

# **Functional Wellness Screening**

**William Gingold, PhD, MHA, CHE, CSA, LP  
Department of Family Medicine  
University of Illinois at Urbana-Champaign  
207 East McHenry Street  
Urbana, IL 61801**

**Telephone: (217) 337-4781**

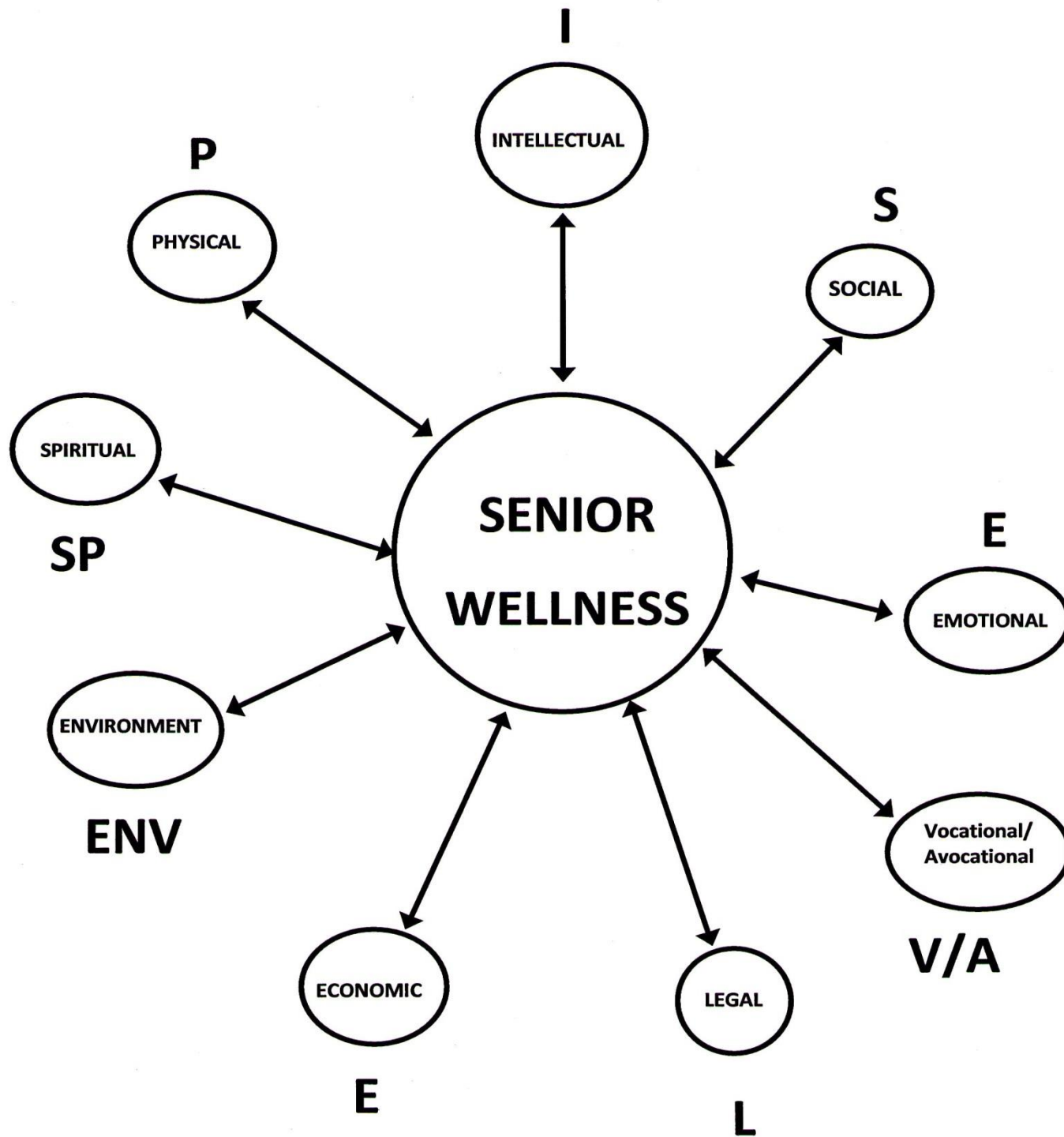
**Fax: (217) 337-1750**

**E-mail: [wgingold@illinois.edu](mailto:wgingold@illinois.edu)**

**Website: [www.activeseniorsoptions.com](http://www.activeseniorsoptions.com)**

# Presentation Goals

- **Explain a few constructs important for meaningful functional screening**
- **Briefly discuss common problems to consider of older persons for meaningful screening**
- **Identify and select skills and tasks for your functional screening**



