



Baylor University

ROBBINS COLLEGE OF HEALTH AND HUMAN SCIENCES
Occupational Therapy

Standing for Independence

Jim Stieren, MS OTR/L OTDS

Background and Problem

- Many older adults have difficulty with sit-to-stand and associated ADL.
- Some cannot complete one rep on the 30 second chair stand test (1)
- Allowing use of UE during test is valid (2)
- Improving number of reps is associated with improved ADL such as bathing and dressing (3)
- Frame of Reference: Person Environment Occupation (4)

Purpose/Aim/Question

The purpose of this project is to examine the effectiveness of sit-to-stand training on ADL performance and quality of life in adult and older adult home health patients.

Method

Setting: Adult and older adult home health clients in the Orlando area.

Participants: Four clients participated, and one completed the program.

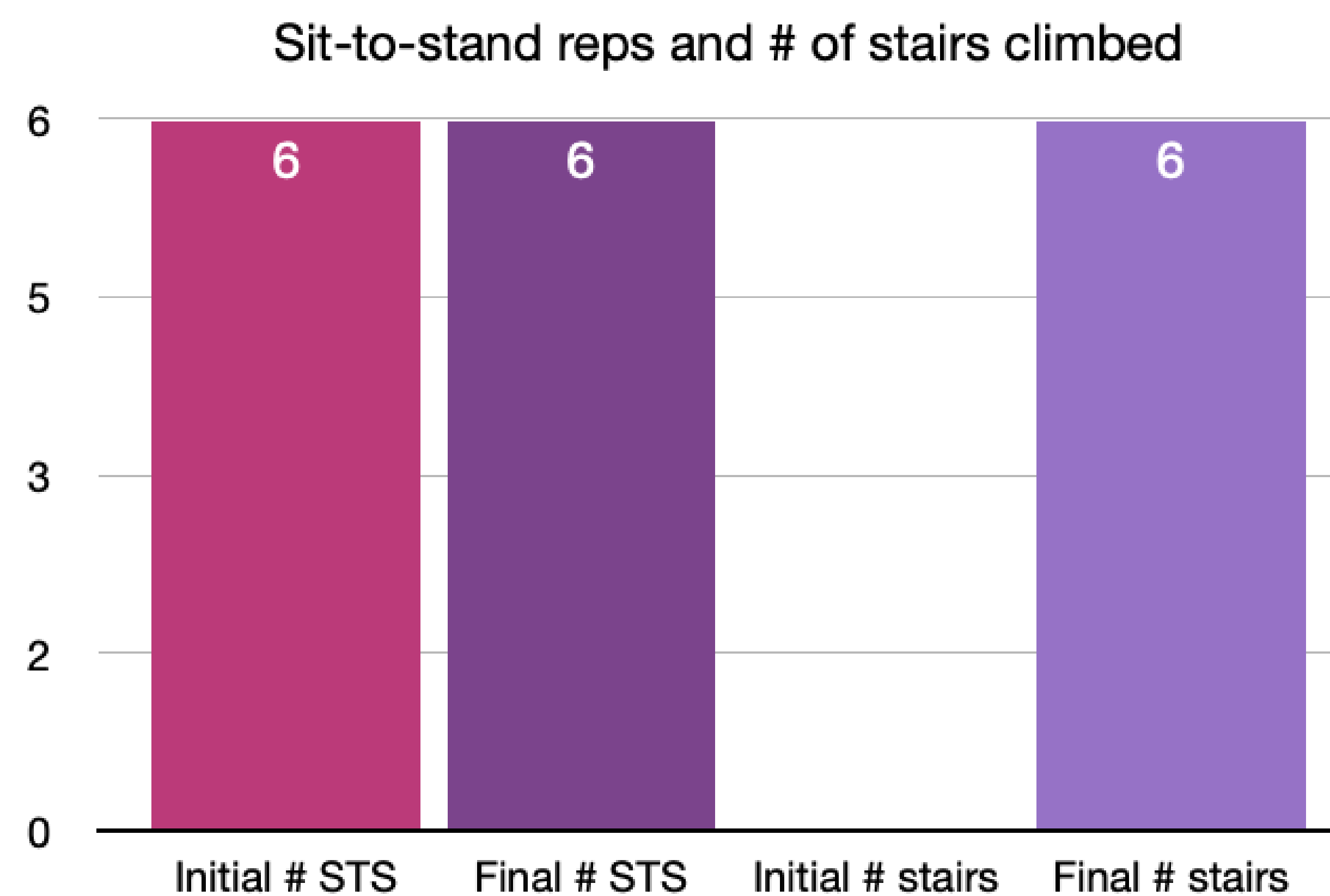
Instruments Used: The m30STS, Katz Index, and a quality of life questionnaire

Procedures: After instruction from OT, the participants completed sit-to-stand exercises 5-7 days per week. Measures were taken at the beginning and end of the program.

Data Analysis: In addition to the above measures, the improvement in stair climbing was measured for the client who completed the program.

Results

Whitney's ascent



Conclusions

- Only one client, Whitney, completed the program. She remained at 6 reps on the m30STS, and 4/6 on the Katz Index. Her QOL score remained at 5/10 for her satisfaction with her level of independence.
- The Katz Index is pertinent, as 5/6 of the ADL it measures relate to sit-to-stand ability: dressing, toileting, transfers, bathing, continence
- Functionally, Whitney improved from being able to ascend 0 to 6 stairs.
- Limitation include the small sample size and only one out of four participants completed the program

Implications for Occupational Therapy

- The m30STS, Katz Index, and QOL questionnaire are quick and easy to administer
- The sit-to-stand exercises only take about one minute, and can be performed daily
- The cumulative effects of repetitive exercises, performed regularly, will likely lead to improvements in strength, balance, and coordination during mobility.
- These improvements will directly influence ADL performance and participation in meaningful occupations
- Further studies are needed to examine the relationship among the three measures

References

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