



TIMED GET UP AND GO

TUG INTRO

This tutorial will teach you how to:

- **Set up the space**
- **Dress the patient**
- **Instruct the patient**
- **Record the test**

CONGRATULATIONS

You have been selected to perform the Balance Scan with patients.

CaptureProof uses the camera on the phone to observe the movements of a patient. You can think of this scan like an Xray or MRI - with a much smaller machine performing the recording.

Since the filming is done in many settings there are a few very important points to remember while doing this. The most important is that the camera is acting as a scan, so the patient's entire body needs to always be in view and easy to see (body means the shoulders, hips, knees and feet)

The algorithm uses these body parts to identify the patient, monitor the movement and complete the scan.

You will watch this video and then perform this with a partner. Once your test scan has been approved, you will be able to scan patients.



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1. Set up space for
the TUG test.

10 FEET (3 METERS)





TAPE MEASURE



TAPE

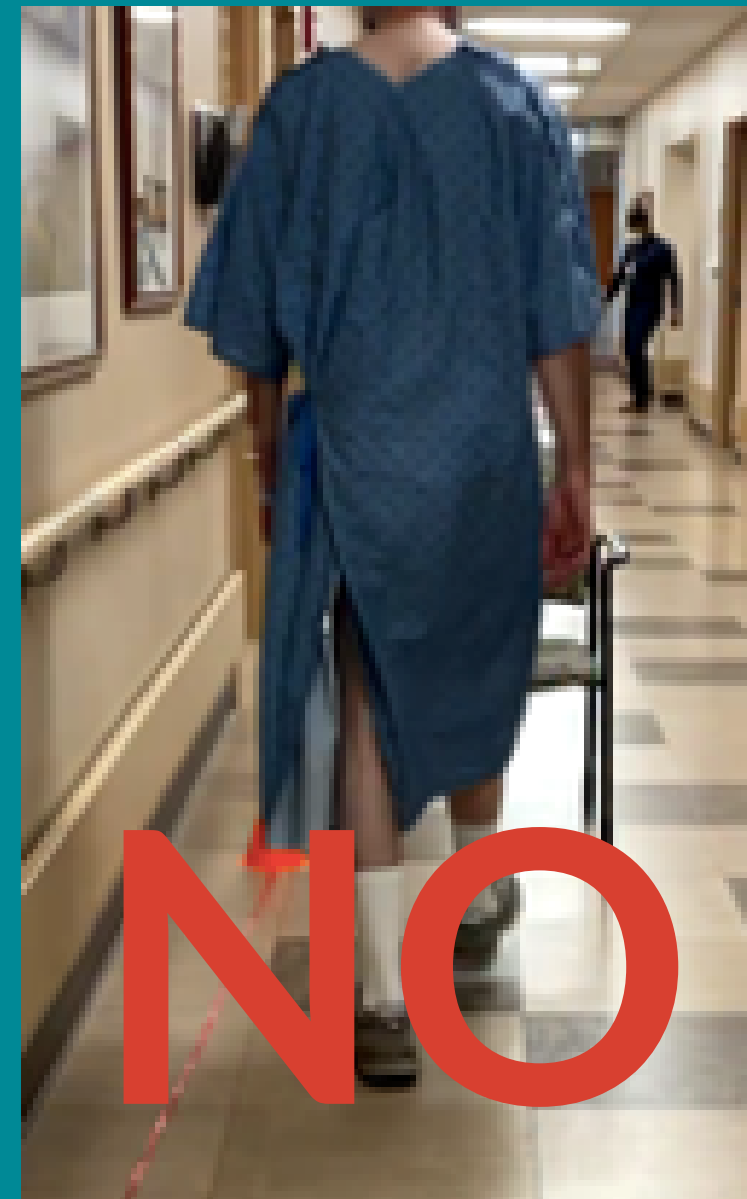
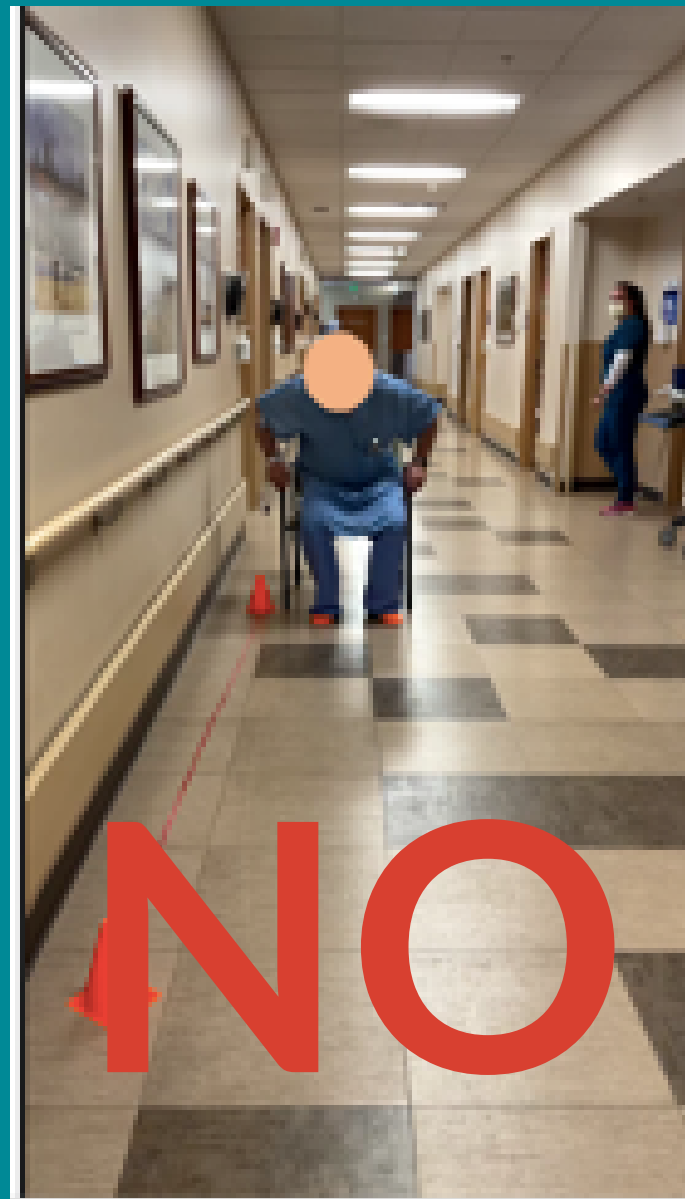
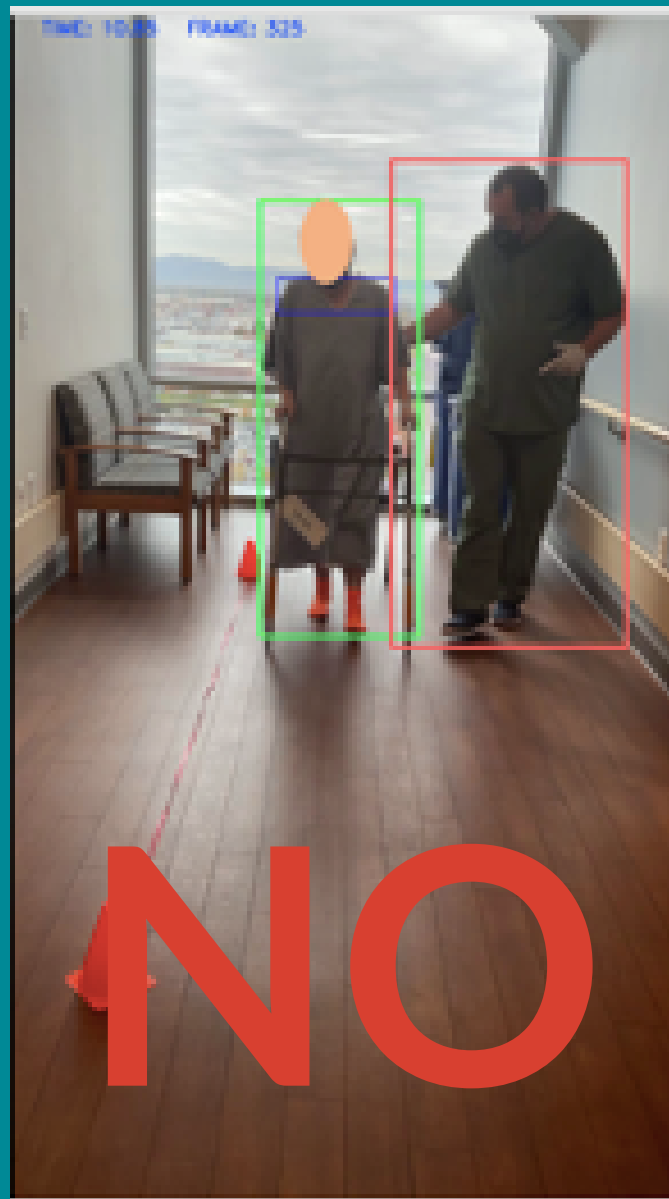
**10 Feet /
3 Meters**

MARK DISTANCE

Safely mark **10 feet / 3 meters** in front of the armchair.



