

**THE 30-S CHAIR STAND TEST AND HABITUAL MOBILITY PREDICT REHABILITATION NEEDS AFTER ACUTE ADMISSION**

Hansen Bruun, Inge; Nørgaard, Birgitte; Maribo, Thomas; Schiøttz-Christensen, Berit; Backer Mogensen, Christian

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# KEEP ME GOING

## – although I'm elderly

Inge Hansen Bruun<sup>1</sup>; Birgitte Nørgaard<sup>2</sup>; Thomas Maribo<sup>3</sup>;  
Berit Schiøttz-Christensen<sup>4</sup>; Christian Backer Mogensen<sup>5</sup>

Development of a predictive model for reduced physical ability after hospitalization



### Introduction

Many elderly patients experience a physical decline after acute admissions. To prevent this early rehabilitation is required. However, currently we do not know whom among these patient are at risk of a functional decline

### Aim

This prognostic study aimed to develop a predictive model which can help to identify elderly with medical complaints who one month after hospitalization have a reduced physical ability.

### Materials and Methods

In this prospective cohort study 117 acute admitted elderly with a score  $\leq 8$  in the 30-second chair stand test (30s-CTS ) were included. Fourteen prognostic factors were collected within the first 48 hours of admission. Outcome were 30s-CTS one month after the admission.

Three significant factors were identified by multivariable backward stepwise logistic regression analysis. A score chart was constructed by using the regression coefficient estimates.

### Results

#### Scoring Chart

Gender (women)	10
With difficulties climbing a flight of stairs without rest	25
Using gait aid indoor and/or outdoor	30
Score $\leq 5$ in 30sCTS	35
<b>Total</b>	<b>100</b>

#### Discriminative Ability

	Number of patients with a 30s-CTS score $\leq 8$ (n=76)	Number of patients with a 30s-CTS score $> 8$ (n= 41)	Sensitivity (95% CI)	Specificity (95% CI)	PPV (95% CI)
Score $> 65$	56	31	74% (63-83)	76% (60-88)	85% (74-92)

**Corresponding and presenting author** Inge Bruun, Skovvangen 2, DK-6000 Kolding, +45 76362811 Inge.Hansen.Bruun@rsyd.dk

<sup>1</sup> Department of Physiotherapy, Hospital Lillebaelt, Denmark

<sup>2</sup> Unit of User Perspectives, Department of Public Health, University of Southern Denmark, Denmark

<sup>3</sup> Department of Public Health, Aarhus University, Denmark and DEFACTUM, Central Denmark Region, Aarhus, Denmark

<sup>4</sup> Spine Centre of Southern Denmark, Hospital Lillebaelt and Institute of Regional Health Research, University of Southern Denmark, Denmark.

<sup>5</sup> Emergency Department, Hospital of Southern Jutland, Denmark, and Institute of Regional Health Research, University of Southern Denmark, Denmark



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