

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
Steady, safe | =0
=1 | ____ |
| 2. | <u>Arises</u> | Unable without help
Able, uses arms to help
Able without using arms | =0
=1
=2 | ____ |
| 3. | <u>Attempts to Arise</u> | Unable without help
Able, requires > 1 attempt
Able to rise, 1 attempt | =0
=1
=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
Continuous steps
Unsteady (grabs, staggers)
Steady | =0
=1
=0
=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				