

# TUSS (Timed Unsupported Steady Stand)

## Aim

To be able to safely and effectively undertake the TUSS test<sup>1</sup> with service users.

## Procedure

The service user is seated in a chair with a firm surface in front of them (e.g. chair/table or tester). They should wear their usual footwear. The chair is high enough for them to stand with minimal effort, or else they are assisted into standing.

**Preparation** – before assuming the starting position the test is explained to the service user (and demonstrated if necessary).

‘Soon you are going to stand up and hold onto to the chair/table or me. Once you are steady I shall say START, then you are going to put your hands by your sides and stand for as long as you feel safe and steady. If you feel unsteady, you must put your hands back onto the table or me. Are you clear about what you are going to do?’

## Starting position

Service user is in standing holding onto table or RA with feet comfortably apart.

## Timing

Start timing as you say ‘START’. Stop timing as soon as the service user places her hand(s) on the table or until she has stood steadily for 60 seconds – which ever occurs first. Record the time in seconds.

## Familiarisation Trial

Perform one un timed practice of this test to ensure the service user understands what is expected. Service user should be discouraged from trying to combat wobbling before steadying herself on the table. This is essential to ensure comparable end points to the test.

## End Point

TUSS 60 secs

TUSS (1) 60 sec (holding with 1 hand)

TUSS (2) 3 minutes (holding with 2 hands)

} Stop test if service user holds on (and note time)

### **Modification**

TUSS (1) - if the person cannot stand unsupported then allow them to place one hand on the table and stop timing when they steady themselves by putting the other hand on the table

TUSS (2) – If they extremely unsteady help them to stand with 2 hands on the table for support. Start timing as soon as they are steady and stop when they wish to do so or when 3 minutes have been reached.

### **References**

1. Simpson JM, Worsford C 1996 'Simple test of balance for frail old people'(abstract from proceedings of the Society for Research in Rehabilitation held at the Royal Hospital for Neurodisability, Putney, UK, Jan11 1996 (Clinical Rehabilitation 10 :354)

**PT36**

**SUPERVISED TASKS/EXERCISES CARRIED OUT BY REHABILITATION ASSISTANT – COMPETENCIES**

<b>NAME:</b>		<u>TAUGHT</u>	<u>MODELLED</u>	<u>COMPETENT</u>
<b>PT36</b>	<b>TUSS</b>	<b>DATE</b>	<b>DATE</b>	<b>DATE</b>
1	Timed unsupported steady stand			
	- Check plan			
	- consent			
2	Prepare environment:			
	- seating			
	- supporting surface			
	- suitable footwear			
3	Explanation to service user			
4	Start position			
5	Familiarisation Trial and actual test			
6	Timing			
7	Record Results and feedback to registered practitioner			
<b>Sign and date when achieved</b>	<b>Signature of Learner</b>			
	<b>Signature of Assessor</b>			
	<b>Date of review</b>			