

Physical Performance Test

Scoring Sheet

			Time	Scoring	Score
1.	Write a sentence. (Whales live in the blue ocean.)	Seconds		≤ 10 sec = 4 10.5-15 sec = 3 15.5 - 20 sec = 2 >20 sec = 1 unable = 0	
2.	Simulated eating	Seconds		≤ 10 sec = 4 10.5-15 sec = 3 15.5 - 20 sec = 2 >20 sec = 1 unable = 0	
3.	Lift a book and put it on a shelf Book PDR 1988: 5.5 lbs Bed height 59 cm Shelf height 118 cm All sitting with feet on floor	Seconds		≤ 2 sec = 4 2.5- 4 sec = 3 4.5 - 6 sec = 2 > 6 sec = 1 unable = 0	
4.	Put on and remove a jacket 1. Standing 2. Use of bathrobe; button down shirt; hospital gown.	Seconds		≤ 10 sec = 4 10.5-15 sec = 3 15.5 - 20 sec = 2 >20 sec = 1 unable = 0	
5.	Pick up a penny from floor.	Seconds		≤ 2 sec = 4 2.5- 4 sec = 3 4.5 - 6 sec = 2 > 6 sec = 1 unable = 0	
6.	Turn 360 degrees			Discontinuous steps = 0 Continuous steps = 2 Unsteady (grabs, staggers) = 0 Steady = 2	
7.	50-foot walk test. Starting sitting for instructions.	Seconds		≤ 15 sec = 4 15.5- 20 sec = 3 20.5 - 25 sec = 2 >25 sec = 1 unable = 0	
8.	Climb one flight of stairs.*	Seconds		≤ 5 sec = 4 5.5- 10 sec = 3 10.5 - 15 sec = 2 >15 sec = 1 unable = 0	
9.	Climb stairs.*			Number of flights of stairs up and down (maximum 4)	
	TOTAL SCORE (maximum 36 for nine-item, 28 for seven-item)				
	(*Round time measurements to nearest 0.5 seconds.) (* omit for 7 item test)			9-item score	

Physical Performance Test Ppt Study Guide

Ian Pickup



Physical Performance Test Ppt Study Guide:

Nutrition and Aging I. H. Rosenberg, A. Sastre, 2002-07 Humanity is aging In the last century life expectancy has increased by as much as 25 years the greatest increase in 5 000 years of history As a consequence the elderly constitute today the fastest growing segment of the world s population This new situation creates many social problems and challenges to health care which both the developed as well as the developing countries will have to cope with The present publication shows that scientific progress has reached a level where nutritional interventions may play a decisive part in the prevention of degenerative conditions of age improvement of quality of life and impact on health care burden and resources Topics deal with such different aspects as the influence of prenatal and early infant nutrition on the future aged individual and effects of energetic restriction on longevity Further contributions include studies on mitochondrial alterations digestive problems specific metabolic deviations mediated by insulin bone degradation structural changes neuromuscular dysfunctions mental state of the elderly as well as the response of the immune system to nutrient intake Finally the book offers a review of requirements appropriate to meet the age related public health challenges of the 21st century Nutritionists endocrinologists nurses and general health professionals concerned with aging processes geriatric patients and or public health will find this book a useful source of essential knowledge

Physical Rehabilitation - E-Book Michelle H. Cameron, Linda G Monroe, 2007-04-05 The only physical rehabilitation text modeled after the concepts of the APTA s Guide to Physical Therapist Practice 2nd Edition this detailed resource provides the most complete coverage of rehabilitation across the preferred practice patterns of physical therapy all in one place Each chapter is consistently organized to make it easy to find the information you need with clear guidelines examples and summaries based on the latest clinical evidence to help you improve quality of care and ensure positive patient outcomes In depth evidence based coverage of more key content areas than any other rehabilitation resource of its kind including orthopedics neurology and wound management ensures a comprehensive understanding of rehabilitation supported by the latest clinical research More than 65 case studies present a problem based approach to rehabilitation and detail practical real world applications Over 600 full color illustrations clarify concepts and techniques A FREE companion CD prepares you for practice with printable examination forms and reference lists from the text linked to Medline abstracts and reinforces understanding through interactive boards style review questions and vocabulary building exercises

