

NAME: _____
RATER: _____

QUICK SCREENING TOOL For Risk of Falls

DATE: _____

These two tests are very quick to administer and allow the evaluator to quickly determine if this patient is at risk for falling, and as such warrants a more in-depth balance assessment, such as with the Berg Balance Scale.

STATIC BALANCE: Tandem Stance Test (TST)

SCORE: _____

Scoring Threshold: **10 seconds**

< 10 seconds = increased risk of falls and functional decline

The tandem stance test (TST) is an assessment of static balance ability^{2,4} included in the EPESE short performance battery¹ and the Berg Balance Scale.² The task requires individuals to maintain upright balance with a narrow base of support without assistance or taking a step. Individuals who are unable to hold this position for at least 10 seconds are at a higher risk of falls and functional decline.^{3,5}

Using a standard protocol, the tester demonstrates the tandem stance position (heel-toe), and then instructs the participant to assume and maintain the TST position without taking a step or using support for at least 10 seconds.³

No practice trials are allowed. Participants are allowed to support themselves while assuming the tandem-stance position, and are guarded by the tester during the testing period to prevent falls. Participants are instructed to release their support when they feel stable, and to hold the position until the tester says 'stop.' Timing begins once the participant assumes the correct position and releases his support; timing stops at 10 seconds, when a foot is moved out of position or when a hand is placed on the support.

DYNAMIC BALANCE: 360° Turn

SCORE: _____

Scoring Threshold: **≤ 3.8 seconds**

>3.8 seconds = increased risk of falls and loss of Independence in ADLs

The timed 360° turn (360° turn) assesses dynamic balance, requiring individuals to turn in a circle while taking steps (ie, the base of support is changing during the task). Individuals who take longer than 3.8 seconds to turn 360° are at a higher risk of falls⁶ and loss of independence in activities of daily living (ADLs).⁷ This version of the 360° Turn uses the timed version of the test described by Gill et al.⁷

The patient is asked to turn in a circle as quickly as possible in the direction of his choice. The tester first demonstrates the task and then instructs the subject to start. Timing starts on the word 'go' and stops when the participant faces the tester with both feet forward. No practice trials are allowed. The patient performs 2 trials in the direction of their choice, and the average of the 2 trials is used.

REFERENCES:

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