ABSTRACT
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A study of TUG [Timed get Up and Go] scores as falls risk assessment in elderly in a tertiary care centre in Mumbai.

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Abstract

Early detection of falls risk in the community dwelling elderly helps to take preventive measures to avoid falls and hence decrease morbidity associated with falls. Falls are a serious threat to independent living and self confidence of the elderly.Using simple tools to determine risk of falls helps in early detection and prevention of falls.To establish TUG data among patients attending the geriatric clinic atMGM hospital, Kamothe and to determine risk of falls in these patients with respect to their systemic involvement.A prospective observational study of 100 geriatric age group patients were studied for their TUG scores and classified based on systems involved.TUG was performed using standard protocol and scores were stratified based on gender, age and diagnosis. Participants were required to perform TUG, and were instructed to rise from an armless chair walk 3 metres and turn around at the chalk mark, walk back, and sit. They were instructed to walk at a normal pace without walking aids and shoes. Time was recorded when participants' buttocks were lifted off the chair to stand and stopped when the buttocks touched the seat when returning to sitting position

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Biography

Dr.Anita Kumar is a Resident in Department of Geriatrics, MGM, Kamothe. This study of TUG score of cohort of 100 patients showed that average TUG score was 13sec which was higher than 12 second mark which indicates that these patients who did not have any previous fallhad a risk of future falls and hence a requirement of an indepth mobility assessment and early intervention