

EUNAAPA – Work Package 4

**Expert Survey on Assessment Instruments
for Physical Activity and Physical Functioning in Older People:**

National Report France

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METHODS

Expert selection

The national survey for France was conducted between February 20 and March 31, 2007. Following the instructions and sampling matrix provided by the work package leader, we have selected 16 experts working with/for elderly people. Most of the experts represent several areas as shown in Table 1. Regarding geriatricians 5 of them are working both at the hospital and at the university; and for 2 of them they have also an activity at the ministry of health. It was difficult to check the right field in the matrix. So, it appears that the matrix is not very well completed. On the 16 experts approached, covering most of the fields suggested, 9 responded to the questionnaire (except 1 who send us a brief letter with the different tests they use to assess physical functioning, expert n°14).

Table 1. Sampling matrix for France

	Community-dwelling older adults				Institutionalized persons			
	Government	Health care/ Social care	Commercial sector*	Academics/ Professional Education	Government	Health care/ Social care	Commercial sector*	Academics/ Professional Education
National level	1	2	3	4	5	6	7	8
Experts approached	Expert 1 Expert 2	Expert 5 Expert 8 Expert 16	Expert 6 Expert 7 Expert 8	Expert 6 Expert 7 Expert 8	Expert 1 Expert 2	Expert 3 Expert 5 Expert 8 Expert 16	Expert 6 Expert 7 Expert 8	Expert 6 Expert 7 Expert 8
Regional/ local level	Government	Health care/ Social care	Commercial sector*	Academics/ Professional Education	Government	Health care/ Social care	Commercial sector*	Academics/Pro fessional Education
	9	10	11	12	13	14	15	16
Experts approached	-	Expert 2 Expert 4 Expert 5 Expert 14 Expert 15	Expert 12 Expert 9	Expert 3 Expert 9 Expert 10 Expert 11 Expert 12 Expert 14 Expert 15	-	Expert 2 Expert 3 Expert 5 Expert 13 Expert 14 Expert 15	-	Expert 3 Expert 14 Expert 15

Respondents given in bold

- no expert approached in this area

* commercial sector was used for association which proposed physical activities for elderly.

While the Ministry of Health is partly responsible for elderly, it is another Ministry which has the sport in charge. We approached 2 geriatricians who had responsibilities at the Ministry of health but we had no answer. We also approached someone at the Ministry of Sport, but he was not able to fill out the questionnaire. He is working to develop physical activity for elderly but he was not competent on assessment instruments for physical activity and physical functioning in older people.

Following the recent presidential elections, we have 1 Ministry which has in charge Health, Youth and Sport.

It was not easy to find experts in the commercial field and we called commercial associations which offer services based on physical activities to elderly.

Expert self-rating

Table 2. Expert self-rating

	Setting		Organizational level		Field		Sector				
	Community-dwelling older adults	Institutionalized older adults	National level	Regional/local level	Physical activity	Physical functioning	Governmental sector	Health care	Commercial sector	Educational sector	Social care sector
Expert 3		x	x	x	x			x			
Expert 4	x			x	x			x			
Expert 7	x		x		x						
Expert 8	x	x	x		x			x		x	x
Expert 10	x			x	x					x	
Expert 11	x			x	x					x	
Expert 13		x		x		x		x			
Expert 14											
Expert 15	x	x		x	x			x		x	
TOTAL	6	4	3	6	7	1	0	5	0	4	1

Expert 7 reported that he was working in the Sport sector as a Multiports national federation. Some of the experts approached were initially considered as expert in the field of physical functioning (for example, geriatrician), but these experts checked the box physical activity. This may explain that there is only 1 expert for the physical functioning field.

Data collection

Experts were contacted by phone or by e-mail before sending them the questionnaire as hardcopy by mail. Subjects were asked to complete the questionnaire by March 15 and send it back to the national partner by mail. All questionnaires were self-administered.

RESULTS

Frequently used and common tests

Table 3 shows the number of tests rated as “used in my country”, sorted by expert and section of the questionnaire.

