

National Report (Denmark)

Work – package 4

This rapport on Work-package 4 has been delayed due to late start- up and a handover of the EUNAAPA work to a new assistant.

I am aware of that the Danish results from this packed will not be included to the overall rapport but we have been asked by Prof. Dr. Alfred Ruetten to send our data and report. Hopefully, at least, it can be used in our discussions and contribute to the discussion in Work-package 6.

Method

In Denmark the experts are working rather independently and each one often have their own programs. They might have some local guidelines in their work with Physical Activity and Old people, but the tradition is that each expert has a big influence on tests and programs. Therefore, they do not necessary have knowledge about other experts practice.

In Denmark Physical Activity to Old People exist in various forms in the community. We have a tradition for many active unions and clubs which are doing a great work concerning Physical Activity and Old people (some of them are partial economically founded by public authorities). Experts form these authorities, as well as experts from public authorities, has been contacted concerning the questionnaires in WP4.

Because of delayed delivery of the questionnaires from the experts it was necessary to send reminders to 4. Primary September all questionnaires where returned.

Experts/subjects

The experts were contacted by mail with the questionnaires as attachment. Because of summer holydays the deadline for return was 6 weeks.

Most of the experts are well-known in the field area of Old people and Physical Activity. Additionally, many of them are, either working related or more peripheral, known by either Lis Puggaard or/and the present writer

Ten Experts were contacted. One did not wish to participate. One did not return the questionnaires. A total of 8 experts participated in WP 4.

The composition of the Expert group was: 5 Physiotherapists, 2 Occupational Therapists, 1 Cand.Scient in sports and biomechanics. All of them are working at local institutions.

Field: Physical activity alone: 2 experts
 Physical functioning alone: 5 experts
 Both: 1 expert

Setting: Community setting alone: 2 experts
 Inst. Setting alone: 2 experts
 Both: 3 experts
 Missing: 1 expert

Sector: Health sector alone: 6 experts
 Health + educational: 1 expert
 Health + social sector expert

All of the experts were women.

Results

Following the summary of the questionnaires in Denmark will be outlined. Regarding more detailed information about the questionnaires I refer to the data material.

There were many tests the experts did not have knowledge about but for the most, depend on in witch field the experts are working in, the same tests were known in common.

Section B: Physical Activity

Most of the instruments in this section were unknown among the experts.

1 expert (1) answered positive on questions B7 (PASE), B14 (Pedometer), B15 (Accelerometer) and B17 (DoubleLabWat).

2 experts (1,3) answered positive on question B16(Energy Exp METS)

1 expert (5) answered positive on question B12 (LifeSpace).

3 experts (1 5 and 8) answered question B20 concerning the most frequently used instruments regarding Physical activity:

Saltin og Grimby (inspired) question, Physical activity questions (Aadahl), PASE (Exp.1).

Canadian Occupational Performance Measure (COPM), Townsend et al,

ADL Taxonomy, Sonn and Törnquist (Exp.5).

AMPS (Fischer A) (Exp. 8)

Section C: Physical Functioning-Endurance

4 experts (1,2,3,6) answered positive on question C2 (6-min-Walking), but just 3 of them meant that the instrument was very common.

5 experts (1,2,3,4,6) answered positive on question C 4 (Endurance Shuttle Walking test) and 3 of them meant that the instrument was very common.

3 experts (2, 5, 6) answered positive on question C5 (Step test) but disagreed about how common the instrument was.

3 experts (1, 3 and 8) answered question C8 concerning the most frequently used instruments regarding endurance training:

6-min Walking, Schuttle walking test, 1-point bicycling (Åstrand) (Exp.1)

Endurance shuttle walk test, 6- minutes walk test (Exp.3)

AMPS (Fischer A.) (Exp. 8)

Section D:Physical Functioning-Mobility

Only 1 expert (6) answered positive on question D1 (Get up and go).

7 experts (1,2,3,4,5,6 and 8) answered positive on questions D2 (TUG). Six of them agreed (one missing) on this instrument was very common and translated scientifically.

All 7 experts meant that this instrument was very good.

Only 2 experts (1,2) answered positive on question D3 (TUG manual).

1 expert answered positive on question D5 (Walk speed 30 m) but 4 experts (1,3,4,5) answered positive on question D6 (Walk speed 10 m). Most of them meant this instrument was common.

4 experts (1,2,3,6) answered positive on question D6. The same four experts (1,2,3,6) answered positive on question D9 (Dynamic Gait) but only one of them meant this instrument was common.

4 experts (1,3,5,6) answered question D12 concerning the most frequently used instruments regarding Mobility:

Timed up and go, 8-foot up and go, Dynamic gait index or 10 m walk (Exp. 1).

TUG, 10 m walk test, Dynamic gait index. (Exp. 3).

Similar to section B, this is an area where ADL-observations is the most common way to assess mobility, The Senior Fitness Test is sometimes used. (Exp. 5).

Timed up and go, Step test, Walking speed 10 m. (Exp. 6).

