



Functional Assessment and Exercise for the Aging Adult

Part 1: Introduction to Functional Assessment

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Note to Participants: There are interactive pop-up questions throughout this lecture. If you choose to pause the lecture and return at a later time, a natural break time would be after answering the interactive questions. (You are able to pause at any time and the presentation will "remember" where you were. It's just a more natural time to pause after the interactive questions.) For your convenience, this outline reflects where/when within the lecture the interactive questions occur.

This lecture has 67 slides and is 74 minutes in duration.

- I. Impairment vs. function-based evaluation
 - A. Nagi model
 - B. Validity of manual muscle testing

Interactive Questions – slide 8 @ 9 minutes

- II. Aging adults and physical activity
 - A. Role of physical activity
 - B. Technology induced inactivity

Interactive Questions – slide 16 @ 16 minutes

- III. Slippery slope
 - A. Limitations in mobility tasks
 - B. Consequences of inactivity, bed rest and hospitalization
 - C. Physical activity and nursing home placement
 - D. Benefits of physical activity
 - E. Required tasks of community dwelling older adults

Interactive Questions – slide 22 @ 25 minute

Interactive Questions – slide 26 @ 27 minutes

- IV. Sarcopenia
 - A. Definition
 - B. Consequences of sarcopenia
 - C. Interventions for sarcopenia

Interactive Questions – slide 33 @ 35 minutes

- V. Falls
 - A. Statistics
 - B. Consequences

Interactive Questions – slide 38 @ 39 minutes

Notes

VI. Need for functional assessment approach

- A. Changes in today's health care world
- B. Documentation challenge
- C. Medicare denials
- D. What reviewers are looking for
- E. Definition of home-bound community-based goals

VII. Overview of functional assessment tools

- A. Advantages of using functional assessment tools
- B. Choosing the best tool
- C. Test types
- D. Test characteristics
- E. Measurement properties (clinimetrics)
 - 1. Reliability
 - 2. Validity
 - 3. Sensitivity and specificity

Interactive Questions – 56 @ 60 minutes

- 4. Likelihood ratios

Interactive Questions – slide 61 @ 66 minutes

- 5. Responsiveness and MCID

Interactive Questions – slide 64 @ 69 minutes

VIII. Summary

Notes

Bibliography

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