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## Telehealth Assessment of Frailty in Community Dwelling Older Adults using the Modified Physical Performance Test (Poster)

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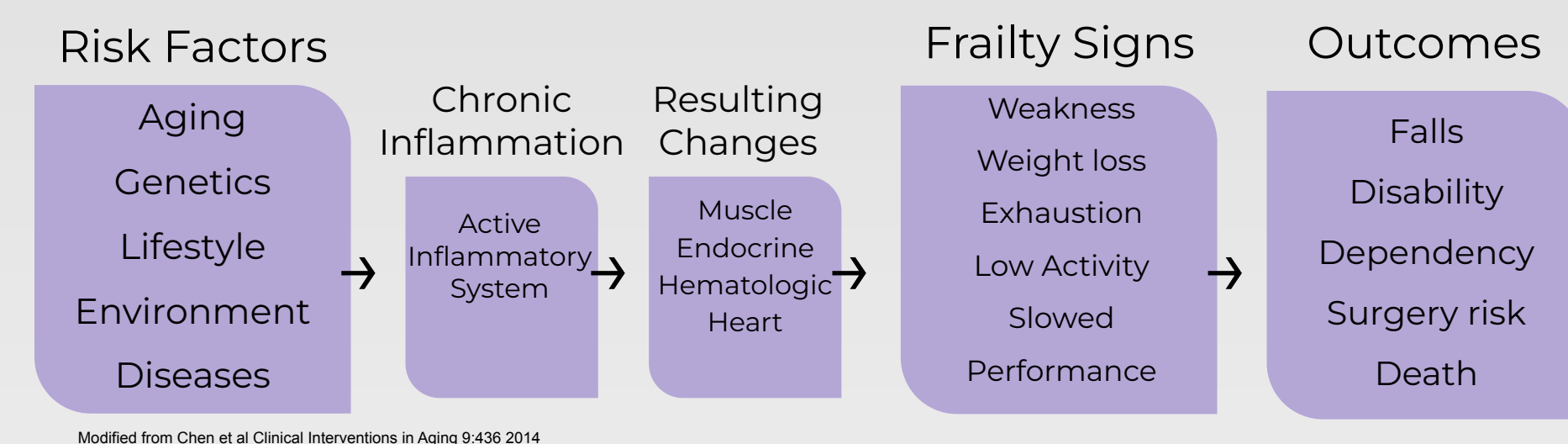
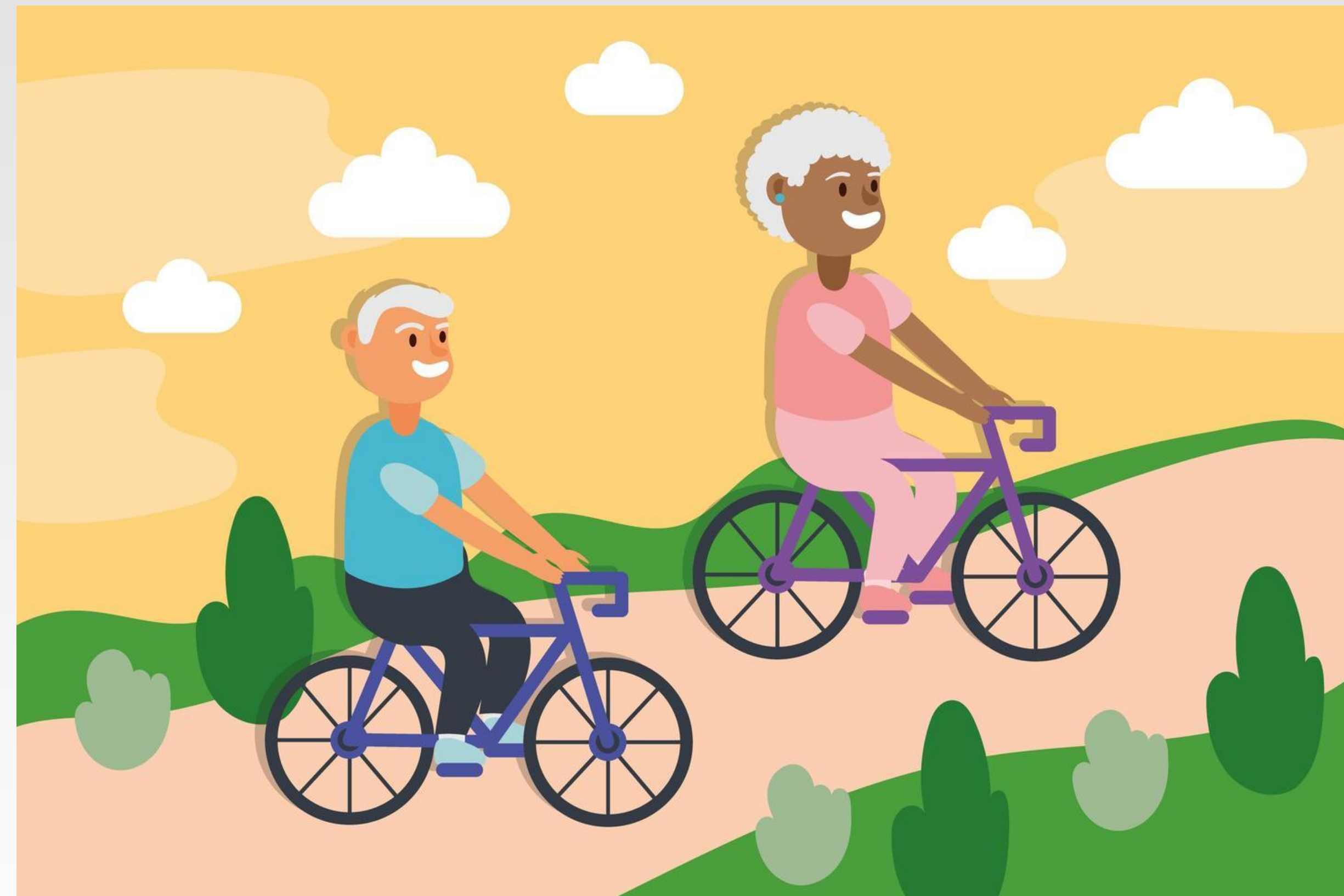