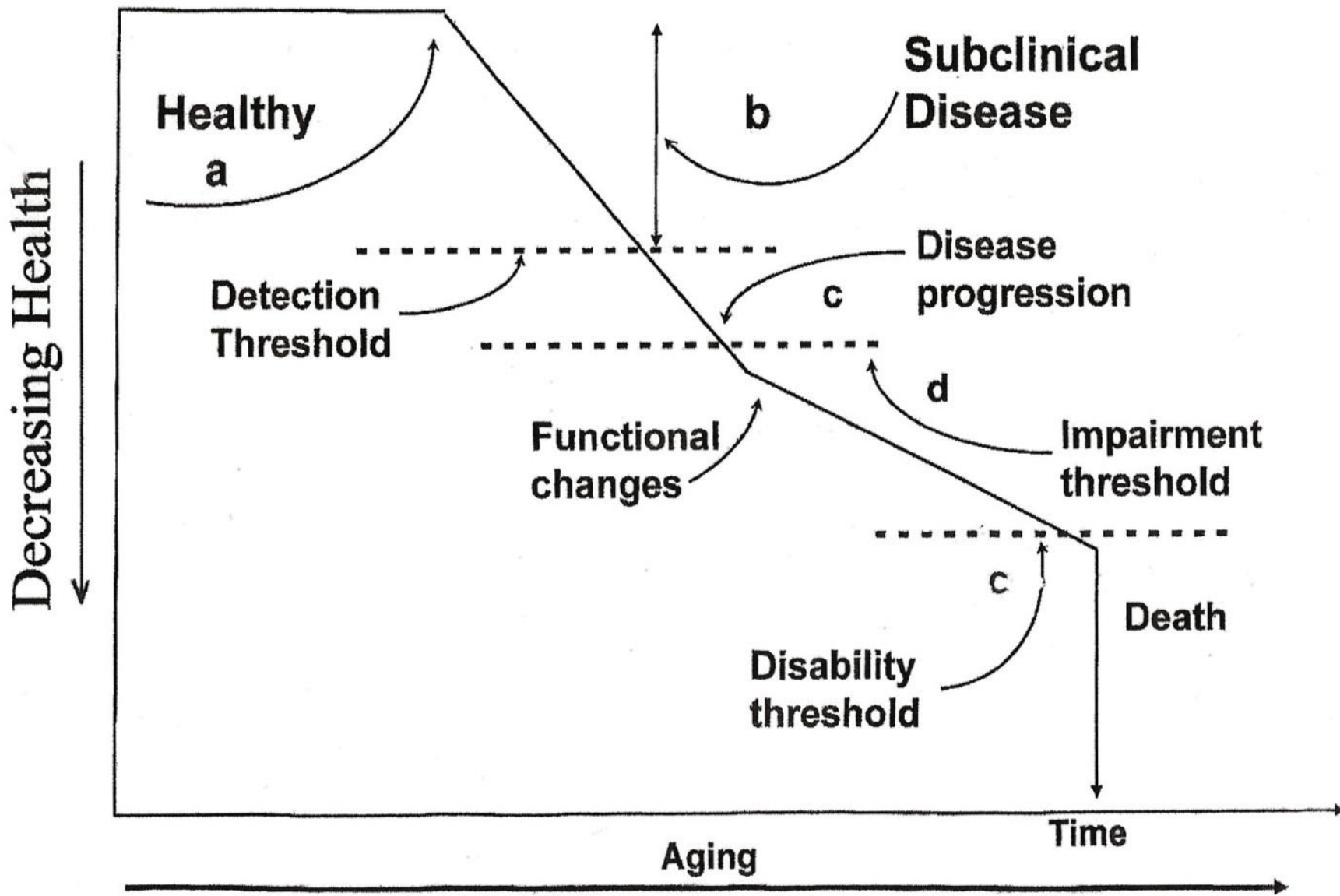
# Screening

- **A procedure (snapshot) to detect early sign of risk that is a precursor to later dysfunction.**

# Assessment

- **Gathering and integration of data (multiple snapshots) to make an evaluation (decision or recommendation).**

