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Richard Chow DO Lehigh Valley Health Network, Richard.Chow@lvhn.org

Marna R. Greenberg DO, MPH, FACEP Lehigh Valley Health Network, marna.greenberg@lvhn.org

Jeanne L. Jacoby MD Lehigh Valley Health Network, Jeanne\_L.Jacoby@lvhn.org

Robert D. Barraco MD, MPH Lehigh Valley Health Network, robert\_d.barraco@lvhn.org

Bryan G. Kane MD Lehigh Valley Health Network, bryan.kane@lvhn.org

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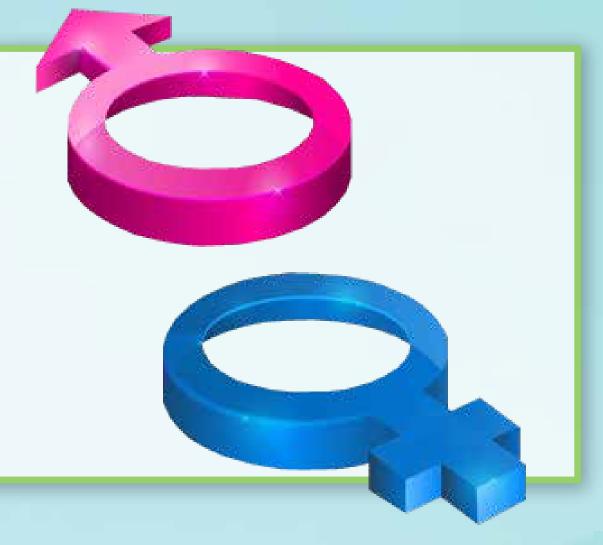
# Gender Differences in Effectiveness of the "Timed Up and Go" (TUG) Test as a Screening Tool for Geriatric Fall Risk Assessment

Richard Chow, DO, Marna Rayl Greenberg, DO, MPH, Jeanne L. Jacoby, MD, Robert D. Barraco, MD, MPH, Bryan G. Kane, MD

Lehigh Valley Health Network/USF Morsani College of Medicine, Allentown, PA

#### INTRODUCTION

The Timed-Up-and-Go (TUG) test is recommended as a screening tool to identify elderly patients who may be at increased risk for a mechanical fall. We set out to



### METHODOLOGY:

This prospective cohort study was conducted at a Level 1 Trauma center in Pennsylvania, USA. After obtained informed consent, subjects were asked to perform the TUG test. This involved having the patient stand up from a chair and walk 10 feet, turn, walk back to the chair and sit down. If the patient took  $\geq$  12 seconds to complete the test they were considered to have a positive TUG test. Subjects were contacted for phone follow-up and asked to self-report interim falling.

## **RESULTS:**

Data from ninety-two subjects was analyzed. The average age of the participants was 74.8 years old. Fifty-two were female



(43.4%). By sixth months after enrollment, 30/92 participants reported having falling. Of the 30 who fell, 12 were men and 18 women. Of the men who fell, 3/9 were TUG positive and 11/18 women who fell were positive. Twenty-nine men denied falling--20 were TUG positive and 9 negative. Thirty-three women denied falling -- 18 were TUG positive and 15 negative. For men, the sensitivity of the TUG test was 75% and specificity 31%. A positive TUG test in men had a positive likelihood ratio of 1.087 and a positive predictive value of 31%. For women, the sensitivity of the TUG test was 61% and the specificity 45%. A positive TUG test in women had a positive likelihood ratio of 1.12 and a positive predictive value of 37%.





### **CONCLUSIONS:**

In this small prospective cohort, the TUG test didn't perform well at predicting future falls. However, it was more sensitive and less specific in men than women.

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