Tinetti Assessment Tool: Description

Population:	Adult population, elderly patients	
Description:	The Tinetti Assessment Tool is a simple, easily administered test that measures a patient's gait and balance. The test is scored on the patient's ability to perform specific tasks.	
Mode of Administration:	The Tinetti Assessment Tool is a task performance exam.	
Time to Complete:	10 to 15 minutes	
Time to Score:	Time to score is included in time to complete	
Scoring:	Scoring of the Tinetti Assessment Tool is done on a three point ordinal scale with a range of 0 to 2. A score of 0 represents the most impairment, while a 2 would represent independence of the patient. The individual scores are then combined to form three measures; an overall gait assessment score, an overall balance assessment score, and a gait and balance score.	
Interpretation:	The maximum score for the gait component is 12 points. The maximum score for the balance component is 16 points. The maximum total score is 28 points. In general, patients who score below 19 are at a high risk for falls. Patients who score in the range of 19-24 indicate that the patient has a risk for falls.	
Reliability:	Interrater reliability was measured in a study of 15 patients by having a physician and a nurse test the patients at the same time. Agreement was found on over 85% of the items and the items that differed never did so by more than 10%. These results indicate that the Tinetti Assessment Tool has good interrater reliability.	
Validity:	Not reported	
References:	Lewis C. Balance, Gait Test Proves Simple Yet useful. <i>P.T. Bulletin</i> 1993; 2/10:9 & 40. Tinetti ME. Performance-Oriented Assessment of Mobility Problems in Elderly Patients. <i>JAGS</i> 1986; 34:119-126.	

Tinetti Assessment Tool: Balance

Patient's Name:	Date:
Location:	Rater:

