

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 }