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Functional Assessment and Exercise for the Aging Adult

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 69 slides and is 74 minutes in duration.

- I. Differentiating between impairment-based and function-based evaluations
 - A. Determining the muscle grade of patients
 - B. Validity of manual muscle testing

Interactive Questions – slide 12 @ 8 minutes

- II. Aging adults and physical activity
 - A. How activity (or lack thereof) influences disease
 - B. How many older adults are physically active?
 - C. Why do we need to talk about aging adults and their level of activity?
 - D. The consequences of inactivity
- III. The slippery slope of aging
 - A. Can the decline of ability be controlled or slowed down?
 - B. The required tasks of community-dwelling older adults
 - C. The growing problem of mobility disability
 - 1. Population is aging and disability is increasing.
 - 2. Mobility disability leads to a variety of problems
 - D. The consequences of inactivity
 - 1. Bed rest and hospitalization
 - 2. At the systems level
 - 3. The cost of inactivity
 - a. Economically
 - b. Physically
 - E. The benefits of activity

Interactive Questions – slide 31 @ 29 minutes

- IV. Sarcopenia
 - A. Definition
 - B. Relation to muscular strength

Notes

C. Can it be treated?

Notes

Interactive Questions – slide 36 @ 35 minutes

V. Falls

- A. Statistics
- B. Consequences

Interactive Questions – slide 41 @ 39 minutes

VI. Functional assessment

- A. Challenges in today's healthcare world
 - 1. Documentation
 - 2. Medicare denials: What are reviewers looking for?
- B. Why use functional assessments?
- C. Test types
- D. Choosing the best test: Clinimetrics
 - 1. Reliability
 - 2. Validity
 - 3. Sensitivity and specificity
 - 4. Likelihood ratios
 - 5. Responsiveness and MCID

Interactive Questions – slide 67 @ 69 minutes

VII. Summary
