

ASSESSMENT

Timed Up & Go (TUG)

Purpose: To assess mobility

Equipment: A stopwatch

Directions: Patients wear their regular footwear and can use a walking aid, if needed. Begin by having the patient sit back in a standard arm chair and identify a line 3 meters, or 10 feet away, on the floor.

① Instruct the patient:

When I say "Go," I want you to:

1. Stand up from the chair.
2. Walk to the line on the floor at your normal pace.
3. Turn.
4. Walk back to the chair at your normal pace.
5. Sit down again.

NOTE:

Always stay by the patient for safety.

② On the word "Go," begin timing.

③ Stop timing after patient sits back down.

④ Record time.

Time in Seconds:

Patient _____

Date _____

Time _____ ☐ AM ☐ PM

OBSERVATIONS

Observe the patient's postural stability, gait, stride length, and sway.

Check all that apply:

- ☐ Slow tentative pace
- ☐ Loss of balance
- ☐ Short strides
- ☐ Little or no arm swing
- ☐ Steadying self on walls
- ☐ Shuffling
- ☐ En bloc turning
- ☐ Not using assistive device properly

These changes may signify neurological problems that require further evaluation.

Tug Test Home Health

Jacqueline A. Osborne

A red circular graphic with a gradient, appearing as a partial circle or a thick arrow pointing to the right, located to the right of the author's name.

Tug Test Home Health:

Nursing Case Studies on Improving Health-Related Quality of Life in Older Adults Kathy Murphy, 2015-04-13

Features evidence based practical and effective strategies for creating and maintaining optimal quality of life for older adults This globally focused resource integrates sound research evidence real life case scenarios and effective practical strategies to address a key health care initiative of the 21st century optimal quality of life for older adults Distinguished by its broad outlook the book includes contributions from an international cadre of widely published scholars and is designed for easy integration into traditional nursing education curricula The book explores the experiences of older adults at home in assisted living and in nursing home environments examining their complex and wide ranging health spiritual and emotional needs The book is organized into two sections that address quality of life issues Section I broadly addresses quality of life issues across the full range of care environments while Section II addresses some of the more specific issues and health conditions that have an impact on the quality of life of older adults A detailed and multidimensional case study opens each chapter including subjective and objective data focusing on the quality of life domain being addressed Articulation and definition of each quality of life issue are presented along with information on the incidence and prevalence of the problem Several cases addressing issues older adults encounter in preventing and managing acute and chronic disease serve as a clinical resource guide with an emphasis on clinical reasoning Each chapter features a comprehensive synthesized literature review delivering the best evidence in the field and offering effective strategies for managing care issues Generalist and advanced practice nursing roles in promoting quality of life along with relevant cultural considerations are covered in detail Each chapter concludes with tips and strategies for the promotion of quality of life among older adults accompanied by a list of critical thinking questions Content is organized to be compatible with the Adult Geriatric Nurse Practitioner Certification Test Plan Key Features Addresses key quality of life education and practice initiatives advanced by leading gerontology organizations worldwide Includes detailed multifaceted case studies reflecting extensive current evidence based literature Describes practical cost effective strategies aimed at maintaining health Disseminates the universally applicable perspectives of international scholars of global aging Provides content compatible with the Adult Geriatric Nurse Practitioner Certification Test Plan

Sensors for Gait, Posture, and Health Monitoring Volume 2 Thurmon Lockhart, 2020-06-17 In recent years many technologies for gait and posture assessments have emerged Wearable sensors active and passive in house monitors and many combinations thereof all promise to provide accurate measures of physical activity gait and posture parameters Motivated by market projections for wearable technologies and driven by recent technological innovations in wearable sensors MEMs electronic textiles wireless communications etc wearable health performance research is growing rapidly and has the potential to transform future healthcare from disease treatment to disease prevention The objective of this Special Issue is to address and disseminate the latest gait posture and activity monitoring systems as well as various mathematical

models methods that characterize mobility functions This Special Issue focuses on wearable monitoring systems and physical sensors and its mathematical models can be utilized in varied environments under varied conditions to monitor health and performance