# Early Identification

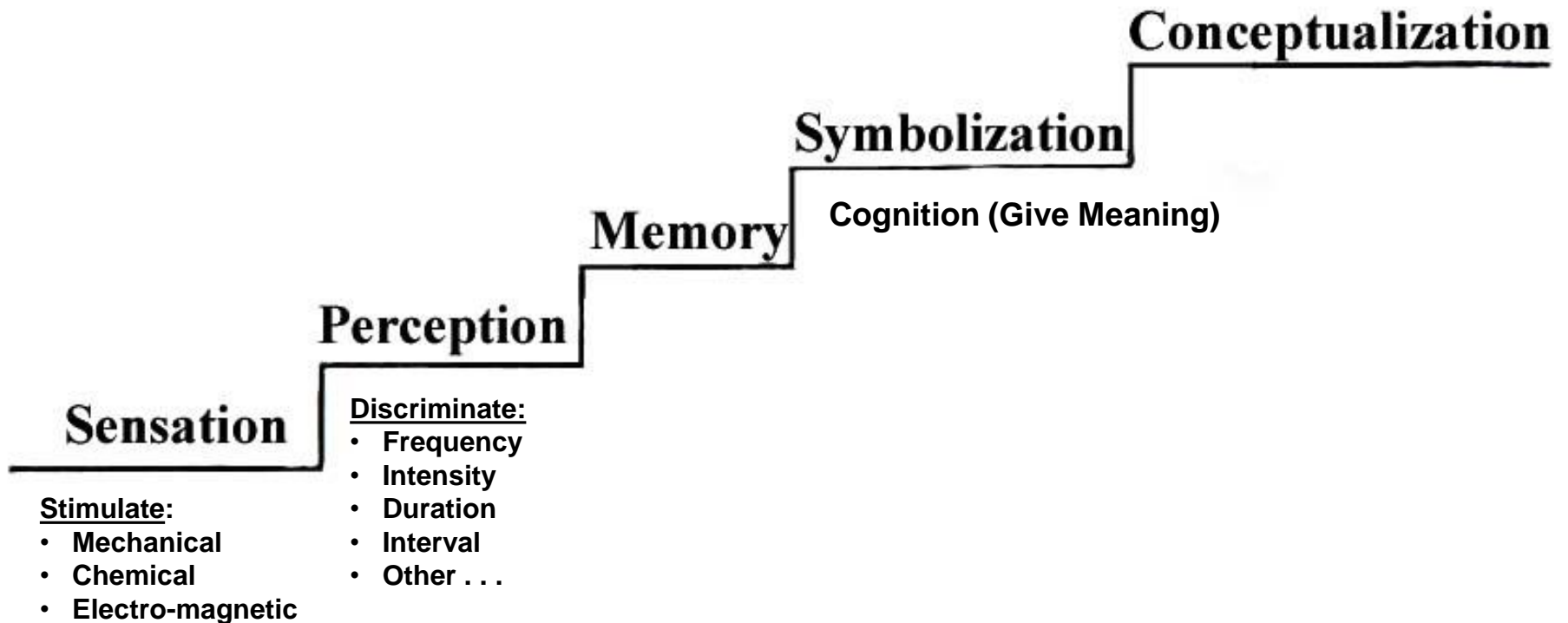


Opportunities for prevention

# Screening and Assessment Tools and Instruments are Vehicles for Observation

- Specify
- Observe
- Do

# Hierarchy for Screening and Assessment (i.e., Learning, etc.)



# Senses

## (Normative Changes)

### Hearing Decrease

- Higher pitched sounds
- Muffled

### Sight Decrease

- Can't see objects close
- Need more light
- Adapt poorly to glare
- Need multiple light sources
- Greens, blues, and violets are problems. Reds, yellows, and oranges are good.

### Touch Decrease

- Less sensitive, but love it!
- Lips, fingers, rear end

### Taste Decrease

- Sweet and salty go first (i.e., “Kisses”).
- Bitter and sour linger
- Savory is new

### Smell Decrease

- Affect the way foods taste
- Unaware of unpleasant odors – own or household

### Proprioception

### Pain



# Vision

**With corrective lenses, read a few sentences (12 pt. +) from a local newspaper (about 20/20)**

- **Near Point**



# Hearing

- **Finger Rub**



# Taste

- Sweet
- Salty
- Sour
- Bitter
- Savory (MSG)



