

Name of Instrument: **Tinetti Balance Scale**

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Privacy Use Cost: \$

Public Use Cost: \$

Year Developed: 2000

Where to obtain Instrument:

- Contact author
- Other: www.arom.com

Description of the Instrument

- To predict individuals who will fall at least once during the following year.
- The test assesses balance with 14 items (score out of 24) and gait with ten items (score out of 16) for a total of 40.
- The higher the score, the better the performance (the lower the score, the more risk of falling). The cut-off score to identify those at risk of falling from those not at risk of falling is 36 or greater with 70% sensitivity and 52% specificity (i.e. it identified 7 or 10 fallers).
- Aspects of balance measured are (whitney et al., 1998):
 - standing and sitting balance
 - sit to stand, stand to sit
 - turn 360 degrees
 - nudge on sternum
 - turn head
 - lean back
 - unilateral stance
 - reach object from high shelf
 - pick up object from floor

Form of instrument:

- Hazard/Risk Assessment Tools
- Home hazard Appraisal
- Other: Monthly Phone Call by nurse to collect dates of falls

Method of delivery:

- Phone
- In-person interview/assessment

Relevance to injury/ Percentage of the instrument specific to injury

- To detect older adults at risk of falling.

Time to administer or complete the instrument**Methods of data analyses:**

- Quantitative

Setting/sample instrument used in:

- N=225 (75 years and older) were chosen from a control group of a randomized controlled trial examining the efficacy of a multidimensional preventive program for older adults.

Was it pilot tested? No

Pilot test sample:**Reliability Measures**

- Interrater reliability is 85% + or - 10% (Whitney et al., 1998).

Validity Measures

- Four items related to balance (unsteady sitting down, unable to stand in single stance, unsteady turning, unsteady when nudged) and three items related to gait (increased trunk sway, increased path deviation, speed), in combination, predicted falls (Tinetti et al., 1988).
- Tinetti scores (Whitney et al., 1998) are correlated with Berg Balance scale ($r=0.91$), with stride length ($r=0.62-0.68$), and with SLS ($r=0.59-0.64$).

Reference

Raiche, M., Hebert, R., Prince, F., & Corriveau, H. (2000). Screening older adults at risk of falling with the Tinetti balance scale. The Lancet, 356(9), 1001-1002.

Other References

Tinetti, M.E. (1986). Performance-oriented assessment of mobility problems in elderly patients. Journal of the American Geriatrics Society, 34, 119-126.

Whitney, S. L., Poole J. L., & Cass, S. P. (1998). A review of balance instruments for older adults. The American Journal of Occupational Therapy, 52(8), 666-671.

Keywords: elderly, falls, injury prevention, balance scale, risk, seniors.