# Telehealth Assessment of Frailty in Community Dwelling Older Adults using the Modified Physical Performance Test

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## Background



### Frailty in Older Adults

- Frailty is a health condition that effects increasing numbers of the population past the age of 65
- The modified Physical Performance Test (mPPT) is a test that assesses multiple dimensions of physical function with different levels of difficulty. It has been shown to assess frailty in an older adult population.
- Due to health care barriers, it may be advantageous to assess individuals via telehealth.
- It is critical to determine the concurrent validity of telehealth delivery of mPPT with that of a clinical setting to determine if it can increase access to care

## Methods

- 10 Participants assessed for eligibility
- 60-90 years old
  - Live independently or in assisted living
  - Able to walk without assistance of another person
  - SLUMS score: >21 for high school education or >20 for less than high school education
  - No known neurological conditions
  - No health issue which would impact performance on mPPT

- 8 Participants met inclusion criteria
- 7 Females & 1 Male
  - Mean age= 79.8 y/o
  - SD = 7.8

Vitals recorded

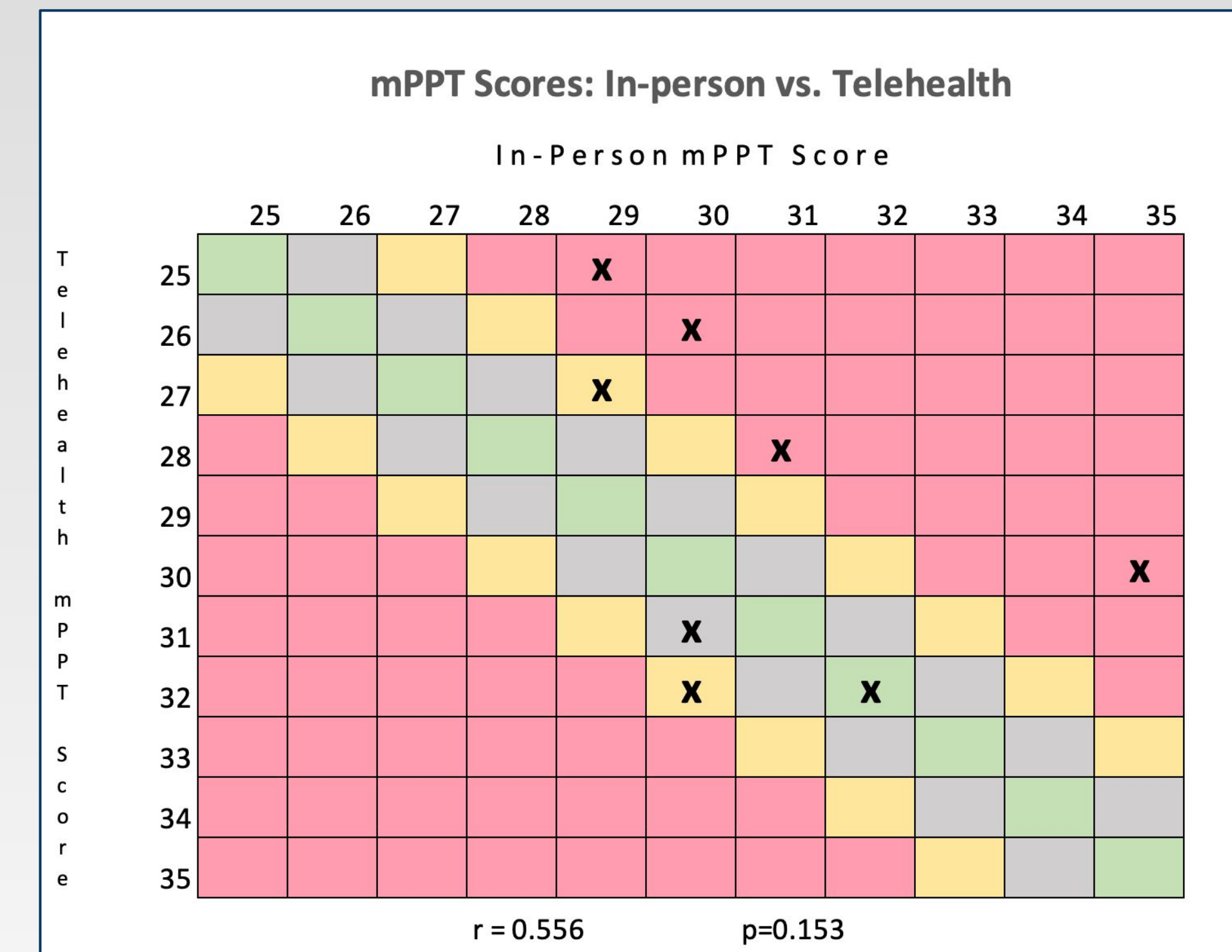
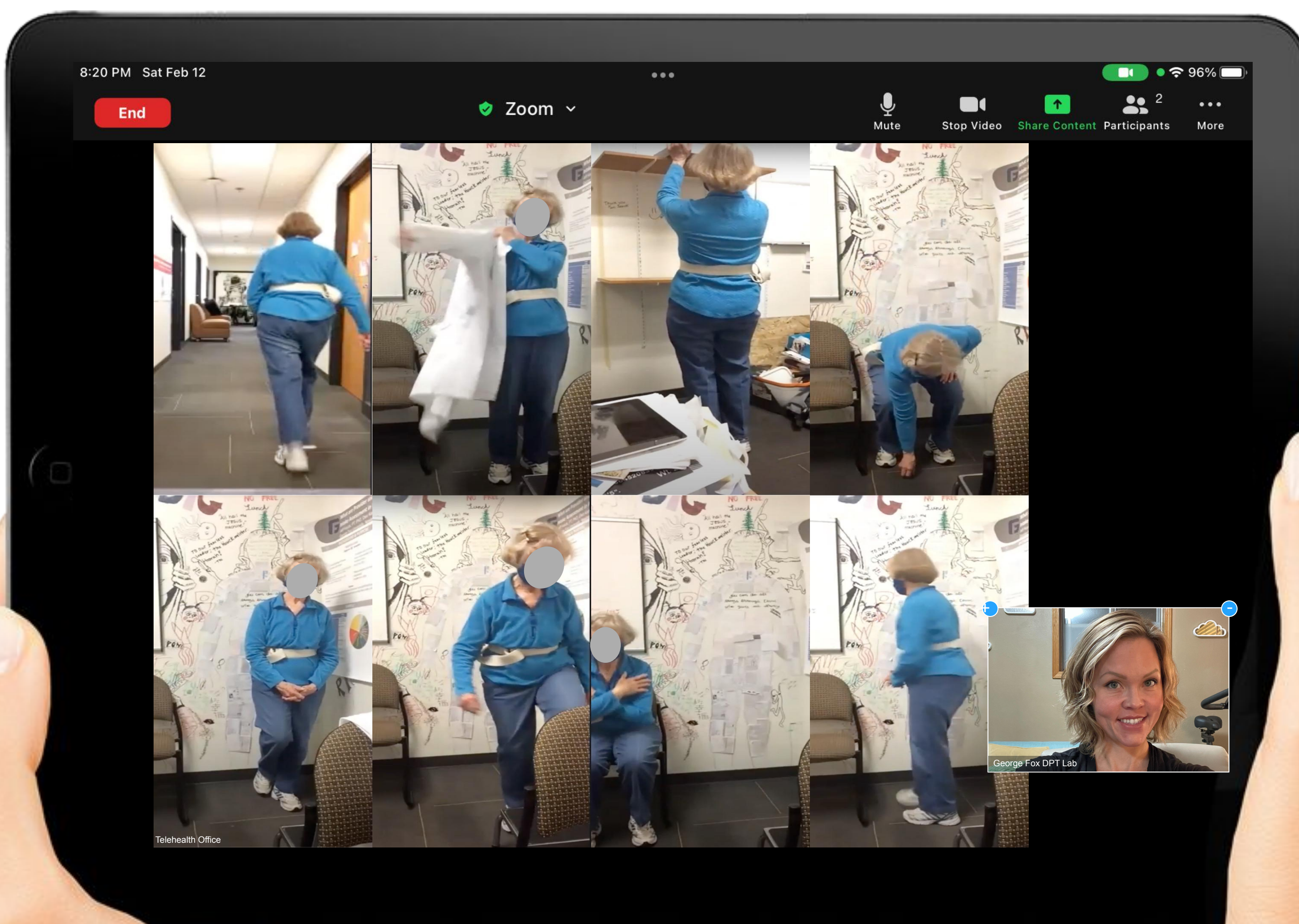
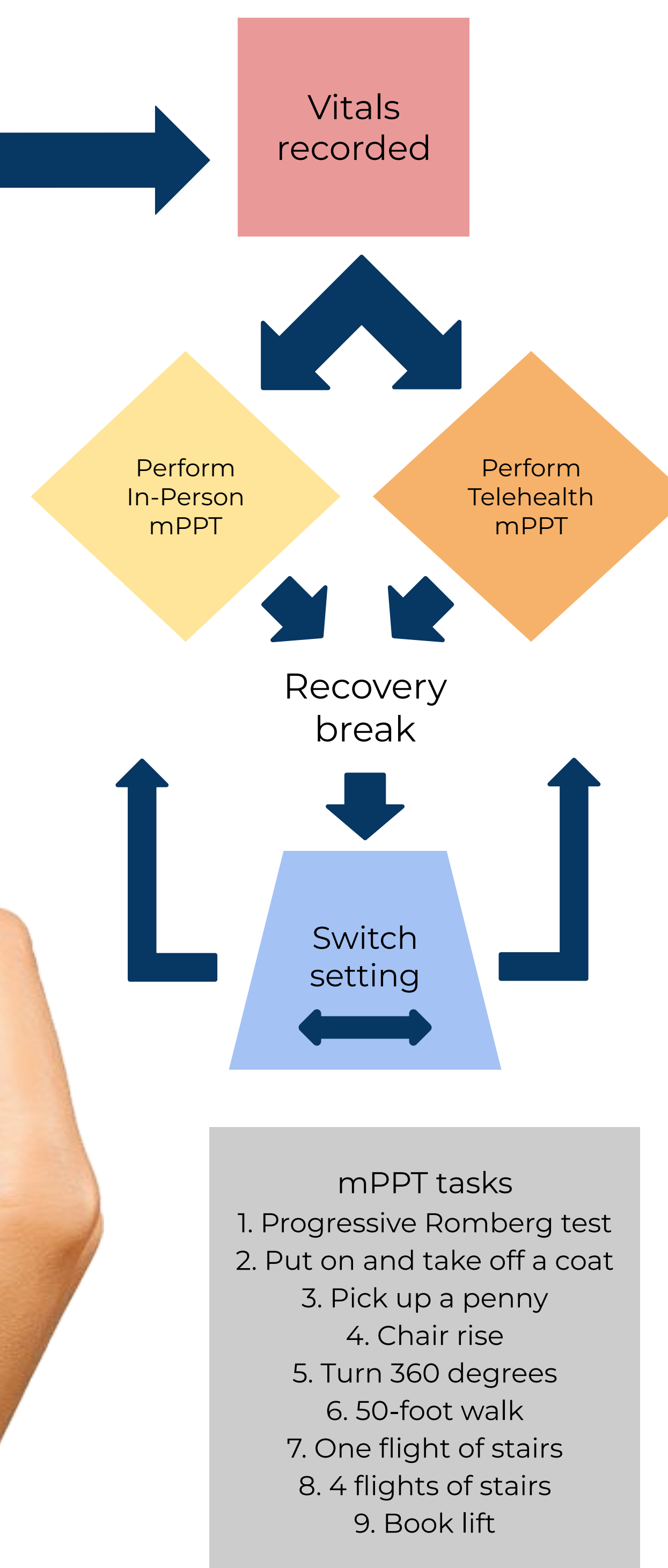