# Touch

- **Paint Brush Bristle**



# Smell

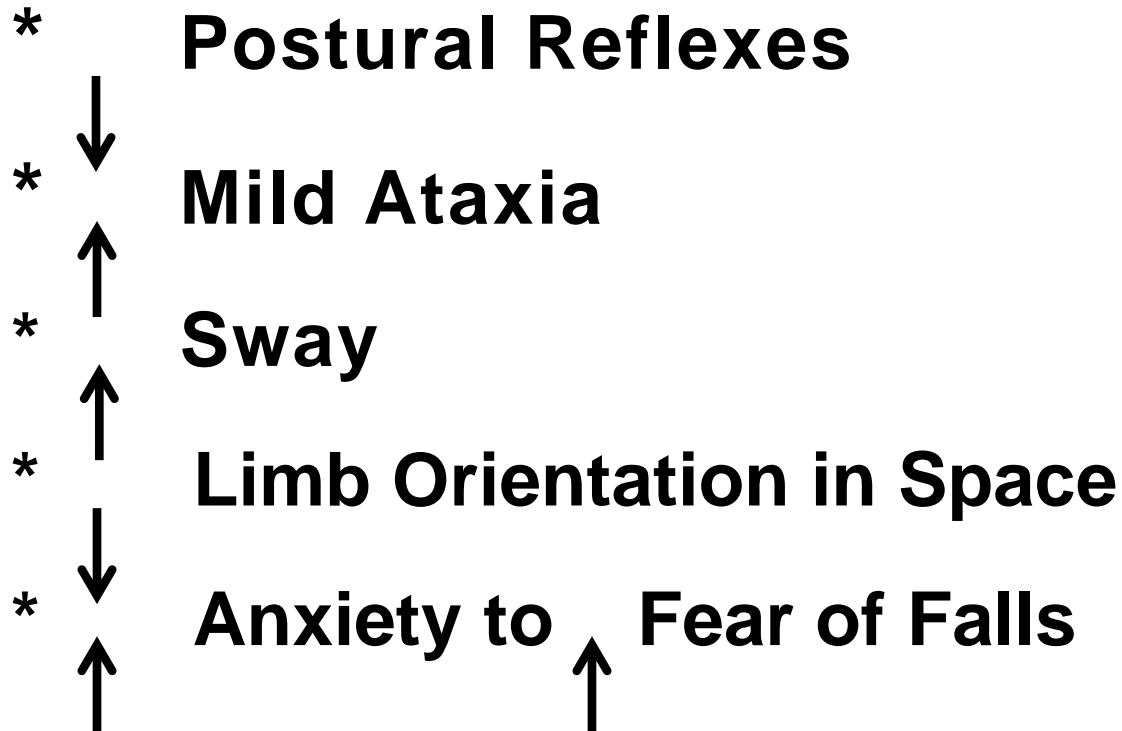
(6000 +)

- **Three Odors**



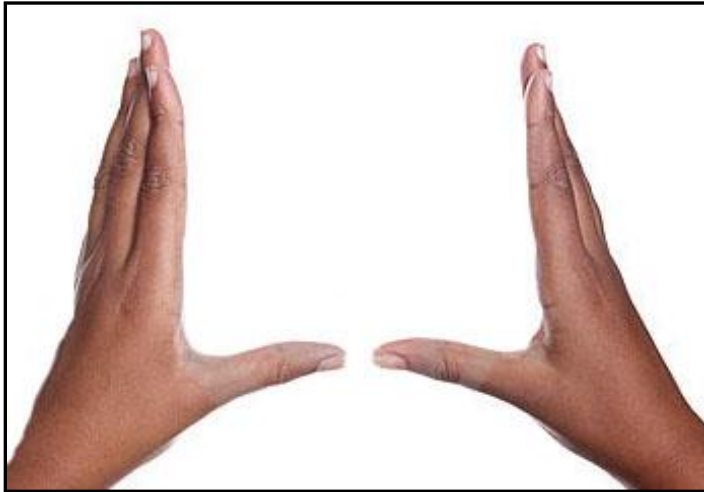
# Proprioception

(Important to Balance and Ambulation)



# Proprioception

- \* **Hands Together**
- \* **Fingers to Nose**



# Upper Extremity

- **Left hand touch left shoulder**
- **Right hand touch right shoulder**
- **Both hands touch back of head**



# Lower Extremity

- **Balance on one foot, then the other**
- **Fill a cup half-full with water, hold cup, rise from chair, walk ten feet, return, and sit down**

# Grip Strength

## Functional Force Measurement

- **Two-Finger Squeeze**
- **Right**
- **Left**

# **Areas for Cognitive Screening and Assessment** *(not all Inclusive)*

## **Attention**

- **Memory**
- **Visual-Spatial**
- **Conceptualization**
- **Language**



# Recent Memory (Working)

**Digit Span**

# (Working Memory)

**DIRECTIONS:** “I’m going to say some numbers. Listen carefully and when I am through, say them right after me.”

5 – 8 – 2

6 – 4 – 3 – 9

4 – 2 – 7 – 3 – 1

6 – 1 – 9 – 4 – 7 – 3

5 – 9 – 1 7 – 4 – 28

“Now I’m going to say some numbers, but this time when I stop, I want you to say them backwards.” For example, I’ll say 7 – 1 – 9. What would you say?

