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Assessing Physical Performance in the Older Patient

Presented by
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This CD-ROM provides instruction for administration and scoring of the Short Physical Performance Battery (SPPB) that was developed by the National Institute of Aging (NIA) for the Established Populations for Epidemiologic Studies of the Elderly (EPESE) program.

CD-ROM Contents

Overview of the Short Physical Performance Battery (SPPB)

Demonstration of the SPPB

- Introduction to the SPPB
- Balance Tests
- Gait Speed Test
- Chair Stand Test

Battery Performance Tips

- Correct Timing of the SPPB
- Safety Considerations During the SPPB
- Scoring the Participant Who Doesn't Perform
- Course Layout for the Gait Speed Test

Test Administration Tools

- SPPB Protocol and Score Sheet
- Demonstration Wall Chart

Resource Center

- Reference Articles (Full Text)
- Introduction to the SPPB (Downloadable PowerPoint Slides)
- Demonstration of the SPPB (Full Printable Script)
- Biographical Information for Dr. Guralnik
- Acknowledgements

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