FIG. 1.1

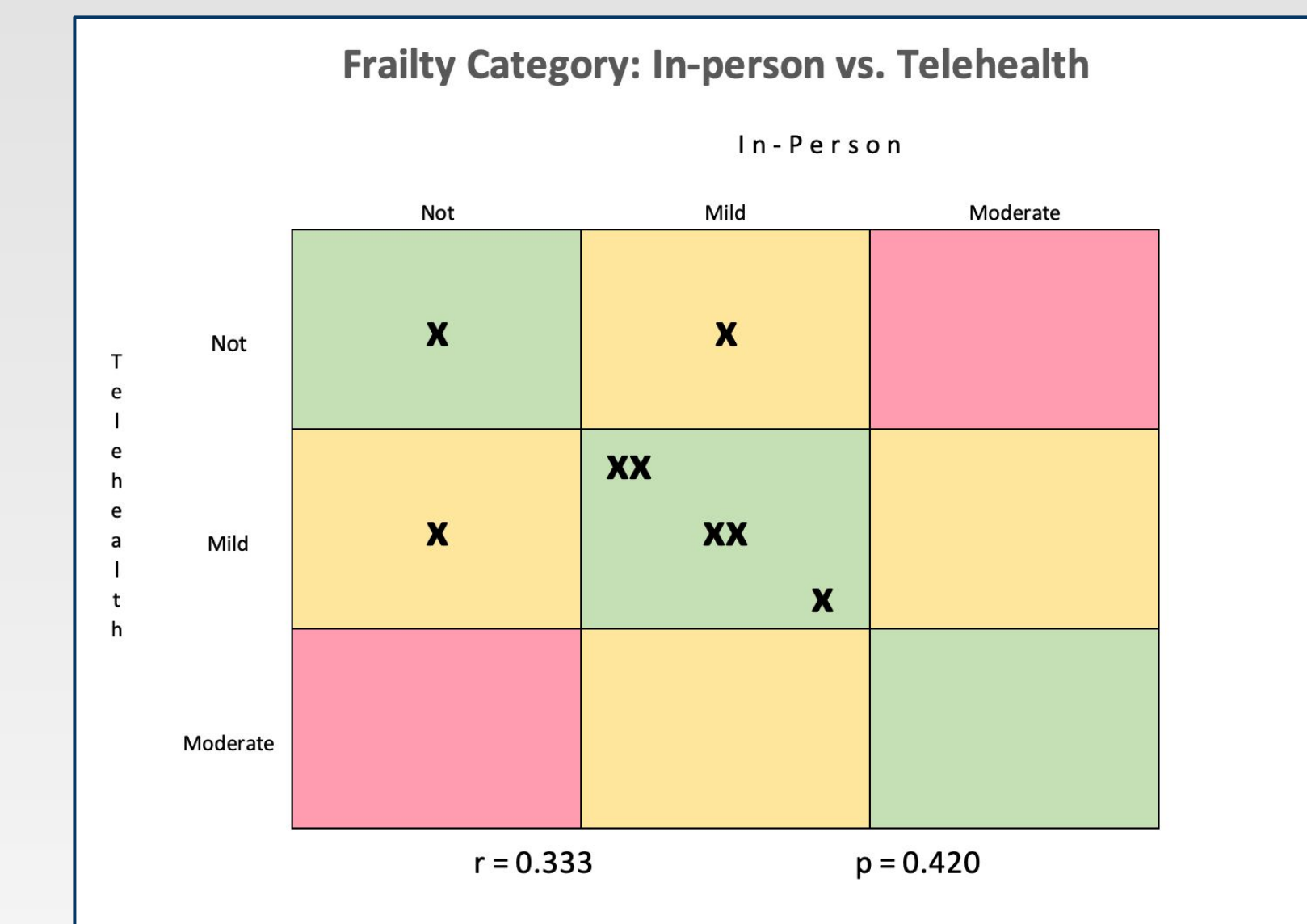


FIG. 1.2

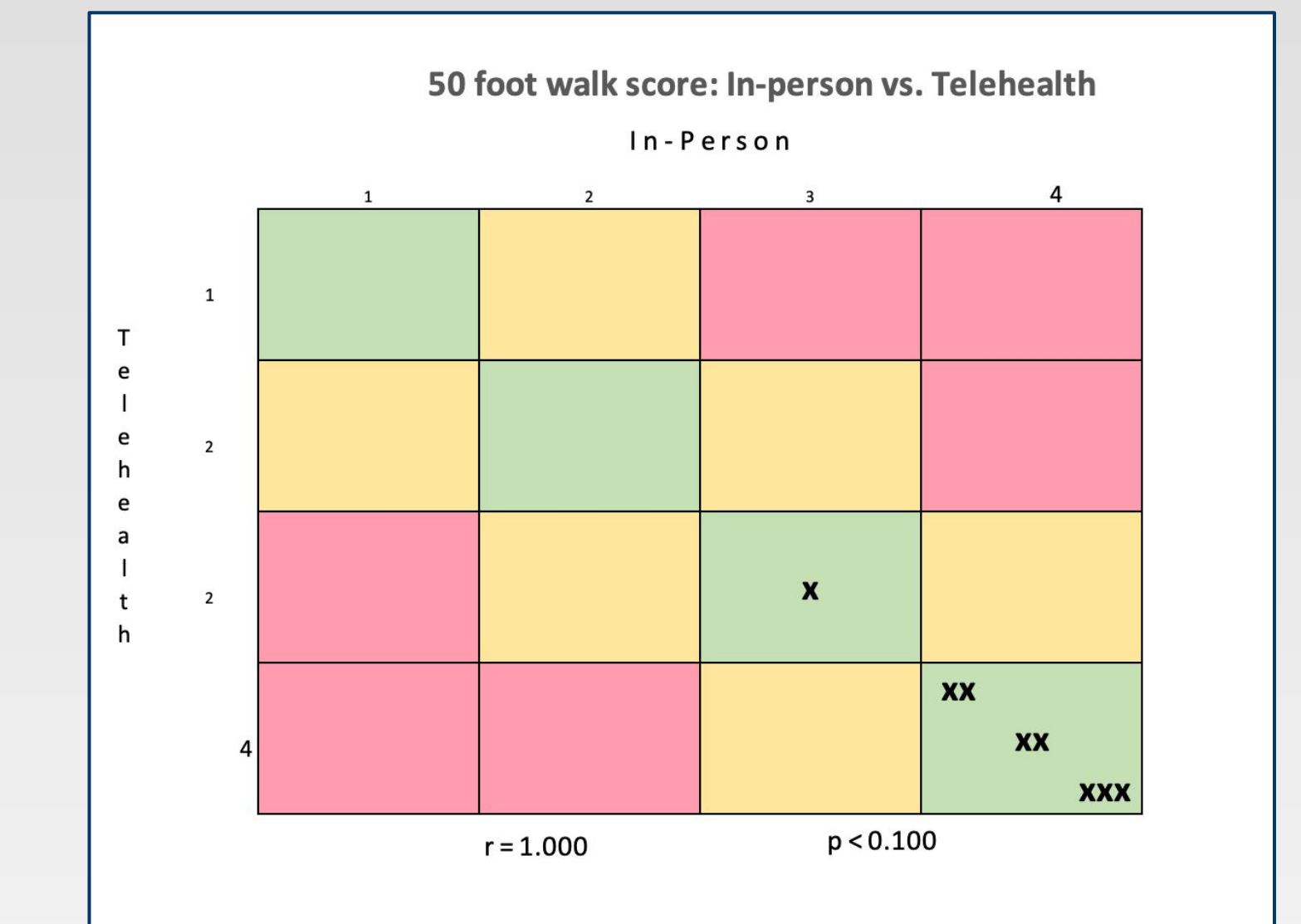


FIG. 1.3

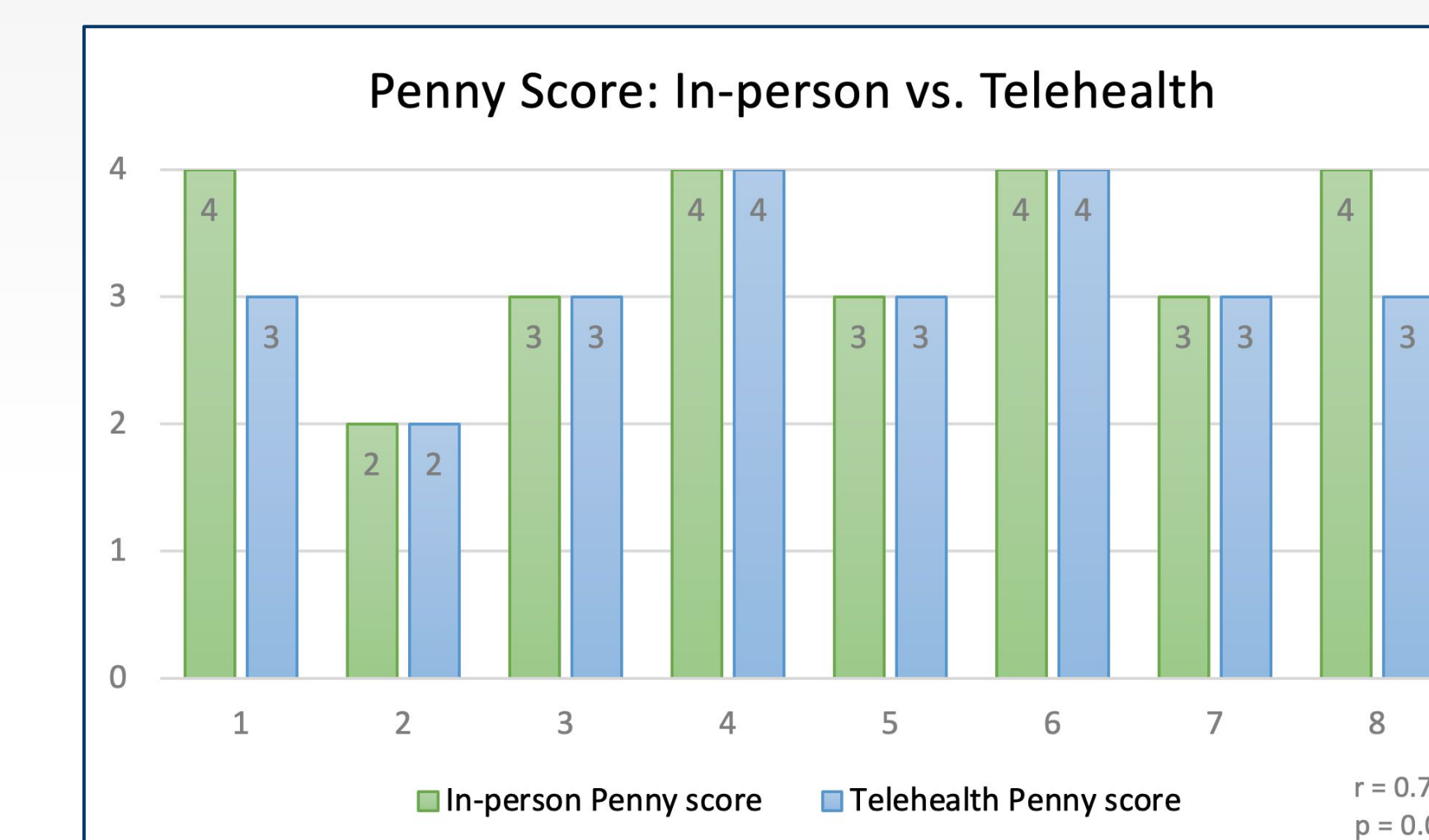


FIG. 1.4

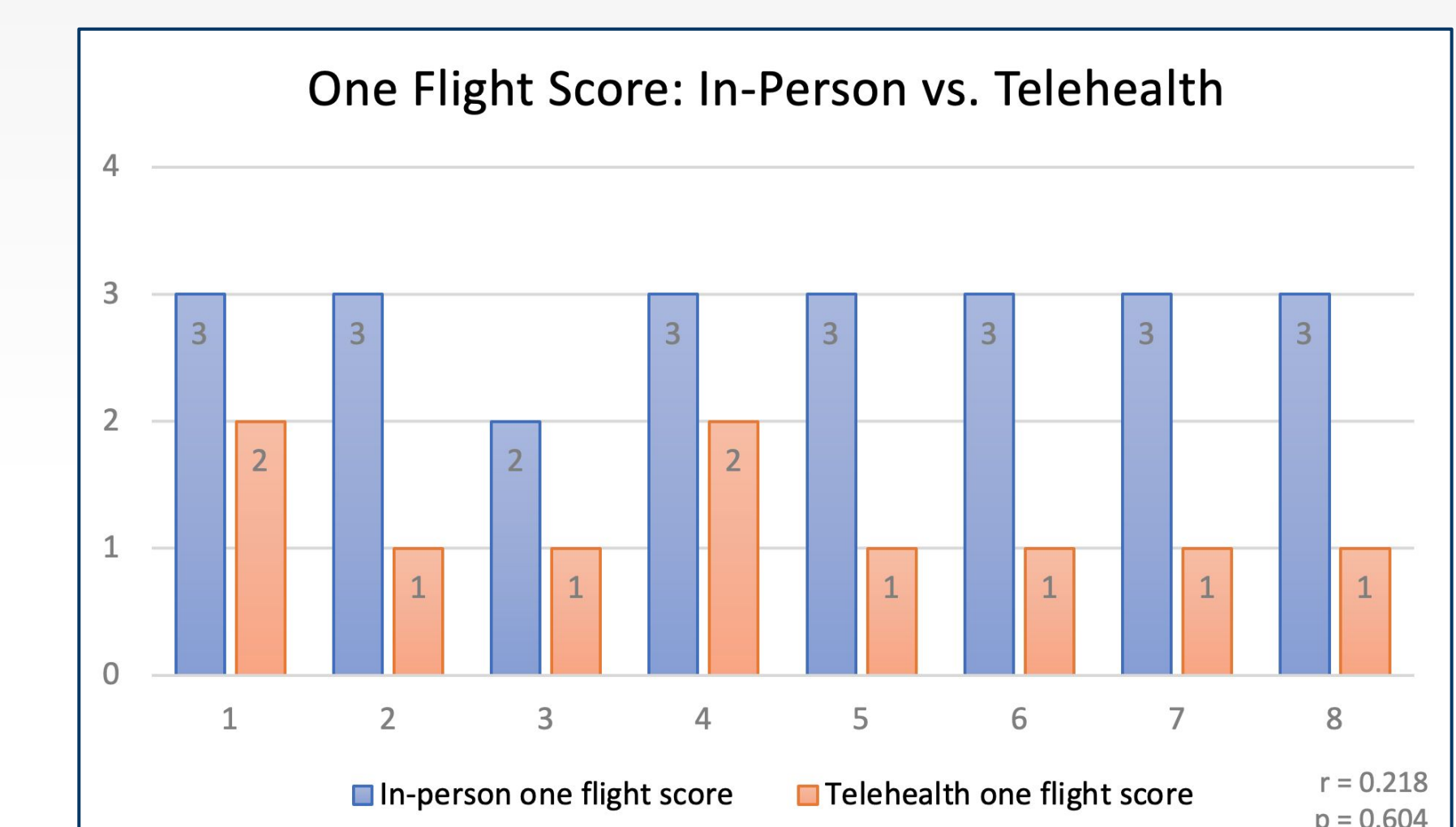


FIG. 1.5

**KEY**

**Frailty Score- FIG. 1.1 & 1.2**  
Moderate frailty = 17-24  
Mild frailty = 25-31  
Not frail = 32-36

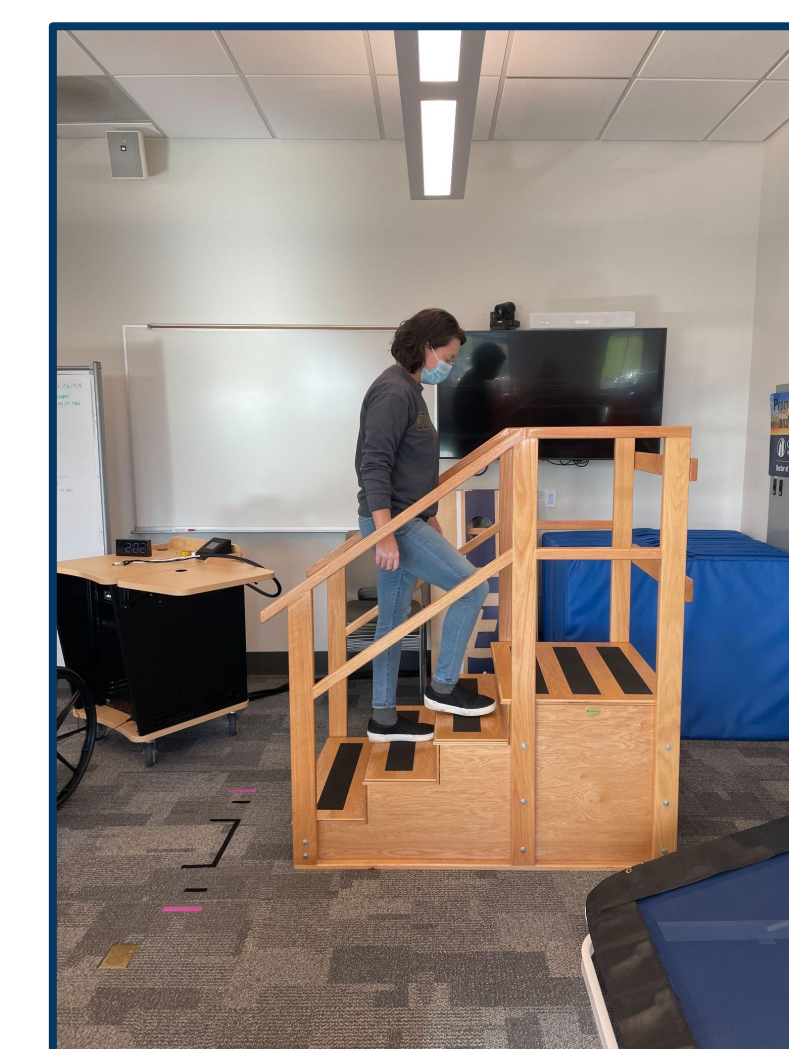
**50 foot walk Score - FIG. 1.3**  
4 = < or = 15 seconds  
3 = 15.5-20 seconds  