Speech and Automata in Health Care Amy Neustein, 2014-11-10 Examines various speech technologies deployed in healthcare service robots to maximize the robot's ability to interpret user input Demonstrates how robot anthropomorphic features and etiquette in behavior promotes user positive emotions acceptance of robots and compliance with robot requests Analyzes how multimodal medical service robots and other cyber physical systems can reduce mistakes and mishaps in the operating room Evaluates various input methods for improving acceptance of robots in the older adult population Presents case studies of cognitively and socially engaging robots in the long term care setting for helping older adults with activities of daily living and in the pediatric setting for helping children with autism spectrum conditions and metabolic disorders *Speech and Automata in Health Care* forges new ground by closely analyzing how three separate disciplines speech technology robotics and medical surgical assistive care intersect with one another resulting in an innovative way of diagnosing and treating both juvenile and adult illnesses and conditions This includes the use of speech enabled robotics to help the elderly population cope with common problems associated with aging caused by the diminution in their sensory auditory and motor capabilities By examining the emerging nexus of speech automata and health care the authors demonstrate the exciting potential of automata both speech driven and multimodal to affect the healthcare delivery system so that it better meets the needs of the populations it serves This book provides both empirical research findings and incisive literature reviews that demonstrate some of the more novel uses of speech enabled and multimodal automata in the operating room hospital ward long term care facility and in the home Studies backed by major universities research institutes and by EU funded collaborative projects are debuted in this volume This volume provides a wealth of timely material for industrial engineers speech scientists computational linguists and for signal processing and intelligent systems design experts Topics include Spoken Interaction with Healthcare Robots Service Robot Feature Effects on Patient Acceptance Emotional Response Designing Embodied and Virtual Agents for the Operating Room The Emerging Role of Robotics for Personal Health Management in the Older Adult Population Why Input Methods for Robots that Serve the Older Adult Are Critical for Usability Socially and Cognitively Engaging Robots in the Long Term Care Setting Voice Enabled Assistive Robots for Managing Autism Spectrum Conditions ASR and TTS for Voice Controlled Robot Interactions in Treating Children with Metabolic Disorders

Out of Practice Frederick M. Barken, 2011-04-15 Primary care medicine as we know and remember it is in crisis While policymakers government administrators and the health insurance industry pay lip service to the personal relationship between physician and patient dissatisfaction and disaffection run rampant among primary care doctors and medical students steer clear in order to pursue more lucrative specialties Patients feel helpless well aware that they are losing a valued close connection as health care steadily becomes more transactional than relational The thin margin

efficiency rapid pace and high volume demanded by the new health care economics do not work for primary care an inherently slower more personal and uniquely tailored service In *Out of Practice* Dr Frederick Barken juxtaposes his personal experience with the latest research on the transformations in the medical field He offers a cool critique of the market model of medicine while vividly illustrating how the seemingly inexorable trend toward specialization in the last few decades has shifted emphasis away from what was once the foundation of medical practice Dr Barken addresses the complexities of modern practice overuse of diagnostic studies fragmentation of care increasing reliance on an array of prescription drugs and the practice of defensive medicine He shows how changes in medicine the family and society have left physicians to deal with a wide range of geriatric issues from limited mobility to dementia that are not addressed by health care policy and are not entirely amenable to a physician's prescription Indeed Dr Barken contends the very survival of primary care is in jeopardy at a time when its practitioners are needed more than ever Illustrated with case studies gleaned from more than twenty years in private practice and data from a wide range of sources *Out of Practice* is more than a jeremiad about a broken system Throughout Dr Barken offers cogent suggestions for policymakers and practitioners alike making clear that as valuable as the latest drug or medical device may be a successful health care system depends just as much on the doctor patient relationship embodied by primary care medicine