Gerontological Nursing Kristen Mauk, 2010-10-25 Gerontological Nursing Competencies for Care Second Edition is a comprehensive and student accessible text that offers a holistic and interdisciplinary approach to caring for the elderly The framework for the text is built around the Core Competencies set forth by the American Association of Colleges of Nursing AACN and the John A Hartford Foundation Institute for Geriatric Nursing Building upon their knowledge in prior medical surgical courses this text gives students the skills and theory needed to provide outstanding care for the growing elderly population It is the first of its kind to have more than 40 contributing

authors from many different disciplines Some of the key features include chapter outlines learning objectives discussion questions personal reflection boxes and case studies

Geriatric Physical Therapy - eBook Andrew A. Guccione, Dale Avers, Rita Wong, 2011-03-07 Geriatric Physical Therapy offers a comprehensive presentation of geriatric physical therapy science and practice Thoroughly revised and updated editors Andrew Guccione Rita Wong and Dale Avers and their contributors provide current information on aging related changes in function the impact of these changes on patient examination and evaluation and intervention approaches that maximize optimal aging Chapters emphasize evidence based content that clinicians can use throughout the patient management process Six new chapters include Exercise Prescription Older Adults and Their Families Impaired Joint Mobility Impaired Motor Control Home based Service Delivery and Hospice and End of Life Clinically accurate and relevant while at the same time exploring theory and rationale for evidence based practice it s perfect for students and practicing clinicians It s also an excellent study aid for the Geriatric Physical Therapy Specialization exam Comprehensive coverage provides all the foundational knowledge needed for effective management of geriatric disorders Content is written and reviewed by leading experts in the field to ensure information is authoritative comprehensive current and clinically accurate A highly readable writing style and consistent organization make it easy to understand difficult concepts Tables and boxes organize and summarize important information and highlight key points for quick reference A well referenced and scientific approach provides the depth to understand processes and procedures Theory mixed with real case examples show how concepts apply to practice and help you enhance clinical decision making skills Standard APTA terminology familiarizes you with terms used in practice A new chapter Exercise Prescription highlights evidence based exercise prescription and the role of physical activity and exercise on the aging process A new chapter Older Adults and Their Families helps physical therapists understand the role spouses partners and adult children can play in rehabilitation from providing emotional support to assisting with exercise programs and other daily living activities New chapters on Impaired Joint Mobility Impaired Motor Control Home based Service Delivery and Hospice and End of Life expand coverage of established and emerging topics in physical therapy Incorporates two conceptual models the Guide to Physical Therapist Practice 2nd Edition and the International Classification of Function Disability and Health ICF of the World Health Organization WHO with an emphasis on enabling function and enhancing participation rather than concentrating on dysfunction and disability A companion Evolve website includes all references linked to MEDLINE as well as helpful links to other relevant websites

Physical Rehabilitation for the Physical Therapist Assistant Linda G Monroe, 2010-10-05 Prepare for practice with the book tailored specifically for physical therapist assistants Physical Rehabilitation for the Physical Therapist Assistant provides a clear easy to read evidence based guide to the PTA s role in patient management covering the core concepts related to physical rehabilitation and emphasizing the PTA s role in intervention A treatment oriented focus addresses each of the four categories of the American Physical Therapy Association

APTA Preferred Practice Patterns musculoskeletal neuromuscular cardiopulmonary and integumentary The final section of the book addresses interventions which overlap many practice patterns Written by rehabilitation experts Michelle Cameron MD PT and Linda Monroe MPT in consultation with Susan Schmidt a practicing PTA and Carla Gleaton the director of a PTA education program this text will be a valuable resource both in the classroom and in professional practice Comprehensive evidence based coverage of rehabilitation includes sections on pathology examination evaluation diagnosis and prognosis clinical signs and intervention emphasizing the PTA s role in intervention Unique A consistent organized approach covers physical therapy intervention by disorder with full discussions of each condition found in a single chapter Format follows the Guide to Physical Therapist Practice 2nd Edition so you become familiar with the terminology used in therapy practice Clinical Pearls highlight key information Unique Full color illustrations clearly demonstrate pathologies and interventions Case studies with discussion questions guide you through specific patient interactions to build your clinical reasoning skills Glossaries in each chapter define key terms to build your clinical vocabulary Unique Student resources on the companion Evolve website enhance your learning with vocabulary building exercises boards style practice test questions examples of commonly used forms and references from the book linked to Medline

Gerontological Nursing Competencies for Care Kristen L. Mauk, 2017-04-14 Gerontological Nursing Competencies for Care Fourth Edition focuses on caring for the elderly by employing a holistic and interdisciplinary approach The text follows the framework of the core competencies for baccalaureate nursing education published by the American Association of Colleges of Nursing AACN and the John A Hartford Foundation Institute for Geriatric Nursing This framework is structured to ensure nursing students attain the recommended knowledge to achieve the competencies necessary to provide excellent care to older adults Back cover