2 – 4

6 – 2 – 9

3 – 2 – 7 – 9

1 – 5 – 2 – 8 – 6

5 – 3 – 9 – 4 – 1 – 8

**SCORING:** Score 1 point for each correct answer. Mark OK if total points are  $\geq 6$ .

# **Working Memory** *(Delayed)*

**(Screen Form Item No.19)**

# By Clock



(Stimulus Form Item No. 20)

# Incontinence

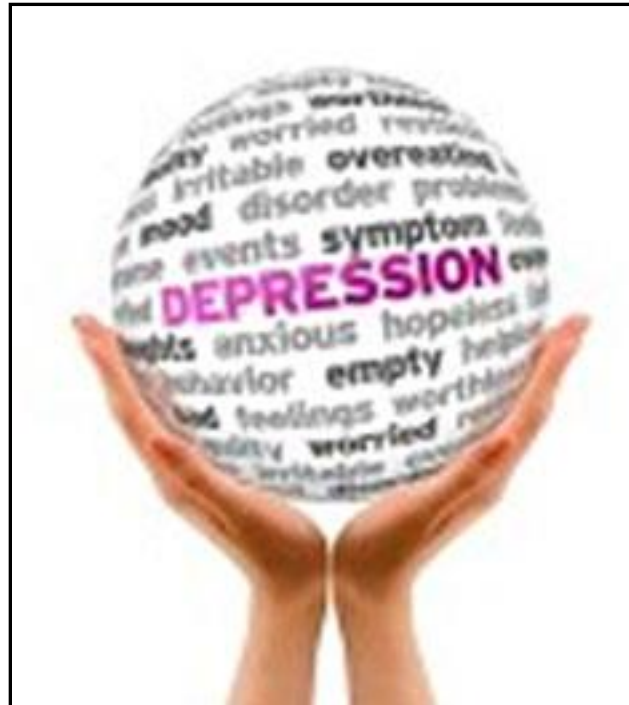
**Just Ask!!**





# Depression

- What makes you happy?
- How is the quality of your life?
- Humor index



# Polypharmacy

How many drugs do you use?\*

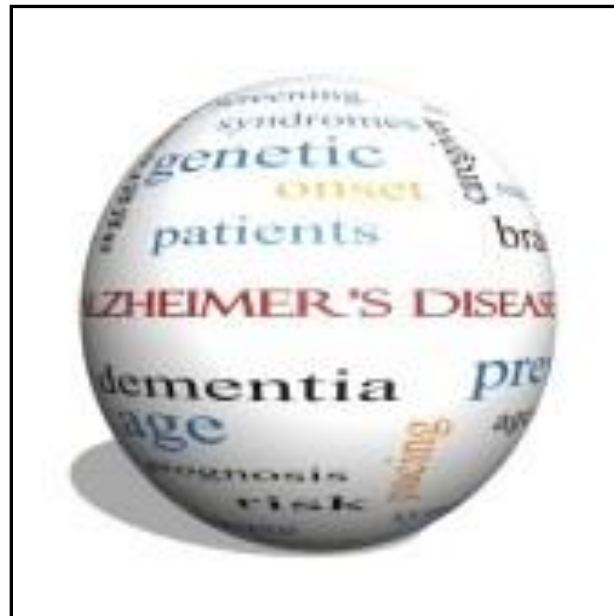
≤ 4 ???



\* Include OTC, vitamins and minerals

# ADL and IADL

- Can you get out of bed? (No. 24)
- Can you dress yourself? (No. 25)
- Can you make your meals? (No. 26)
- Do you shop? (No. 27)
- What level of assistance or support is needed?



# Weight Loss

- Unintentional
- $\leq 4$  pounds over 3 months



# Home Environment

**Stairs (No. 29) and hazards (No. 30)? Ask.**



**Checklist**

# Social Support

- **Need?**
- **Available?**
- **Getting?**



# Spell W.O.R.L.D.

## Backwards



# Name Animals in 1 Minute