Evidence-Based Practices to Reduce Falls and Fall-Related Injuries Among Older Adults Cassandra W. Frieson, Maw Pin Tan, Marcia G. Ory, Matthew Lee Smith, 2018-09-20 Falls and fall related injuries among older adults have emerged as serious global health concerns which place a burden on individuals their families and greater society As fall incidence rates increase alongside our globally aging population fall related mortality hospitalizations and costs are reaching never seen before heights Because falls occur in clinical and community settings additional efforts are needed to understand the intrinsic and extrinsic factors that cause falls among older adults effective strategies to reduce fall related risk and the role of various professionals in interventions and efforts to prevent falls e g nurses physicians physical therapists occupational therapists health educators social workers economists policy makers As such this Research Topic sought articles that described interventions at the clinical community and or policy level to prevent falls and related risk factors Preference was given to articles related to multi factorial evidence based interventions in clinical e g hospitals long term care facilities skilled nursing facilities residential facilities and community e g senior centers recreation facilities faith based organizations settings However articles related to public health indicators and social determinants related to falls were also included based on their direct implications for evidence based interventions and best practices

Documentation for Physical Therapist Practice Jacqueline A. Osborne, 2015-08-03 *Documentation for Physical Therapist Practice* A Clinical Decision Making Approach provides the framework for successful documentation It is synchronous with Medicare standards as well as the American Physical Therapy Association's recommendations for defensible documentation It identifies documentation basics which can be readily applied to a broad spectrum of

documentation formats including paper based and electronic systems This key resource skillfully explains how to document the interpretation of examination findings so that the medical record accurately reflects the evidence In addition the results of consultation with legal experts who specialize in physical therapy claims denials will be shared to provide current meaningful documentation instruction

Lubkin's Chronic Illness Pamala D. Larsen,2014-11-07 Lubkin's Chronic Illness Ninth Edition is an essential text for nursing students who seek to understand the various aspects of chronic illness affecting both patients and families This is the only text of its kind that truly addresses not only the physical aspects but the important psychosocial issues that individuals and families deal with on a daily basis The text takes an application to practice based approach by covering impact issues interventions and outcomes The Ninth Edition has been heavily revised to include updated and expanded content on the illness experience health policy uncertainty and the advanced practice nurse in chronic illness Each chapter employs a theoretical approach to the concept followed by the impact or issues of the concept nursing interventions and potential outcomes Two new chapters focused on Loss and Spirituality have also been included New to the Ninth Edition Expanded personal and real life comments from the perspective of the caregiver

Chronic Illness in Canada Joseph Osuji,2012 Adapted from our best selling text Chronic Illness Impact and Intervention Eighth Edition by Pamala D Larsen and Ilene Morof Lubkin this text includes recent definitions and models of care aimed towards chronic disease management CDM currently used in Canada Canadian and global perspectives on chronic illness management are addressed throughout the text and chapters on the role of primary health care in chronic care family nursing global health and chronic illness are included to address the needs of nursing curriculum standards in Canada Key Features Chapter on complementary therapies within a Canadian health context Every chapter is updated to include Canadian content and an emphasis on global healthcare Contains theoretical and practical perspectives to address the continuing emergence of chronic illness in Canada and the world

Pervasive Computing Technologies for Healthcare Dario Salvi,Pieter Van Gorp,Syed Ahmar Shah,2024-06-03 This book constitutes the refereed proceedings of the 17th EAI International Conference on Pervasive Computing Technologies for Healthcare PervasiveHealth 2023 held in Malm Sweden during November 27 29 2023 The 29 full papers and 6 short papers were selected from 90 submissions and are organized in thematic sessions as follows Pervasive Mental Health Privacy Ethics and Regulations Datasets and Big data Processing Pervasive health for Carers Pervasive Health in Clinical Practice Remote Monitoring Patient and User Aspects Motion and rehabilitation Workshop on the Internet of Things in Health Research Posters and demos non indexed annex