Matteson & McConnell's Gerontological Nursing Adrienne Dill Linton, Helen W. Lach, Mary Ann Matteson, 2007 Matteson McConnell s Gerontological Nursing 3rd Edition provides comprehensive research based information on nursing care of older adults Beginning with the basics the text uses a systems approach to describe the aging process from wellness to illness It also describes physiological and psychological aspects of aging in detail as well as assessment and practice in all settings using the nursing process Each chapter incorporates a research and theory based approach to the aging process Content is comprehensive and focuses on caring for the older adult The text examines the differences between normal aging conditions and clinical problems conditions Competencies and Roles in Gerontological Nursing section focuses on the process that nurses especially clinical nurse specialists use to impact gerontological nursing care Nursing care plans provide the practitioner with nursing care scenarios applied to clinical practice Expanded content on functional assessment including addressing communication issues both verbal and non verbal alerts the reader to vital issues that may affect the patient s plan of care Color insert visually complements material on the integumentary section as it illustrates some of the major integumentary conditions affecting the gerontologic population Reflections boxes written by experts across different nursing

fields share personal experiences related to the chapters content Toward Better Health boxes provide key considerations for promoting healthy lifestyles Assessment boxes emphasize specific physical tests and observations to make when assessing a patient Age Related Changes boxes detail the ways in which particular body systems are affected by the aging process New chapters on End of Life Care Evidence Based Practice and Assisted Living Care give the reader a more comprehensive look at gerontological nursing care

Facts and Research in Gerontology, 1992 J. L. Albarede, Bruno J. Vellas, 1992 **Facts and Research in Gerontology**, 1992 **Masters Abstracts International**, 1996 **Assessing the Health Status of Older Adults** Elena Andresen, Barbara Rothenberg (M.P.A.), James G. Zimmer, 1997 This volume reviews widely used methods for measuring the health status of older adults and addresses the assets and limitations of the most useful instruments and procedures The text summarizes and critiques the seminal literature on health assessment for older adults and provides suggestions for choosing among competing instruments for a variety of settings and uses

Assessing Older Persons Robert L. Kane, Rosalie A. Kane, 2000 This book describes the multidimensional assessment of older persons offering unique insights into the state of this art It combines comprehensive reviews of the most widely used instruments for measuring a variety of domains such as physiological status cognition affect social function quality of life physical environment and caregiver burden with an exploration of the variety of uses to which these assessments have been put It shows how assessment is used in various aspects of practice including comprehensive geriatric assessment care planning case management and mandated assessments It also contains a chapter on how to collect data from persons who cannot communicate The aim throughout is to combine information on specific measures with insight into how and when each measure should be used The book is designed to serve as both a resource for those working actively in the field and an introduction for those who are not familiar with assessment in a given area

Excerpta Medica, 1991 **Orthopaedic Examination, Evaluation & Intervention** Mark Dutton, 2004-04-16 The most comprehensive text for the core orthopaedics course required in all physical therapy programs Includes all of the necessary information to provide a high level of care to patients with any musculoskeletal dysfunction by integrating anatomy and biomechanics with treatment strategies Features case studies extensive illustrations and guidelines from the American Physical Therapy Association APTA which are integrated throughout

Grantsmanship & Fundraising Fundamentals S. Harold Smith, 2001 **Practice of Geriatrics** Edmund H. Duthie, Paul Richard Katz, Michael L. Malone, 2007 Aids the reader in providing effective care for a growing patient population Covers the latest clinical protocols and management challenges in geriatric care Provides current guidance on systems of care elder abuse medication use sexuality and more

Clinical Gerontological Nursing Joyce Takano Stone, Jean Frances Wyman, Sally A. Salisbury, 1999 This AJN Book of the Year provides current treatment approaches to nursing care in a variety of health care settings the home hospitals clinics and nursing homes Research based and fully revised it discusses the problems and syndromes seen in the older population and covers topics in depth providing a

synthesis of difficult to find material Discussions of assessment instruments guidelines protocols and resources are provided to assist nurses in the management of these clinical problems This edition also features 12 new chapters that focus on topics such as legal aspects pain and discomfort cardiovascular problems sensory disorders and intimacy and sexuality **New**
Zealand Medical Journal ,1994 **Employment Practices Decisions** ,1980 FAIR EMPLOMENT PRACTICE CASES
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