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

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KEEP ME GOING

– although I'm elderly

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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 ≤ 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 ≤ 5 in 30sCTS	35
Total	100

Discriminative Ability

	Number of patients with a 30s-CTS score ≤ 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)

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