New Developments in Physical Education and Sport Antonio Granero-Gallegos,2021-03-04 Continuous professional development is of great importance if one is to develop quality professional work This book contains some of the latest research advances related to the field of Physical Education and Sports In today's globalized world continuous and permanent education is necessary and essential to complement the initial training and previous experience In this book you can find a wide range of works focused on

innovative teaching methodologies and psychological variables to take into account to improve classes and training These studies on the most forward looking technological advances in physical activity and sports are useful for those who seek to be up to date on this type of research In addition these studies will be useful to consult regarding current lifestyle the creation of healthy habits the promotion of physical activity in one's free time and the importance of leading an active life

Geriatric Physical Therapy - eBook Andrew A. Guccione, Dale Avers, Rita Wong, 2011-03-07 Geriatric Physical Therapy offers a comprehensive presentation of geriatric physical therapy science and practice Thoroughly revised and updated editors Andrew Guccione Rita Wong and Dale Avers and their contributors provide current information on aging related changes in function the impact of these changes on patient examination and evaluation and intervention approaches that maximize optimal aging Chapters emphasize evidence based content that clinicians can use throughout the patient management process Six new chapters include Exercise Prescription Older Adults and Their Families Impaired Joint Mobility Impaired Motor Control Home based Service Delivery and Hospice and End of Life Clinically accurate and relevant while at the same time exploring theory and rationale for evidence based practice it's perfect for students and practicing clinicians It's also an excellent study aid for the Geriatric Physical Therapy Specialization exam Comprehensive coverage provides all the foundational knowledge needed for effective management of geriatric disorders Content is written and reviewed by leading experts in the field to ensure information is authoritative comprehensive current and clinically accurate A highly readable writing style and consistent organization make it easy to understand difficult concepts Tables and boxes organize and summarize important information and highlight key points for quick reference A well referenced and scientific approach provides the depth to understand processes and procedures Theory mixed with real case examples show how concepts apply to practice and help you enhance clinical decision making skills Standard APTA terminology familiarizes you with terms used in practice A new chapter Exercise Prescription highlights evidence based exercise prescription and the role of physical activity and exercise on the aging process A new chapter Older Adults and Their Families helps physical therapists understand the role spouses partners and adult children can play in rehabilitation from providing emotional support to assisting with exercise programs and other daily living activities New chapters on Impaired Joint Mobility Impaired Motor Control Home based Service Delivery and Hospice and End of Life expand coverage of established and emerging topics in physical therapy Incorporates two conceptual models the Guide to Physical Therapist Practice 2nd Edition and the International Classification of Function Disability and Health ICF of the World Health Organization WHO with an emphasis on enabling function and enhancing participation rather than concentrating on dysfunction and disability A companion Evolve website includes all references linked to MEDLINE as well as helpful links to other relevant websites *Emergencies in the Older Adult, An Issue of Emergency Medicine Clinics of North America* Robert A Anderson, Phillip Magidson, Danya Khoujah, 2021-04-22 This issue of Emergency Medicine Clinics guest edited by Drs Robert Anderson Phil Magidson and

Danya Khoujah focuses on Emergencies in the Older Adult This is one of four issues each year selected by the series consulting editor Dr Amal Mattu Articles in this issue include but are not limited to Trends in Geriatric Emergency Medicine Pharmacologic Considerations in Older Adults Geriatric Trauma Resuscitation of Older Adults Acute Brain Failure Chronic Brain Failure Cardiopulmonary Emergencies ACS in Older Adults Abdominal Emergencies Genitourinary Emergencies Infections in Older Adults and Elder Abuse

Lubkin's Chronic Illness Larsen,2017-12 Lubkin s Chronic Illness Tenth Edition is an essential text for nursing students who seek to understand the various aspects of chronic Illness affecting both patients and families Important Notice The digital edition of this book is missing some of the images or content found in the physical edition

