

# The " Get Up Early " test : A short screening test for psychomotor disadaptation syndrome





**This screening test is intended for all elderly people who can be placed in a sitting position. It is not suitable for strictly bedridden persons.**

Ask the person concerned to sit alone on the edge of the bed (starting from a lying position). He/she may use a mechanical aid (e.g. bed bar) but without verbal guidance or human assistance.

If the person fails to do so alone, help him/her to sit on the edge of the bed. Then mark the following items on the basis of your observation of the sitting position.

Ticking a "YES" means that a problem has been observed and is an argument for the presence of a disadaptation.

The presence of at least 1 of the forms of behaviour observed indicates the great probability of the presence of a PDS.

| Date :  | Patient :   | Examiner :  |
|---|---|---|
|   | 1) Inability to sit independently on the edge of the bed            | <input type="radio"/> YES<br><input type="radio"/> NO |
|  | 2) Manipulation difficulty: he/she refuses, becomes heavy, holds on | <input type="radio"/> YES<br><input type="radio"/> NO |
|  | 3) The trunk is thrown backwards, slipping from the edge of the bed | <input type="radio"/> YES<br><input type="radio"/> NO |
|  | 4) Apprehension: cries, frightened look, stiff body                 | <input type="radio"/> YES<br><input type="radio"/> NO |
| <i>TOTAL "YES"</i>  |   | /4  |

A score  $\geq 1/4$  indicates that there is a serious risk of functional decline. A preventive therapeutic approach would be to :

- **get the patient up as quickly as possible**
- **Start promptly functional physiotherapy**
- **supply the most appropriate technical walking aids**