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

1. Sitting Balance		Task	Description of Balance	Possible	Score
2. Arises Unable without help Able, uses arms to help Able without using arms 2. Unable without help Able without using arms 3. Attempts to arise Unable without help Able, requires > 1 attempt Able, requires > 1 attempt Able to rise, 1 attempt Able to rise, 1 attempt 4. Immediate standing balance (first 5 seconds) 5. Standing Balance Unsteady Steady but uses walker or other support Steady but wide stance (medial heels > 4 inches apart) and uses cane or other support Narrow stance without support 8. Nudged (subject at max position with feet as close together as possible, examiner pushes lightly on subject's sternum with palm of hand 3 times. 7. Eyes closed (at maximum position #6) 8. Turning 360 degrees Discontinuous steps Continuous steps Unsteady (grabs, swaggers) Steady 1. Unsteady Steady Discontinuous steps Unsteady (grabs, swaggers) Steady Unsafe (misjudged distance, falls into chair) Uses arms or not a smooth motion Balance	1.	Sitting Balance	Leans or slides in chair	= 0	
Able, uses arms to help Able without using arms = 2 3. Attempts to arise Unable without help Able, requires > 1 attempt = 0 Able, requires > 1 attempt = 1 Able to rise, 1 attempt = 2 4. Immediate standing balance (first 5 seconds) Steady but uses walker or other support = 1 Steady but uses walker or other support = 2 5. Standing Balance Unsteady Steady but wide stance (medial heels > 4 inches apart) and uses cane or other support Narrow stance without support = 2 6. Nudged (subject at max position with feet as close together as possible, examiner pushes lightly on subject's sternum with palm of hand 3 times. 7. Eyes closed (at maximum position #6) 8. Turning 360 degrees Discontinuous steps Continuous steps Unsteady (grabs, swaggers) Steady 9. Sitting Down Attempts to arise = 0 Unsteady (swaggers, moves feet, trunk sway) = 0 Unsteady (swaggers, moves feet, trunk sway) = 0 Steady but uses walker or other support = 0 Steady but uses walker or other support = 0 Steady but uses walker or other support = 0 Steady but uses walker or other support = 0 Unsteady Steady but uses walker or other support = 0 Steady = 0 Unsteady Steady = 0 Unsteady Steady = 0 Steady = 0 Unsteady Steady = 1 Unsteady Steady = 1 Unsteady Steady = 0 Unsteady Steady = 0 Unsteady Steady = 1 Unsteady Steady = 0 Un		_	Steady, safe	= 1	
Able without using arms = 2 3. Attempts to arise Unable without help Able, requires > 1 attempt = 1 Able, requires > 1 attempt = 2 4. Immediate standing balance (first 5 seconds) Steady but uses walker or other support = 1 Standing Balance Unsteady Steady but wide stance (medial heels > 4 inches apart) and uses cane or other support Narrow stance without support = 0 6. Nudged (subject at max position with feet as close together as possible, examiner pushes lightly on subject's sternum with palm of hand 3 times. 7. Eyes closed (at maximum position #6) Steady Unsteady Steady = 1 8. Turning 360 degrees Discontinuous steps Continuous steps Unsteady (grabs, swaggers) = 0 Steady Unsafe (misjudged distance, falls into chair) Uses arms or not a smooth motion = 1 Safe, smooth motion Balance	2.	Arises	Unable without help	= 0	
3. Attempts to arise			Able, uses arms to help	= 1	
Able, requires > 1 attempt Able to rise, 1 attempt Balance (first 5 seconds) Steady but uses walker or other support Steady without walker or other support Steady but wide stance (medial heels > 4 inches apart) and uses cane or other support Narrow stance without support Begins to fall Staggers, grabs, catches self Steady Steady Steady Steady but wide stance (medial heels > 4 inches apart) and uses cane or other support Narrow stance without support Begins to fall Staggers, grabs, catches self Steady Stea			Able without using arms	= 2	
Able to rise, 1 attempt 4. Immediate standing balance (first 5 seconds) 5. Standing Balance 6. Nudged (subject at max position with feet as close together as possible, examiner pushes lightly on subject's sternum with palm of hand 3 times. 7. Eyes closed (at maximum position #6) 8. Turning 360 degrees Able to rise, 1 attempt 9. Sitting Down Able to rise, 1 attempt 1	3.	Attempts to arise	Unable without help	= 0	
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(first 5 seconds) Steady without walker or other support 1	4.	Immediate standing	Unsteady (swaggers, moves feet, trunk sway)	= 0	
5. Standing Balance Unsteady Steady but wide stance (medial heels > 4		balance	Steady but uses walker or other support	= 1	
Steady but wide stance (medial heels > 4 inches apart) and uses cane or other support Narrow stance without support = 2 6. Nudged (subject at max position with feet as close together as possible, examiner pushes lightly on subject's sternum with palm of hand 3 times. 7. Eyes closed (at maximum position #6) 8. Turning 360 degrees Discontinuous steps Continuous steps Unsteady (grabs, swaggers) Steady 9. Sitting Down Steady Steady Unsafe (misjudged distance, falls into chair) Uses arms or not a smooth motion Safe, smooth motion Begins to fall Staggers, grabs, catches self Steady = 0 = 0 = 1 Unsteady = 1 Unsteady = 1 Unsteady = 1 Unsteady = 1 Balance		(first 5 seconds)	Steady without walker or other support	= 2	
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Narrow stance without support = 2 6. Nudged (subject at max position with feet as close together as possible, examiner pushes lightly on subject's sternum with palm of hand 3 times. 7. Eyes closed (at maximum position #6) 8. Turning 360 degrees Discontinuous steps Continuous steps Continuous steps Unsteady (grabs, swaggers) Steady 9. Sitting Down Narrow stance without support = 0 Staggers, grabs, catches self = 1 Steady = 0 Discontinuous steps = 0 Continuous steps = 1 Unsteady (grabs, swaggers) Steady = 1 Unsafe (misjudged distance, falls into chair) Uses arms or not a smooth motion Safe, smooth motion Safe, smooth motion Balance		_	Steady but wide stance (medial heels > 4	= 1	
6. Nudged (subject at max position with feet as close together as possible, examiner pushes lightly on subject's sternum with palm of hand 3 times. 7. Eyes closed (at maximum position #6) 8. Turning 360 degrees Discontinuous steps Continuous steps Unsteady (grabs, swaggers) Steady 9. Sitting Down Begins to fall Staggers, grabs, catches self = 1 Steady = 0 Steady = 1 Unsteady = 0 Continuous steps = 0 Continuous steps = 1 Unsteady (grabs, swaggers) = 1 Unsafe (misjudged distance, falls into chair) Uses arms or not a smooth motion = 1 Safe, smooth motion = 2 Balance			inches apart) and uses cane or other support		
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7. Eyes closed (at maximum position #6) 8. Turning 360 degrees Discontinuous steps Continuous steps Unsteady (grabs, swaggers) Steady 9. Sitting Down Unsafe (misjudged distance, falls into chair) Uses arms or not a smooth motion Safe, smooth motion Safe, smooth motion Balance					
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Uses arms or not a smooth motion = 1 = 2 Balance					
Safe, smooth motion = 2 Balance	9.	Sitting Down	, , ,	-	
Balance				•	
			Safe, smooth motion	= 2	
Saara.				Balance	
2core:				Score:	

Tinetti Assessment Tool: Gait

Patient's Name:	Date:
Location:	Rater:

Initial Instructions: Subject stands with examiner, walks down hallway or across the room, first at "usual" pace, then back at "rapid, but safe" pace (using usual walking aids).

	Task	Description of Gait	Possible	Score
10.	Initiation of gait (immediately after told to "go")	Any hesitancy or multiple attempts to start No hesitancy	= 0 = 1	
11.	Step length and height	Right swing foot does not pass left stance foot with step	= 0	
	· ·	b. Right foot passes left stance foot	= 1	
		c. Right foot does not clear floor completely with step	= 0	
		d. Right foot completely clears floor	= 1	
		e. Left swing foot does not pass right stance foot with step	= 0	
		f. Left foot passes right stance foot	= 1	
		g. Left foot does not clear floor completely with step	= 0	
		h. Left foot completely clears floor	= 1	
12.	Step Symmetry	Right and left step length not equal (estimate)	= 0	
		Right and left step appear equal	= 1	
13.	Step Continuity	Stopping or discontinuity between steps	= 0	
		Steps appear continuous	= 1	
14.	Path (estimated in	Marked deviation	= 0	
	relation to floor tiles,	Mild/moderate deviation or uses walking aid	= 1	
	12-inch diameter; observe excursion of 1 foot over about 10 feet of the course).	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:		
		Balance + Gait Score:		