Chronic Illness Ilene Morof Lubkin,Pamala D. Larsen,2013 The newest edition of best selling Chronic Illness continues to focus on the various aspects of chronic illness that influence both patients and their families Topics include the sociological psychological ethical organizational and financial factors as well as individual and system outcomes This book is designed to teach students about the whole client or patient versus the physical status of the client with chronic illness The study questions at the end of each chapter and the case studies help the students apply the information to real life Evidence based practice references are included in almost every chapter

Case Studies in Geriatric Primary Care & Multimorbidity Management Karen Dick,Terry Mahan Buttaro,2019-01-29 Awarded first place in the 2019 AJN Book of the Year Awards in the Gerontologic Nursing category second place in the Advanced Practice Nursing category Gain expert primary care of older adults with a case based approach to geriatric primary care and multimorbidity management Written by two leading academic and clinical experts in geriatric primary care Case Studies in Geriatric Primary Care and Multimorbidity Management 1st Edition uses detailed Exemplar Case Studies and Practice case studies to teach you how to think like an expert geriatric clinician Because most older adults have more than one condition when seeking care both Exemplar and Practice Case Studies place a strong emphasis on multimorbidity management the management of patients with a host of complex interacting conditions To provide extensive practice in learning how to think like an expert case studies reflect the reality that care does not necessarily begin or end in the primary care setting cases move fluidly from primary care to acute care to inpatient rehabilitation to assisted living to long term care Building on foundational introductory chapters cases also call on you to develop interprofessional collaboration skills and reflect the diversity of today s older adults in terms of age young old to old old gender culture ethnicity sexuality socioeconomic status and more As you work through both basic level and advanced Practice Case Studies you can make extensive notes in the printed book and then go online to submit answers for grading and receive expert feedback for self reflection NEW Introductory unit on the core principles of caring for older adults gives you a strong foundation in the principles of geriatric primary care and multimorbidity management NEW and UNIQUE Exceptionally detailed unfolding Exemplar Case Studies demonstrate how an expert advanced practitioner thinks clinically to provide care to older adults with multiple conditions NEW and UNIQUE

Exceptionally detailed unfolding Practice Case Studies emphasize patient diversity and multimorbidity management across healthcare settings to help you develop advanced clinical reasoning skills for geriatric primary care NEW and UNIQUE Strong emphasis on multimorbidity management focuses on caring for older adults with multiple chronic conditions NEW Emphasis on the continuum of care across settings reflects the reality that care does not necessarily begin or end in the primary care setting but can move from primary care to acute care to inpatient rehabilitation to assisted living to long term care and so forth NEW Online answer submission for grading and expert feedback for self reflection NEW Emphasis on patient diversity reflects the makeup of today s older adult population in terms of age young old to old old gender culture ethnicity sexuality socioeconomic status and more NEW Emphasis on interprofessional collaboration use Exemplar Case Studies and Practice Case Studies to allow you to demonstrate your interprofessional collaboration skills Health and Wellness Measurement Approaches for Mobile Healthcare Gita Khalili Moghaddam, Christopher R. Lowe, 2018-09-22 This book reviews existing sensor technologies that are now being coupled with computational intelligence for the remote monitoring of physical activity and ex vivo biosignatures In today s frenetic world consumers are becoming ever more demanding they want to control every aspect of their lives and look for options specifically tailored to their individual needs In many cases suppliers are catering to these new demands as a result clothing food social media fitness and banking services are all being democratised to the individual Healthcare provision has finally caught up to this trend and is currently being rebooted to offer personalised solutions while simultaneously creating a more effective scalable and cost effective system for all The desire for personalisation home monitoring and treatment and provision of care in remote locations or in emerging and impoverished nations that lack a fixed infrastructure is leading to the realisation that mobile technology might be the best candidate for achieving these goals A combination of several technological healthcare and financial factors are driving this trend to create a new healthcare model that stresses preventative health care rather than sick care and a shift from volume to value Mobile healthcare mhealth which could also be termed the internet of people refers to the integration of sensors and smartphones to gather and interpret clinical data from patients in real time Most importantly with an ageing population suffering multiple morbidities mhealth could provide healthcare solutions to enhance chronically ill patients quality of life Wireless Mobile Communication and Healthcare Paolo Perego, Giuseppe Andreoni, Giovanna Rizzo, 2017-06-05 This book constitutes the refereed post conference proceedings of the 6th International Conference on Mobile Communication and Healthcare MobiHealth 2016 held in Milan Italy in November 2016 The 50 revised full papers were reviewed and selected from numerous submissions and are organized in topical sections covering Technological development for m health application user engagement IoT Internet of Things Advances in soft wearable technology for mobile health Emerging experiences into receiving and delivering healthcare through mobile and embedded solutions Advances in personalized healthcare services Mobile monitoring and social media pervasive technologies *Gerontological*

