# Tinetti Assessment Tool: Description

<table>
<thead>
<tr>
<th><strong>Population:</strong></th>
<th>Adult population, elderly patients</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Description:</strong></td>
<td>The Tinetti Assessment Tool is a simple, easily administered test that measures a patient's gait and balance. The test is scored on the patient's ability to perform specific tasks.</td>
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<tr>
<td><strong>Mode of Administration:</strong></td>
<td>The Tinetti Assessment Tool is a task performance exam.</td>
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<tr>
<td><strong>Time to Complete:</strong></td>
<td>10 to 15 minutes</td>
</tr>
<tr>
<td><strong>Time to Score:</strong></td>
<td>Time to score is included in time to complete</td>
</tr>
<tr>
<td><strong>Scoring:</strong></td>
<td>Scoring of the Tinetti Assessment Tool is done on a three point ordinal scale with a range of 0 to 2. A score of 0 represents the most impairment, while a 2 would represent independence of the patient. The individual scores are then combined to form three measures; an overall gait assessment score, an overall balance assessment score, and a gait and balance score.</td>
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<tr>
<td><strong>Interpretation:</strong></td>
<td>The maximum score for the gait component is 12 points. The maximum score for the balance component is 16 points. The maximum total score is 28 points. In general, patients who score below 19 are at a high risk for falls. Patients who score in the range of 19-24 indicate that the patient has a risk for falls.</td>
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<tr>
<td><strong>Reliability:</strong></td>
<td>Interrater reliability was measured in a study of 15 patients by having a physician and a nurse test the patients at the same time. Agreement was found on over 85% of the items and the items that differed never did so by more than 10%. These results indicate that the Tinetti Assessment Tool has good interrater reliability.</td>
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<tr>
<td><strong>Validity:</strong></td>
<td>Not reported</td>
</tr>
</tbody>
</table>
# Tinetti Assessment Tool: Balance

**Patient's Name:** __________________________  **Date:** ________________  
**Location:** __________________________  **Rater:** __________________________

**Initial Instructions:** Subject is seated in a hard, armless chair. The following maneuvers are tested.

<table>
<thead>
<tr>
<th>Task</th>
<th>Description of Balance</th>
<th>Possible</th>
<th>Score</th>
</tr>
</thead>
</table>
| 1. Sitting Balance | Leans or slides in chair  
                     Steady, safe | = 0 | 1 |
| 2. Arises | Unable without help  
             Able, uses arms to help  
             Able without using arms | = 0 | 1 | 2 |
| 3. Attempts to arise | Unable without help  
                      Able, requires > 1 attempt  
                      Able to rise, 1 attempt | = 0 | 1 | 2 |
| 4. Immediate standing balance  
   (first 5 seconds) | Unsteady (swaggers, moves feet, trunk sway)  
                      Steady but uses walker or other support  
                      Steady without walker or other support | = 0 | 1 | 2 |
| 5. Standing Balance | Unsteady  
                     Steady but wide stance (medial heels > 4 inches apart) and uses cane or other support  
                     Narrow stance without support | = 0 | 1 | 2 |
| 6. Nudged (subject at max position with feet as close together as possible, examiner pushes lightly on subject's sternum with palm of hand 3 times,) | Begins to fall  
                     Slaggers, grabs, catches self  
                     Steady | = 0 | 1 | 2 |
| 7. Eyes closed (at maximum position #6) | Unsteady  
                     Steady | = 0 | 1 |
| 8. Turning 360 degrees | Discontinuous steps  
                      Continuous steps  
                      Unsteady (grabs, swaggers)  
                      Steady | = 0 | 1 | 1 |
| 9. Sitting Down | Unsafe (misljudged distance, falls into chair)  
                      Uses arms or not a smooth motion  
                      Safe, smooth motion | = 0 | 1 | 2 |

**Balance Score:**
### Tinetti Assessment Tool: Gait

**Patient's Name:** ___________________  **Date:** ___________________

**Location:** ___________________  **Rater:** ___________________

**Initial Instructions:** Subject stands with examiner, walks down hallway or across the room, first at "usual" pace, then back at "rapid, but safe" pace (using usual walking aids).

<table>
<thead>
<tr>
<th>Task</th>
<th>Description of Gait</th>
<th>Possible</th>
<th>Score</th>
</tr>
</thead>
</table>
| 10.  | Initiation of gait  | Any hesitancy or multiple attempts to start = 0  
No hesitancy = 1 |        |       |
|      | (immediately after told to "go") | | |
| 11.  | Step length and height | a. Right swing foot does not pass left stance foot with step = 0  
b. Right foot passes left stance foot = 1  
c. Right foot does not clear floor completely with step = 0  
d. Right foot completely clears floor = 1  
e. Left swing foot does not pass right stance foot with step = 0  
f. Left foot passes right stance foot = 1  
g. Left foot does not clear floor completely with step = 0  
h. Left foot completely clears floor = 1 | | |
| 12.  | Step Symmetry | Right and left step length not equal (estimate) = 0  
Right and left step appear equal = 1 | | |
| 13.  | Step Continuity | Stopping or discontinuity between steps = 0  
Steps appear continuous = 1 | | |
| 14.  | Path (estimated in relation to floor tiles, 12-inch diameter; observe excursion of 1 foot over about 10 feet of the course) | Marked deviation = 0  
Mild/moderate deviation or uses walking aid = 1  
Straight without walking aid = 2 | | |
| 15.  | Trunk | Marked sway or uses walking aid = 0  
No sway but flexion of knees or back, or spreads arms out while walking = 1  
No sway, no flexion, no use of arms, and no use of walking aid = 2 | | |
| 16.  | Walking Stance | Heels apart = 0  
Heels almost touching while walking = 1 | | |

**Gait Score:**

**Balance + Gait Score:**