

# Student Guide | Group Activity on Geriatric Assessment Tools | Practical 2



## Authors

Asha Wettasinghe - University of Colombo, Sri Lanka  
KRM Chandrathilaka - University of Colombo, Sri Lanka  
Kaveera Senanayake - University of Colombo, Sri Lanka  
Sabela Rivas Neira - University of A Coruña, Spain  
Jamile Vivas Costa - University of A Coruña, Spain

## Consortium CAPAGE

1. University of Applied Sciences FH JOANNEUM, Austria
2. JAMK University of Applied Sciences, Finland
3. Santa Maria Health School, Portugal
4. University of A Coruña, Spain
5. Eastern University, Sri Lanka
6. General Sir John Kotelawala Defence University, Sri Lanka
7. University of Colombo, Sri Lanka
8. University of Jaffna, Sri Lanka
9. University of Peradeniya, Sri Lanka
10. University of Ruhuna, Sri Lanka



All content is licensed CC-BY-SA-4.0

## Content

Student Guide   Group Activity on Geriatric Assessment Tools   Practical 2	3
Learning Objectives	3
Assessment Tools Covered	3
Group Work Instructions	4
Demonstration and Peer Review	4
Evaluation Criteria	5
Learning Resources	5
At the End of the Session	5

## Student Guide | Group Activity on Geriatric Assessment Tools |

### Practical 2

**Course:** Common Geriatric Assessments

**Topic:** Physical Assessment Tools and Methods

**Duration:** 3 Hours

**Session Type:** Group Activity

#### Activity Overview

- This session is designed to enhance your practical skills in using common geriatric assessment tools.
- You will work in small groups to study, demonstrate, and evaluate a series of tools used in clinical physiotherapy practice for older adults.

#### Learning Objectives

By the end of this session, you should be able to:

1. Explain the purpose and clinical relevance of selected geriatric assessment tools.
2. Demonstrate accurate performance of each tool on a simulated patient.
3. Provide appropriate patient instructions and ensure safety during testing.
4. Describe scoring procedures and interpret results.
5. Identify contraindications and modified versions (if applicable).
6. Evaluate peer performance using a structured checklist.

#### Assessment Tools Covered

1. Four Square Step Test
2. 8-Foot Up and Go Test
3. Chair Sit and Reach Test

4. Back Scratch Test
5. 2 Minute Step in Place Test
6. Finger to Nose Test
7. Heel to Shin Test
8. Timed Up and Go Test

## Group Work Instructions

- You will be divided into **8 groups**.
- Each group will be assigned **one assessment tool**.
- You will have **1 hour and 30 minutes** to prepare a **brief demonstration**.
- Use the printed resources, videos, and online references as needed.

During preparation, focus on:

Required Aspect	Description
Purpose	Why the tool is used in geriatrics
Procedure	Step-by-step demonstration
Patient Instructions	Clear, simple language used with patient
Scoring and Interpretation	How results are measured and understood
Contraindications	When the tool should not be used
Modified Versions (if any)	Simpler or alternative versions used in practice
Clinical Tips (Recommended)	Safety tips, positioning aids, communication cues

## Demonstration and Peer Review

- In the second half of the session, each group will demonstrate their assigned tool.
- Peer groups will complete a **checklist-based evaluation** for each demo.
- Constructive feedback is encouraged to support learning.

## Evaluation Criteria

Your performance will be evaluated based on:

- Accuracy of technique
- Clarity of explanation
- Patient safety and comfort
- Team coordination
- Ability to answer follow-up questions

---

## Learning Resources

- Videos of each assessment tool will be provided.
- Use web-based resources and textbooks for additional reading.

## At the End of the Session

- Submit your completed peer evaluation form.
- Reflect on what tool(s) you'd feel confident using with older adults and why.