Section E: Physical functioning – Balance

2 experts (3,6) answered positive on question E1 (Functional Reach).

3 experts (1,2,3) answered positive on question E4 (one leg stand) but did not agree how common it was.

2 experts (2,6) answered positive on question E5 (Tandem Stance) and agreed that this instrument was very common.

6 experts (1,2,3,4,6 and 8) answered positive on question E6 ((Romberg test) and 4 of them meant it was a very common instrument.

7 experts (1,2,3,4,5,6 and 8) answered positive on E9 (Berg's Balance scale) and they all agreed that this instrument was translated and very common.

2 experts (1,6) answered positive on question E10 (Figure of Eight) and meant it was a common instrument.

2 experts (6, 8) answered positive on question E12 (Step test).

4 experts (1,3,6 and 8) answered question E16 concerning the most frequently used instruments regarding balance:

Balance test from short physical Performance test (Guralnik), Berg balance test, Romberg test. (Exp.1)

Tandem Stand by Guralnik, Berg Balance scale, Romberg (Exp. 3)

Bergs Balance scale, Tandem, Romberg (Exp. 6)

AMPS, Berg's Balance Scale (Exp.8)

Section F: Physical Functioning – Range of motion

5 experts (1,2,3,5,6.) answered positive on questions F1 (Hand in neck) and F2 (Hand in back) and 4 of them agreed on this instrument was very common.

1 expert answered positive on question F3 (Pour out of Pot).

2 experts (1,6) answered question F6 concerning the most frequently used instruments regarding range of motion:

Measurements with jonio meters, Finger-toe-distance, Bach scratch test. (Exp. 1)

Hand in neck, Hand in back (Exp. 6).

Section G: Physical Functioning – Dexterity.

2 experts (5 and 8) answered positive on questions G1 (Box and block test) and 1 expert (5) on G2 (Nine hole Peg test). This expert assessed this instrument not very common but fairly good.

Section H: Physical functioning – Muscle Strength.

1 expert (1) answered positive on question H1 (Climbing Boxes).

1 expert (2) answered positive on question H3 (Chair stand 3 times)

2 experts (1,2) answered positive on question H4 (Chair stand 5 times)

5 experts (1, 3,4, 6,7) answered positive on question H6 (Chair stand 30 sec). All of them meant that the instrument were scientifically translated and four of them meant that the instrument was very common.

3 experts answered positive on question H7 (Grip Strength).

3 experts (1,3,6) answered question H10 concerning the most frequently used instruments regarding Muscle Strength:

30 s chair stand, Arm curl test, Grip strength. (Exp. 1).

Chair Stand 30 sec (Jones 1999) (Exp. 3).

Chair stand 30 sec. (Exp. 6)

Section I: Physical Functioning- Overall Index Test.

1 expert (5) answered positive on questions I2 (Clinical outcome variables) and I4 (Nursing home disability instrument).

2 experts (1,4) answered positive on question I3 (Short Physical performance Battery).

5 experts (1,3,4,5,7) answered positive on question I6 (Physical Performance Test (PPT). Most of them meant that the instrument was translated but not very common.

3 experts (1,3,4) answered positive on question I8 (Functional Fitness) and assessed the instrument very common and scientifically translated.

4 experts (1,2,3,5) answered positive on question I12 ((Elderly Mobility Scale) and all meant it translated.

3 experts (1,3 and 8) answered question I18 concerning the most frequently used overall index tests:

Senior Fitness test, PPT, EMS (Exp. 1)

Functional Fitness test, Physical Performance test. (Exp. 3)

FIM, Barthel's index (exp. 8)

Section J: Activities of Daily Living.

3 experts (2,4,7) answered positive on question J1 (Activities of daily living index).

All 8 experts answered positive on question J2 (Barthel Index) most of the experts assessed the instrument as very common.

1 expert (7) answered positive on question J5 (Combination ADL-IADL).

6 experts (1,2,3,5,6 and 8) answered positive on question J7 (Functional Independence Measure) and assessed it very common.

The same five experts answered positive on question J9 (Katz ADL) but this instrument were assessed not very common.

1 expert (5) answered positive on questions J10 (ADL-staircase) and J11 (Lawton IADL).

3 experts (1,3,6) answered question J16 concerning the most frequently used instrument regarding Activity of Daily Living:

Barthel Index, FIM, Katz (Exp. 1).

Barthel Index Shah 89, Barthel Index Collin 88, Functional Independence Measure (Exp. 3).

Barthel-index (Exp. 6).

Section K: Guidelines

3 experts (3,6 and 8) answered positive on K2 (Guidelines for Physical Functioning Instruments).

Conclusion:

The instruments that are known by the majority of the consulted experts are:
Barthel Index, Berg's balance scale, TUG, Endurance Shuttle Walking test, Hand in neck, Hand in back, Chair stand 30 sec, Physical Performance Test (PPT), Romberg test, Katz ADL and Functional Independence Measure.

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Best regards

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