Place stable arm chair with space to walk 10ft (3m)
BRIGHT LIGHT NEEDED. DO NOT BACK LIGHT.



The algorithm only calculates the patient. Hallways may have other people in background and can be a HIPAA violation. A solid wall as the background is best.



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2. How the patient should dress.

CLEARLY SEE THE BODY



The Balance Scan Algorithm requires the location of the shoulders, hips, knees & feet **TO BE VISIBLE AT ALL TIMES**. This means the camera **MUST** see these body parts.

If patient is in hospital gown, **PLEASE** belt the gown to identify the knees and hips.

Raise gown to "just below" the knees- showing knees clearly when sitting.



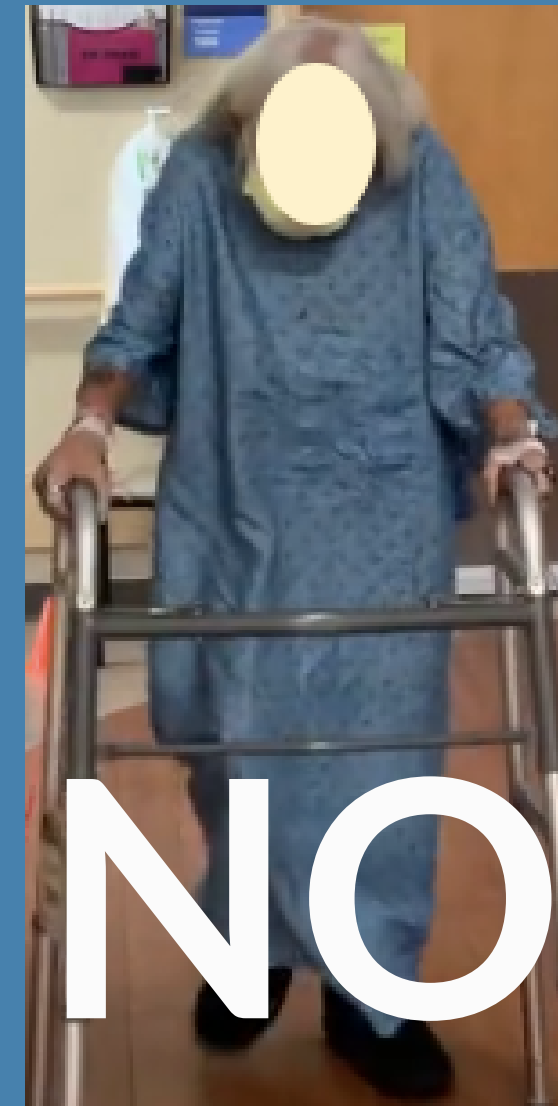
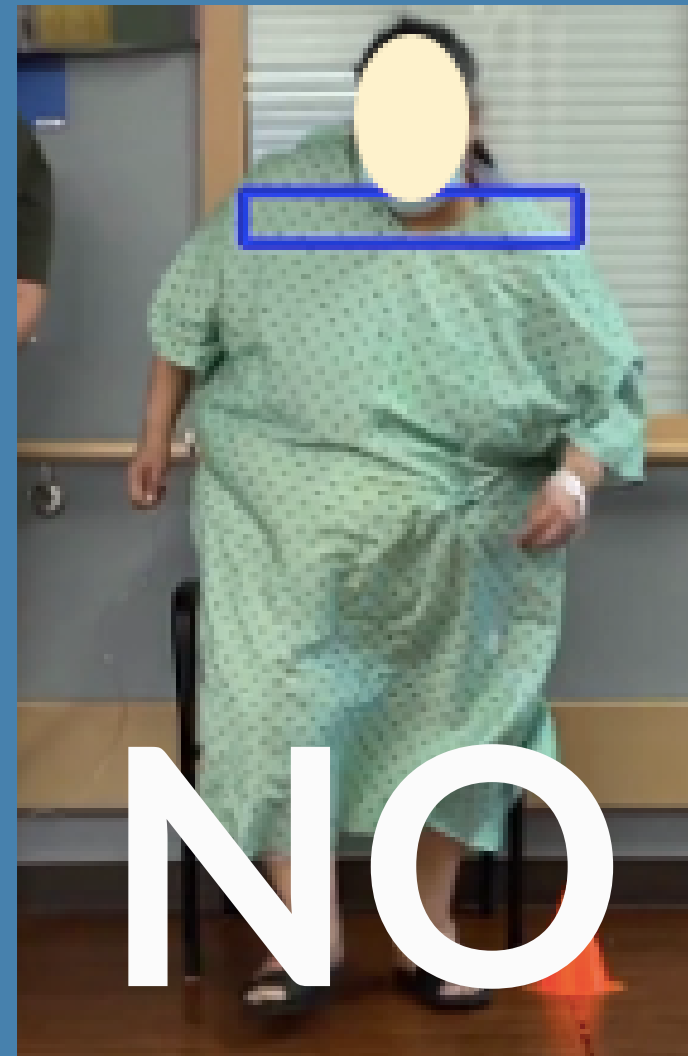
The Balance Scan algorithm requires the location of the shoulders, hips, knees & feet. This means the camera **MUST** see these these body parts the entire time filming.