Table 3. Number of tests rated “used in my country” by respondent

	Section B	Section C	Section D	Section E	Section F	Section G	Section H	Section I	Section J	Section K	TOTAL
Expert 3	6	1	4	5	2	0	3	2	4	0	27
Expert 4	6	1	4	6	2	0	3	3	6	0	31
Expert 7	8	2	5	4	0	0	2	1	2	2	26
Expert 8	7	2	7	8	0	2	4	11	3	0	44
Expert 10	3	2	2	3	0	0	1	4	6	0	21
Expert 11	2	1	2	5	1	0	1	2	0	0	14
Expert 13	0	3	5	4	2	0	1	2	5	0	22
Expert 14	0	0	4	1	0	0	2	0	2	0	9
Expert 15	1	3	2	3	2	0	1	3	1	1	17
TOTAL	33	15	35	39	9	2	18	28	29	3	211

Table 4 gives a combined overview over the tests that experts consider to be “currently used” in France as well as their assessment of how common these tests are by section of the questionnaire.

Table 4. Tests rated as “currently used” and “very common”

	Test name	Number of expert rating test as “currently used”	Number of experts rating test as “very common”
SECTION B	Accelerometer	6	2
	Pedometer	5	4
	PASE	5	1
	Energy expenditure	3	2
	Modified Baecke Questionnaire	3	1
	Life Space	2	2
	DLW	3	
	Modified Dallosso Questionnaire	2	
	IPAQ	1	1
	Minnesota Leisure Time Physical Activity Questionnaire, 7 days Physical Activity Recall (PAR), Walking habits	1	0
SECTION C	6 minutes walking	8	6
	12 minutes walking	3	2
	Step test	2	1
	2 minutes walking, Endurance shuttle	1	
SECTION D	Get up and Go Test	9	8
	TUG	8	7
	Walking speed 10 m, Stops walking while talking	6	4
	TUG manual	3	
	L test, Dynamic gait index	1	1
	Functional ambulation	1	

SECTION E	One leg stance	9	8
	Functional Reach	7	4
	Romberg test	6	5
	Tandem stance	6	4
	Berg's Balance scale	4	
	The 180 Degree Turn	3	2
	Step test	2	2
	TUSS	2	1
SECTION F	Hand in back	5	2
	Hand in neck	4	2
SECTION G	Box and Block test	1	1
	Nine Hole Peg Test	1	
SECTION H	Grip strength	8	6
	Chair stand 30 sec	6	1
	Chair stand 5 times	4	2
	Chair stand 10 times	2	2
	Chair stand once	2	1
	Chair stand 3 times	1	1
	Climbing boxes	1	
SECTION I	Tinetti performance	7	5
	Functional fitness	4	1
	Physical fitness field tests, Short physical performance battery	3	
	Groningen fitness test	2	1
	Physical performance, Elderly mobility scale	2	
	Nursing home disability, Timed-functional movements, AAPHERD, Functional fitness DF, General motor function	1	
SECTION J	Lawton IADL	7	4
	Katz ADL	6	5
	ADL	4	3
	Barthel index	4	
	FIM	3	2
	Combination ADL-IADL, Nottingham ADL	2	
	FAQ	1	
SECTION K	Guidelines PF	2	-
	Guidelines PA	1	-

Tests not used

Several tests were rated as “not used” in France but in general, the majority of respondent don't know if these tests are currently used (Table 5).

These tests were not reported to be “currently used” by one of the experts, in other words, none of the experts reported one these tests as “currently used” in France.

Table 5. Tests rated as “not used” or “don’t know”

	Test name	Number of expert rating test as “not used”	Number of experts rating test as “don’t know”
SECTION B	CHAMPS, CHAMPS older adults, YPAS, Zutphen,	3	5
	FAI	2	6
SECTION D	Walking speed 30 m	5	3
SECTION E	Solec test, FICSIT 3-balance scale, FICSIT 4-balance scale	3	5
	Figure of eight, Modified figure of eight	2	6
SECTION F	Pour out of pot	2	6
SECTION I	Clinical outcome variables	3	3
	Modified elderly mobility scale	4	4
	PPT 8-item	4	3
SECTION J	Bristol ADL scale, CSDL, OARS-IADL	2	6
	IAM, ADL staircase	2	5
SECTION K	Guidelines PA	3	3
	Guidelines PF	3	2

The main reason why a test was “not used” is because it is not known.

GENERAL REMARKS

In some case, I’m not sure that the expert understands if he had to answer for himself or for France (Expert 13). For example, an expert can know some instruments but doesn’t use it, but he knows that in France these instruments are used. On the contrary, he can report that he use some instruments but doesn’t know if they are used around the country.

One expert (Expert 14) just sent us a brief letter indicating the tests he uses in his clinical practice. So, we don’t have any information if he knows the other tests and which opinion he has on it.