

Functional Standards for Geriatric Practice

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Orthostatic hypotension

Measure blood pressure and heart rate in

- Supine after 5 minutes
- Standing after 1 minute
- Standing after 3 minutes

Positive response (only 1 factor needed)

- Decrease in SBP by >20 mmHg
- Decrease in DBP by >10 mmHg
- Increase in HR by >10 bpm
- Pt becomes symptomatic

Posture

- Wall Occiput Distance: >4 cm = increased risk of vertebral compression fracture
- Rib Pelvis Distance: >2 fingers = increased risk of vertebral compression fracture

ROM

- Ankle dorsiflexion: <8 degrees with knee extended; <10 degrees with knee flexed correlated with risk of falls

Strength

- Lower extremity strength limitations correlated with overall mobility status and fall risk
 - 30 second chair stand – refer to age/gender norms
 - 5x sit to stand - ≥ 10 seconds predicts disability in next 2 years
- Grip strength dynamometry is correlated with disability and mortality – refer to age/gender norms

Gait/Mobility

- Timed Up and Go: ≥ 14 seconds – increased falls risk; ≥ 9 seconds – predicts disability in next 2 years
- Gait speed – 10MWT, 10 foot walk, etc.
 - Less than 0.4 m/sec: Household ambulator
 - 0.4 to 0.8 m/sec: Limited community ambulator
 - 0.8 to 1.2 m/sec: Community ambulator
 - <1.0 m/sec: Need intervention to reduce fall risk
 - 1.2 m/sec and above: Able to safely cross streets
 - MCID: 0.1 m/sec

Balance

- Single leg stance: <5 sec – increased risk of fall with injury; >20 sec – normal
- Berg Balance Scale – preferred for pts who can ambulate, but not well (mostly household/limited community)
 - <45/56 – increased falls risk
- Functional Gait Assessment – preferred for pts with difficulty with higher level community ambulation
 - <22/30 – increased falls risk
- MiniBEST – most comprehensive balance assessment; we do not recommend using it for pts who use an assistive device (except single point cane)
 - Cut scores for fall risk range from 16-20/28 in Parkinson's and stroke

Endurance

- 2 Minute Step Test: predicts potential for disability – refer to age/gender norms
- 6 Minute Walk Test: refer to age/gender norms; <200 m predicts hospitalization/mortality in COPD

References

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