

## ANALYSIS OF QUALITY OF LIFE AND GAIT SPEED IN GERIATRIC INDIVIDUALS RECEIVING HOME CARE SERVICES: A RETROSPECTIVE CHART REVIEW

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Background and Purpose: Functional abilities and gait speed decline as a normal part of the natural aging process. The number people over the age of 65 is expected to double by the year 2060, leading to an increased number of individuals with impairments and functional limitations. This may impact a person's quality of life (QOL) and ability to participate in society. Gait speed, a common measure in PT, is utilized to help predict impairments and functional limitations. There have been few studies investigating the relationship between gait speed and QOL. The purpose of this study was to quantify correlations between gait speed and QOL through the WHOQOL-BREF in a geriatric population.

Subjects: 43 client charts were selected for retrospective review. Inclusion criteria included subjects who were: over age 18, able to verbally consent to therapy services, ambulatory, and demonstrated the cognitive capacity to complete the selected QOL measure.

Methods: A retrospective chart review was conducted using 32 charts that met inclusion criteria from a cash-based home rehabilitation company located in the Minneapolis/St. Paul, MN metropolitan. Charts were required to contain a gait speed and QOL measure completed on the same day. The QOL measure included four domains: physical health, psychological, social relationships, and environmental variables.

Analyses: A Spearman's rho correlation was performed between each WHOQOL-BREF domain score, gait speed, and age.

Results: A significant positive correlation was found between gait speed and physical domain ( $r_s = .51$ ,  $p = .003$ ) as well as gait speed and psychological domain ( $r_s = .37$ ,  $p = .038$ ).

Conclusions: Using gait speed as an objective measure may give providers insight into their client's quality of life. More research is required to determine if improving gait speed will improve QOL.

Implications: The significant correlations discovered allow for insight into possible further research regarding QOL and other objective rehabilitation measures.