

CS-PFP Newsletter

University of Georgia

Fall 2009

Volume 1, Issue 2



Cross-Cultural PFP results

Elaine Cress, PhD and colleagues, Stefania Orini, MD, University of Brescia, Reto Kressig, MD, University Hospitals of Basel, and Robert Wood, PhD, New Mexico State University, reported on the function of older adults living in Italy and Switzerland as compared to older adults living in the Southeastern United States at the International Association of Gerontology & Geriatrics quadrennial meeting in Paris.

Participants 65 years of age or older provided self-report and performance based function. The majority of the volunteers in all three locations were female. Italian residents were living in a facility that provided assistance, meals and housekeeping. These residents had the highest percent of participants diagnosed with clinical depression, perhaps owing to more frailty. Independent Swiss older adults compared to US older adults were both high functioning, however Swiss older adults reported higher levels of pain. The United States older adults had the highest BMI, which could be a hindrance to function. Concerning older adults living in Louisiana, Dr. Wood reported that dependence on assistive devices and other people was predicted by self-reported pain and breathlessness (dyspnea) during performance of functional tasks. Effects of pain on self-reported limitation on ADLs appears to be mediated by a person's level of function. The dyspnea is mediated primarily by a person's level of functional performance on the CS-PFP10. Improving physiological and functional capacity along with pain management should be considered

Special points of interest:

- Workshop March 5-6, 2010
- CS-PFP results from Italy and Switzerland compared to the United States
- Tips for administering the CS-PFP
- CS-PFP materials available for you

If you are interested in obtaining the CS-PFP software or you would like more information,

Contact Dr. Elaine Cress at mecress@uga.edu

Visit the website at:

www.coe.uga.edu/cs-pfp/



CS-PFP Materials

CS-PFP Site set up CD-ROM

This comprehensive interactive media tool includes:

- Specific site dimensions and inventory needed to implement the CS-PFP 10 test
- An overview power point presentation of the CS-PFP 10 validity and reliability and sensitivity to change
- Resources including data recording sheets

View and Learn DVD

This is a professionally developed interactive DVD that includes 2 video clips of each task, one for viewing without instruction and a second with voice-over instructions with administration tips.

DVDs of older adults performing the CS-PFP10.

These are professionally developed suitable for instruction and double timing the administrator in the video

- Older adult male—generally healthy
- Older adult female—generally healthy
- Hip fracture: 2 –12 weeks post repair

CS-PFP safety video

- This professionally developed video provides instruction in standard safety techniques specifically for tasks of the CS-PFP. These include guarding on steps, application and use of a gait safety belt and procedures for sitting down and rising safely from the floor. This video features procedures applicable for use with patients after surgery for hip fracture repair.

CS-PFP Data Management Software

- This is a computerized software program to manage the input and provide summary scores of the CS-PFP10 and CS-PFP original 16 task tests. It runs on a PC platform for Windows. A reporting system with normative data is included.

Administrative Tips

Weight Tasks— Pot Carry and Grocery Carry

- For tasks that require carrying weight, once the participant has selected from the 34 kg of weight available, weigh the pot or bag and if it is over 30 kg, reduce the weight to 30 kg. Limiting the maximum amount of weight the person carries allows maximal credit for carrying weight without hindering the time required to complete the task. Then proceed with the dialogue as usual.