2 = 20.5-25 seconds  
1 = >25 seconds  
0 = unable

**Penny Score - FIG. 1.4**  
4 = < or = 2 seconds  
3 = 2.5-4 seconds  
2 = 4.5-6 seconds  
1 = >6 seconds  
0 = unable

**One Flight Score - FIG. 1.5**  
4 = < or = 5 seconds  
3 = 5.5-10 seconds  
2 = 10.5-15 seconds  
1 = >15 seconds  
0 = unable

## Telehealth vs. In-Person

- Participants randomly assigned to mPPT testing via a controlled on-site telehealth setting using an iPad or evaluated in person in GFU PT biomechanics lab.
- Participants evaluated and scored on 9 mPPT tasks.
- Telehealth: researchers interacts with participant from office across the hall using Zoom on iPad and walked them through each activity on the mPPT.
- Participant performed all tasks but one in the office, 50 foot walk task performed in hallway on 2nd iPad.
- Break provided for recovery before switching settings

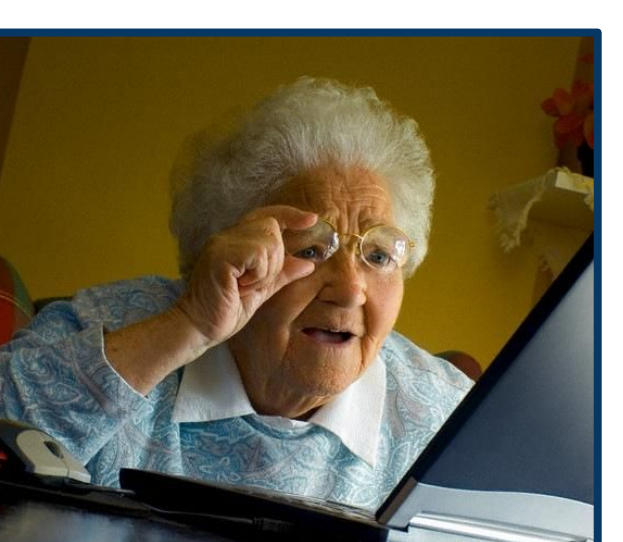


- Modifications were made to mPPT task 7 and 8.
- Practice stairs (4 steps) were used in the in person lab setting and a standard height step stool was used in the telehealth setting.
- One flight of stairs equaled 3 practice stair flights and 12 step up/downs on standard step stool.

## Conclusion



Our study helps lay the foundation for further research to determine the concurrent validity of administering the mPPT via telehealth vs in person.



Scan for References

