

# 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

**Joyce Takano Stone, Jean Frances  
Wyman, Sally A. Salisbury**

## **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

*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

*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

**Bending the Aging Curve** Joseph F. Signorile, 2011 Table of Contents The aging curves Testing Training principles Body composition Flexibility Bone falls and fractures Muscular strength power and endurance training Cardiovascular training Periodized training

**Encyclopedia of Health and Aging** Kyriakos S. Markides, 2007-04-13 The *Encyclopedia of Aging and Health* is both a comprehensive reference of best practices across gerontology related fields and a philosophical

work that inspires its readers to embrace a loftier and more global view of aging beyond disability and medications

**Gerontologist** As an ever increasing percentage of the population of western societies enters old age health issues grow in importance in terms of the well being of this population economic impact within the health care system impacts on families and family relationships and so many other ways The Encyclopedia of Health and Aging presents state of the art research and ready to use facts on health and aging This one volume resource captures some of the excitement of the research in the field in terms of new findings as well as conceptual developments guiding research practice and policy With more than 200 entries it covers the biological psychological social and economic aspects of health and aging and impacts within the health care system This Encyclopedia also focuses heavily on geriatrics with respect to geriatric syndromes and common diseases of aging

**Key Features** Addresses a full spectrum of topics including acute illness Alzheimer s disease bereavement economic dependency health care costs health promotion hospice care long term care medications nursing homes optimal aging public policy quality of life spousal care giving widowhood and much more Discusses landmark studies such as Duke Longitudinal Studies the Established Populations for the Epidemiological Study of the Elderly Health and Retirement Study and the National Long Term Care Survey as well as important programs Social Security Meals on Wheels and Medicaid Medicare etc Offers cross disciplinary coverage with contributions from the fields of gerontology epidemiology health psychology biology sociology health and medicine and public policy Provides health and aging issues from around the world including Mexico Canada Latin America Europe Asia Africa Australia and New Zealand Includes a list of 45 online resources on health and aging

**Key Themes** Aging and the Brain Diseases and Medical Conditions Drug Related Issues Function and Syndromes Mental Health and Psychology Nutritional Issues Physical Status Prevention and Health Behaviors Sociodemographic and Cultural Issues Studies of Aging and Systems of Care

The Encyclopedia of Health and Aging is a must have reference for any academic as it appeals to a broad audience such as scholars within programs of gerontology and health graduate students members of the media policy makers and health care advocates and the general reader

*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

*Concepts of Physical Fitness: Active Lifestyles for Wellness* Charles Corbin,Karen Welk,2008-10-30 Through the use of activity labs and logs *Concepts of Physical Fitness* provides readers with the self management skills necessary to adopt a healthy lifestyle **Manual of Mental and Physical Tests: Complex processes** Guy Montrose Whipple,1921

**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 **Manual of Mental**

**and Physical Tests. A Book of Directions Compiled with Special Reference to the Experimental Study of School Children in the Laboratory Or Classroom** Guy Montrose Whipple,1915 **Principles and Labs for Physical Fitness** Werner W. K. Hoeger,Sharon A. Hoeger,2003-04 **Facts and Research in Gerontology, 1992** J. L. Albarede,Bruno J.

Vellas,1992 **Masters Abstracts International** ,1996 **Facts and Research in Gerontology** ,1992 **Manual of mental and physical tests v.2, 1915** Guy Montrose Whipple,1915 **Manual of Mental and Physical Tests** Guy Montrose Whipple,1910 Reprint of the 2d ed published in 2 v 1914 15 by Warwick York Baltimore **Excerpta Medica**

,1991 *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

*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 **Reports of Cases Argued and Determined in the Supreme Judicial Court of the**

**Commonwealth of Massachusetts** Massachusetts. Supreme Judicial Court,2000

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