

Student Guide | Practical 1 | Group Activity on Geriatric Assessment Tools



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Tutor Guide | Practical 1 | Group Activity on Geriatric Assessment Tools

Course: Common Geriatric Assessments

Topic: Physical Assessment Tools and Methods

Duration: 3 Hours

Session Type: Group Activity

Total Number of Groups: 8

Learning Objectives

By the end of this session, students 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.
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Assessment Tools Covered

1. Hand-held Dynamometer
2. Hand Grip Strength Measurement
3. 30-second Chair Stand Test
4. Arm (Curl) Biceps Test
5. Functional Reach Test
6. Modified Functional Reach Test
7. Romberg Test
8. Tandem Romberg Test

Session Schedule

Time	Activity
0–15 min	Introduction to session and instructions
15–60 min	Group preparation using video + web resources
60–150 min	Group demonstrations (10 min each) with peer practice
150–170 min	Peer evaluation and informal Q&A
170–180 min	Wrap-up and reflection

Group Assignments

Each group is assigned one assessment tool. Their tasks include:

- **Understanding** the tool (based on video + independent search)
- **Explaining** all key aspects (see checklist below)
- **Demonstrating** the tool
- **Practicing** with peers
- **Receiving feedback** from peers and tutor

Student Checklist

Students' performance will be evaluated based on:

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