

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



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Practical 1

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.

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	Tutor Role
0–15 min	Introduction to session and instructions	Welcome students. Explain objectives and expected outcomes. Brief on group activity and assessments. Assign tools and distribute resources.
15–60 min	Group preparation using video + web resources	Observe groups. Offer guidance and clarification. Ensure each group covers key content (purpose, method, patient instructions, scoring, modifications, contraindications, clinical relevance).
60–150 min	Group demonstrations (10 min each) with peer practice	Facilitate smooth transitions. Observe student performance and provide real-time feedback. Ensure safety and accuracy. Encourage interaction. Allow students to practice on each other under supervision.
150–170 min	Peer evaluation and informal Q&A	Oversee peer evaluation process. Answer clinical queries. Clarify misunderstandings. Promote collaborative discussion.
170–180 min	Wrap-up and reflection	Facilitate brief reflection (oral or written). Highlight key takeaways. Encourage students to apply tools during clinical placements.

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

Tutor's Key Responsibilities

1. **Pre-Session Preparation:**
 - Ensure videos and handouts are accessible.
 - Prepare equipment for demonstrations (chairs, dynamometer, stopwatch, etc.).
 - Print or distribute peer evaluation checklists.
2. **During Group Work:**
 - Prompt critical thinking.
 - Encourage use of evidence-based resources.
 - Ensure all checklist areas are being addressed.
3. **During Demonstration:**
 - Evaluate clarity, technique, safety, and content.
 - Provide constructive feedback.
 - Emphasize how improper performance can lead to misinterpretation in clinical settings.
4. **During Practice & Feedback:**
 - Support students trying out the tests on peers.
 - Observe communication skills and professionalism.
 - Moderate peer feedback and ensure it remains respectful and useful.
5. **Wrap-Up:**
 - Highlight common strengths and gaps.
 - Reinforce relevance of physical performance testing in geriatrics.
 - Link session content to clinical application (e.g., discharge planning, fall prevention).