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## **Expert Survey regarding Assessment Instruments on Physical Activity and Physical Functioning in Older People**

**Introduction**

Assessment is critical in identifying individuals at risk and in measuring outcome in intervention studies aimed at reducing physical frailty and increasing mobility. One of the overall objectives of the European Network for Action on Ageing and Physical Activity (EUNAAPA) was to offer advice concerning the assessment of physical activity and physical functioning in older people. The first step in this process was to give an overview of instruments currently used in Europe.

**Methods**

A questionnaire including a great number of instruments was sent to 14 countries and distributed to experts according to a matrix covering both community-dwelling and institutionalised older persons at regional as well as national levels. The categories addressed were Physical Activity and Physical Functioning, here including Endurance, Mobility, Balance, Range of Motion, Dexterity, Muscle Strength, Overall Indexes and Activities of Daily Living (ADL).

**Results**

A lack of knowledge in Europe concerning a great number of assessment instruments was revealed, and it became obvious that in many countries only a few instruments are being used. Physical activity: The most common questionnaires were IPAQ and PASE, and for performance-based evaluation Pedometer.

Physical functioning: The dominating Endurance test was the Six-Minutes Walking test and for Mobility the Timed Up and Go. Balance was most often assessed through Romberg, One-Leg Stance and Berg's Balance Scale. Hand in Neck and Hand in Back were the most used Range of Motion tests and for Muscle Strength, Grip Strength was the most common test. The most used overall index was Tinetti's Performance Oriented Mobility Assessment and regarding ADL, Barthel Index and Katz ADL Index dominated.

**Conclusion**

The results of the survey lead to an increased knowledge in Europe of good instruments that need to be translated to other languages, and a heightened awareness of other measures that need to be taken.