If patient is in hospital gown. Belt the gown to identify the knees and hips.

Raise gown to "just below" the knees- showing knees clearly when sitting.



1. Raise the gown to "just below" the knee.
2. Have patient hold the gown while you belt
3. Be sure to put the belt on the top to show the form of the body.





CLEAN SHOULDERS

Hair up to clearly show both shoulders. Help patient if needed.
Do NOT wear a large collared shirt, coat or scarf on neck.
Do NOT wear clothes that are loose or matches the background.



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3. How to position the camera properly.

STILL AND STRAIGHT



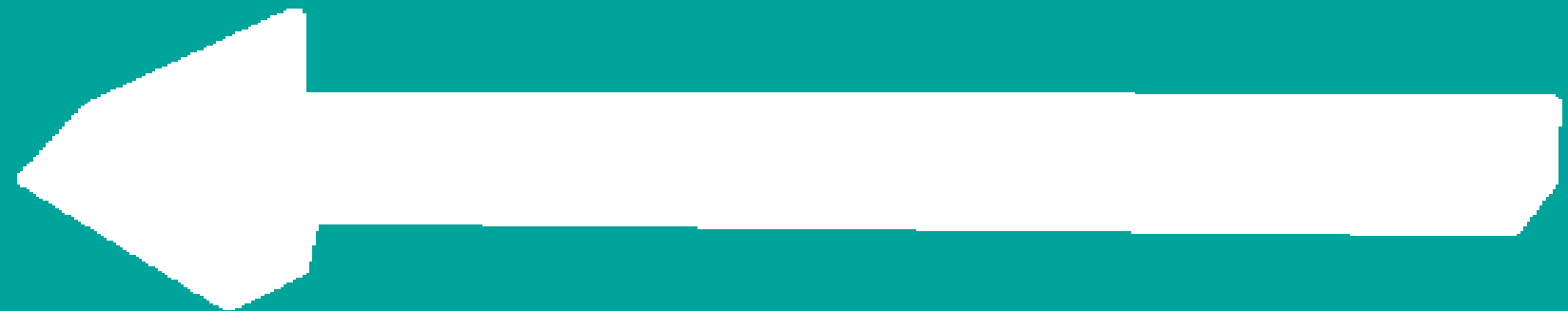
Keep iPad straight up & down.
The cart with the camera will be pushed very low to do the filming.

Align the lower line in the camera to the
TURN LINE on the floor.





Align the "lower line"
in the camera to the
TURN LINE on the
floor.





**HOLD
CAMERA**

Hold Camera in Portrait mode with both hands.
Camera still and straight up and down.



**HOLD
CAMERA**

**CAMERA OPERATOR:
Elbows connected to side of body.**



**FEET
STABLE**

**CAMERA OPERATOR: Sit in a Chair or
Place Feet Shoulder Width Apart.**



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4. What to film and how to instruct.

PATIENT MOVEMENTS



Hands on arm rests, feet flat on floor.

Video 3 **long seconds** of a still patient at the start and end of the walk. This is an important alert for the algorithm.





1. Film from directly in front
2. Camera stays still the entire time
3. Film patient *still* for a long count of three at start & end of video
4. Shoulders, hips, knees and feet are clear and in view at all times

FILMING - How to film for the Computer Vision scan to work well.



CAMERA OPERATOR INSTRUCTIONS:

Position device straight up and down.

