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## **Assessing Upper Limb Function in People with Parkinson's disease: Timed Upper Limb Assessment Validation**

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**Introduction:** Parkinson's disease is a progressive degenerative neurological disorder which affects the control of body movements and limits activity engagement or participation in most areas of life. The challenge: how do therapists assess in order to impact and promote participation in meaningful activities? Some therapists routinely assess the function of the upper limb in people with Parkinson's, however the assessments used are generally not standardised, non-functional and nonspecific to Parkinson's disease.

**Objectives:** This research reviewed the Osborne Park Hospital Timed Upper Limb Assessment for validity and reliability in Parkinson's disease.

**Methods:** A cross sectional research design was used with 15 people with Parkinson's and 60 control participants over 65years, recruited through convenience sampling. Each participant completed the assessment once while being video recorded. The results were compared across examiners and between groups. Therapists using the assessment completed a short survey on the assessment.

**Results:** All items correlated well with each other. Overall the 10 items reflected higher mean times and larger standard deviations among the Parkinson's group compared to the control. The control consisted of more women and younger participants, while the Parkinson's group contained more men and participants over 80 years. Comparisons between assessors were similar.

**Conclusion:** The validity and reliability of the ten items has been shown in this study for use by therapists with diverse levels of skill. The assessment is useful in assessing restrictions related to Parkinson's disease symptoms prior to intervention and with medication changes.