

**This assessment review was compiled by our students and is intended to be used as a guide in assisting clinicians. We encourage you to review the evaluations and assessments for yourself to guarantee the most accurate and updated information.*

I. General Information

Title of the test: Tinetti Balance Test of the Performance-Oriented Assessment of Mobility Problems (Tinetti)

Author: Mary Tinetti, MD, 1986

Publisher: Stall Geriatrics

Time required to administer: 10 minutes

Cost of the Test: Free – can be found online at the following link
<http://geriatrics.uthscsa.edu/tools/TINETTI.pdf>

II. Description of Test

Type/Purpose of Test: The purpose of the test is to measure performance of balance and gait during maneuvers used during normal daily activities. The balance portion consists of 9 maneuvers which are graded on an ordinal scale as normal, adaptive, or abnormal. The gait portion measures seven gait characteristics as normal or abnormal. The assessment is designed to determine a person's risk for falls within the next year.

Population: Adults who are over 65 years of age and for persons with identifiable pathology,

Focus of measurement: Standing and sitting balance; Balance during sit to stand and stand to sit; balance during turning 360 degrees; Balance when nudged on sternum; Balance when eyes are closed; Gait execution; And walking stance

Organic systems Abilities Participation/life habits Environmental Factors

III. Practical Administration

Ease of Administration: The test is very easy to administer. The scoring procedures are listed on the scoring sheet with definitions of how to score each item next to each number score.

Clarity of Directions: The directions are relatively clear; I have included the directions in this section due to the shortness of the directions. The test is fairly straightforward and does not require excessive instructions.

Instructions for the balance component: Subject is seated in a hard, armless chair, maneuvers are performed.

Instructions for gait section: 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).

Scoring Procedures: Each item on the Tinetti Assessment Tool is scored on either a three point ordinal scale with a range of 0 to 2 or a two point ordinal scale with a range of 0 to 1. A score of 0 indicates the most impairment, while the higher numbers 1 and 2 indicate less impairment. Detailed explanations of how to score each item based on the client's performance is listed next to the item being scored. Once each item is scored the individual item scores are combined to form three scores; a gait assessment score, a 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. Patients who score below 19 are at a high risk for falls. Patients who score in the range of 19-24 have a moderate risk for falls. Patients who score between 24-28 have a minimal risk for falling.

Examiner Qualification & Training: There is no official qualification and training, you just have to be trained on the test procedures and the scoring procedures.

IV. Technical Considerations

Standardization: Norms Criterion Referenced Other _____

Reliability: Inter-rater reliability is $.85 \pm .10$

Validity: Content validity; concurrent validity; construct validity; criterion validity, predictive validity

Manual: Excellent Adequate Poor

There is not a manual for this assessment, but the handouts that describe the assessment and the research on the Tinetti is adequate.

What is (are) the setting/s that you would anticipate using this assessment?

Nursing homes, home health, transitional rehabilitation, inpatient rehabilitation, SNFs

Summary of strengths and weaknesses:

Weakness: The weaknesses of the test include the following:

- The test may not be sensitive to changes in balance as reported by Whitney, Poole, and Cass in their research article "A Review of Balance Instruments for Older Adults" which was published in The American Journal of Occupational Therapy.
- There is not a manual with clear information on how the test was formulated and the reliability and validity of the assessment.

Strength: The strengths of this assessment include the following:

- Assesses many different aspects of balance
- Simple and quick to administer
- No certified qualification and training is required to administer the assessment
- The assessment can be found online for free
- Scoring is uncomplicated and easy to interpret
- The test has high inter rater reliability
- The test has a variety of forms of validity