

Case Scenarios | Simulation-Based Session | Geriatric Assessment for Physiotherapists



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Case 1: Functional Decline & Fall Risk

Mrs. Perera is a 75-year-old female who presents with a history of a recent fall in her kitchen. Since the incident, she has become increasingly fearful of walking without support and limits her mobility. She reports joint stiffness and pain, particularly in the knees, which has worsened over the past year due to osteoarthritis. She avoids social activities and spends most of her time seated.

Case 2: Urinary Incontinence & Frailty

An 83-year-old woman has experienced two falls during the night in the past month, both while trying to reach the toilet. She reports increasing episodes of urgency incontinence and feels weak and unsteady, particularly in the evenings. She uses a walker for mobility during the day but often does not use it at night.

Case 3: Post-Stroke Functional Status

A 72-year-old man suffered a left-sided ischemic stroke 6 months ago. Since then, he has had persistent right-sided weakness and struggles particularly with fine motor tasks. He finds it difficult to button shirts, brush his hair, and use utensils during meals. He lives with his spouse, who helps him with some personal care tasks. He is able to walk short distances indoors using a walking stick, but tires easily and avoids going outside. He expresses frustration about his reduced independence and slower movements.

Case 4: Polypharmacy & Cognitive Impairment

Mrs. Fernando is an 82-year-old woman who has been diagnosed with hypertension, type 2 diabetes, osteoarthritis, and insomnia. She is currently taking more than eight prescribed medications. Her daughter, who visits weekly, reports that Mrs. Fernando sometimes skips doses or accidentally takes double. Over the past few months, her daughter has also noticed increased forgetfulness, occasional confusion about time and place, and difficulty managing her appointments. Mrs. Fernando lives alone but receives some help from neighbours. She appears cooperative but somewhat disoriented during the interview.

Case 5: Osteoporosis & Fear of Falling

Mr. Nimal is a 79-year-old male with a history of diagnosed osteoporosis and a previous hip fracture sustained from a minor fall at home last year. Since then, he has developed a significant fear of falling and refuses to ambulate without assistance, even indoors. He reports feeling weak and avoids most physical activities. His family expresses concern about his declining confidence and mobility. The physiotherapy referral focuses on assessing his strength, balance, and implementing a fall prevention strategy.

Case 6: Depression & Social Isolation

A 76-year-old female who has been widowed for several years and lives alone, with no immediate family residing nearby. She reports persistent low mood, fatigue, and a marked disinterest in previously enjoyed activities such as gardening and reading. She rarely participates in social gatherings and has limited contact with neighbours. The focus of physiotherapy involvement is to assess mental well-being, explore opportunities for social engagement, and refer to appropriate community support services.