCORE: _8__/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 ___1___

11. Step Length and Height
Right swing foot
Does not pass left stance foot with step =0
Passes left stance foot =1 ___1___
Right foot does not clear floor completely
With step =0
Right foot completely clears floor =1 ___1___

Left swing foot
Does not pass right stance foot with step =0
Passes right stance foot =1 ___0___
Left foot does not clear floor completely
With step =0
Left foot completely clears floor =1 ___1___

12. Step Symmetry
Right and left step length not equal (estimate) =0
Right and left step length appear equal =1 ___0___

13. Step Continuity
Stopping or discontinuity between steps =0
Steps appear continuous =1 ___0___

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 ___1___
Straight without walking aid =2 ___1___

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 ___1___

16. Walking Stance
Heels apart =0
Heels almost touching while walking =1 ___0___

GAIT SCORE = ___6__/12

BALANCE SCORE = ___8__/16

TOTAL SCORE (Gait + Balance) = ___14__/28

{< 19 high fall risk, 19-24 medium fall risk, 25-28 low fall risk}
<table>
<thead>
<tr>
<th>Oriented Mobility Assessment (POMA)</th>
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</thead>
<tbody>
<tr>
<td><strong>Balance Tests:</strong></td>
<td></td>
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<tr>
<td><strong>Subject is seated on hard, armless chair</strong></td>
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<tr>
<td><strong>SITTING BALANCE</strong></td>
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<tr>
<td>Leans or slides in chair = 0; Steady, safe = 1</td>
<td>1</td>
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<tr>
<td><strong>ARISES</strong></td>
<td></td>
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<tr>
<td>Unable without help = 0; Able, uses arms = 1; Able without using arms = 2</td>
<td>1</td>
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<tr>
<td><strong>ATTEMPTS TO RISE:</strong></td>
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<tr>
<td>Unable w/o help = 0; Able, requires &gt; 1 attempt = 1; Able in 1 attempt = 2</td>
<td>1</td>
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<tr>
<td><strong>IMMEDIATE STANDING BALANCE (first 5 seconds)</strong></td>
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<tr>
<td>Unsteady (sway/stagger/feet move) = 0; Steady, w/ support = 1; Steady w/o support = 2</td>
<td>1</td>
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<tr>
<td><strong>STANDING BALANCE</strong></td>
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<tr>
<td>Unsteady = 0; Steady, stance &gt; 4 inch BOS &amp; requires support = 1; Narrow stance, w/o support = 2</td>
<td>1</td>
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<tr>
<td><strong>STERNAL NUDGE (feet close together)</strong></td>
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<tr>
<td>Begins to fall = 0; Staggers, grabs, catches self = 1; Steady = 2</td>
<td>1</td>
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<tr>
<td><strong>EYES CLOSED (feet close together)</strong></td>
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<tr>
<td>Unsteady = 0; Steady = 1</td>
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<tr>
<td><strong>TURNING 360 DEGREES</strong></td>
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<tr>
<td>Discontinuous steps = 0; Continuous steps = 1</td>
<td>0</td>
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<tr>
<td><strong>TURNING 360 DEGREES</strong></td>
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</tr>
<tr>
<td>Unsteady (staggers, grabs) = 0; Steady = 1</td>
<td>1</td>
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<tr>
<td><strong>SITTING DOWN</strong></td>
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<tr>
<td>Unsafe (misjudges distance, falls)</td>
<td>1</td>
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<tr>
<td>Description</td>
<td>BALANCE SCORE</td>
<td>GAIT INITIATION</td>
<td>STEP LENGTH</td>
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<tr>
<td>-----------------------------------------------------------------------------</td>
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<tr>
<td>Uses arms, or not a smooth motion =1; Safe, smooth motion =2</td>
<td>8/16</td>
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<tr>
<td>BALANCE SCORE TOTAL</td>
<td>16</td>
<td>16</td>
<td>16</td>
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<tr>
<td>GAIT INITIATION (immediate after told &quot;go&quot;)</td>
<td>1</td>
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<tr>
<td>Any hesitancy, multiple attempts to start =0; No hesitancy =1</td>
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<tr>
<td>STEP LENGTH</td>
<td>1</td>
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<tr>
<td>R swing foot passes L stance leg =1; L swing foot passes R =1</td>
<td>1</td>
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<tr>
<td>FOOT CLEARANCE</td>
<td>1</td>
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<tr>
<td>R foot completely clears floor =1; L foot completely clears floor =1</td>
<td>1</td>
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<tr>
<td>STEP SYMMETRY</td>
<td>1</td>
<td></td>
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<tr>
<td>R and L step length unequal =0; R and L step length equal =1</td>
<td>1</td>
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<tr>
<td>STEP CONTINUITY</td>
<td>0</td>
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<tr>
<td>Stop/discontinuity between steps =0; Steps appear continuous =1</td>
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<tr>
<td>PATH (excursion)</td>
<td>1</td>
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<tr>
<td>Marked deviation =0; Mild/moderate deviation or use of aid =1; Straight without device =2</td>
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<tr>
<td>TRUNK</td>
<td>1</td>
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<tr>
<td>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</td>
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<tr>
<td>BASE OF SUPPORT</td>
<td>0</td>
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<tr>
<td>Heels apart =0; Heels close while walking =1</td>
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</table>

**FALL RISK** (minimal >23, Mod. 19-23, High < 19):
- **High**
Interpretation:

The result of the assessment indicates that the client’s fall risk is high.

Strength:
- Her sitting balance is steady and safe
- The client is able to ambulate continuously with the use of rolling walker
- She is able to stand up from a chair with compensatory technique (push-up method)
- Her standing endurance is good as long as she is supported by the walker.
- When turning 360 degrees, she is able to do it with continuous steps while using walker.
- Sitting down is safe but uses arms to support the weight

Weakness:

- Fall risk is high according to the score
- Requires occasional rest breaks when ambulating (20 min)
- Heavily relied on the use of RW
- Unsteady gait pattern