Nursing Competencies for Care Kristen L. Mauk, 2017-04-14 Gerontological Nursing Competencies for Care Fourth Edition focuses on caring for the elderly by employing a holistic and interdisciplinary approach The text follows the framework of the core competencies for baccalaureate nursing education published by the American Association of Colleges of Nursing AACN and the John A Hartford Foundation Institute for Geriatric Nursing This framework is structured to ensure nursing students attain the recommended knowledge to achieve the competencies necessary to provide excellent care to older adults Back cover

Geriooperative Nursing Care Raelene V. Shippee-Rice, Susan J. Fetzer, Jennifer V. Long, 2012 The authors of this book share decades of geriatric perioperative nursing care experience with readers in a thorough systematic manner This book would be an excellent addition to the library of any health care professional especially a perioperative nurse who provides care to older adults AORN Journal the official publication of the Association of Perioperative Registered Nurses This is a solid well thought out book The text has a clarity and focus which enhances understanding of the topics presented It is particularly notable for crisp reading and uncomplicated meaningful illustrations Kudos to the authors for presenting such a medically solid book without losing the art of nursing care or the vision of a well tended patient Nursing News This timely volume introduces geriooperative care a new model of surgical care for the elderly designed to improve surgical outcomes and prevent complications through a focus on communication and relationship centered care It is the only book to specifically address the care of older adults undergoing surgery providing practitioners with critical practical and theoretical information from the initial decision to have surgery through the first follow up visit post discharge The text includes the anatomy and physiology of aging preoperative care intraoperative and post anesthesia care postoperative care returning home risk appraisal education prevention early intervention multidisciplinary team collaboration and effective communication across all systems of care Geriooperative Nursing Care is an essential resource for students and practitioners of surgical critical acute care and geriatric nursing along with clinical and case managers The tools presented help to sustain and enhance quality nursing care for older adults considering surgery undergoing surgery and during post surgery visits Key Features Presents a comprehensive new geriooperative care model for older adults undergoing surgery Follows patient from primary to follow up care including hospital care ambulatory care emergency and elective surgery and perioperative care Applies primary secondary and tertiary care concepts to surgery Presents innovative focus on case management with new care guidelines Provides new applications in preoperative training family coaching and post operative cognitive dysfunction prevention Describes how to make quality improvements in current surgical care practices Identifies and discusses major health problems of older adults through EBP Includes case studies with discussion questions

[Stroke Rehabilitation E-Book](#) Glen Gillen, Dawn M. Nilsen, 2020-09-13 NEW Revised and expanded content keeps you up to date on the latest information in all areas of stroke rehabilitation NEW Updated references reflect the changes that have been made in the field NEW Assessment Appendix and Pharmacological Appendix UPDATED Resources for Educators and Students on Evolve

Decoding **Tug Test Home Health**: Revealing the Captivating Potential of Verbal Expression

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