1. The patient *sits still* in the armchair with his/her back against the chair.
2. **[PRESS RED BUTTON]** patient is still for 3 seconds and then you say 'Go.'
3. Task is done.
4. Wait 3 seconds with the patient sitting still.
[PRESS RED BUTTON]

Pause the video to stay on this page longer.
To hide or see this text on the camera screen:
Tap/Drag the ARROW below TUG- Time Up and Go



PATIENT INSTRUCTIONS

Say these exact words (they will be on the active camera)

Please sit still in an armchair with your back against the chair.

When I say “Go,” I want you to:

- Stand up from the chair.
- Walk to the line on the floor at your normal pace.
- Turn.
- Walk back to the chair at your normal pace.
- Sit down again and sit still for at least 3 seconds.

You will practice the steps above before recording.

Pause the video to stay on this page longer.

To hide or see this text on the camera screen:

Tap/Drag the ARROW below TUG- Time Up and Go

OBSERVATIONS AND RECOMMENDATIONS FOR INDEPENDENT SCANS

- Both feet must be on the ground untucked at start and end of scan No crossed legs.
- Feet must be visible in all frames - raise gown if necessary
- Wait time from start of camera to “Go” should be a slow count of three say One-thousand three, one-thousand two, one-thousand one, then Go
- Wait time from when the patient sits to turn off camera same count as for start
- When seated, the patient needs to be still and facing the camera.
- When seated, no hand waving, no head turning, no wiggling.
- Keep arms on chair armrest.
- No other person can be in the image.
- If someone does accidentally pop in, the video should not be saved and the scan should be repeated.
- DON'T TILT the camera up down.
- Don't rotate the camera left right.
- No backlighting. No window behind patient.



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5. Stand by & walking aid Protocols

QUESTIONS ASKED





The patient must sit still
for 3 full seconds to
register with the
Smart Medical Camera.

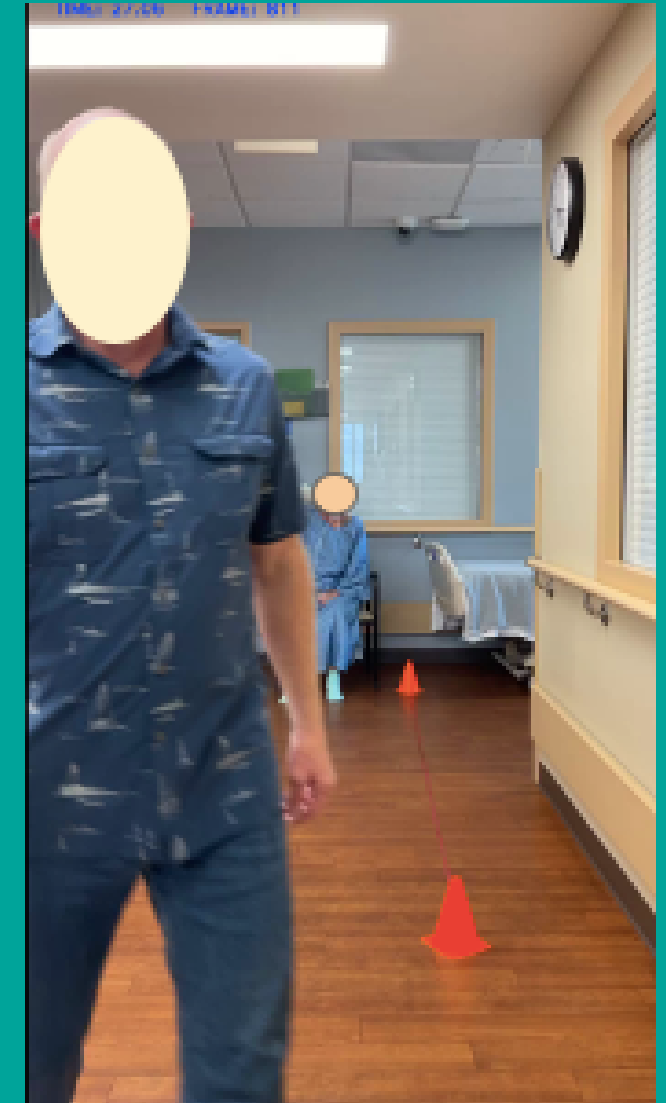


Stand-by Provider is to:

1. Stay on the same side. Never cross in between patient and camera.
2. Touch the patient as little as needed.
3. If they have a IV pole, move it for the patient.



a hand on the back is okay
Not a full arm.

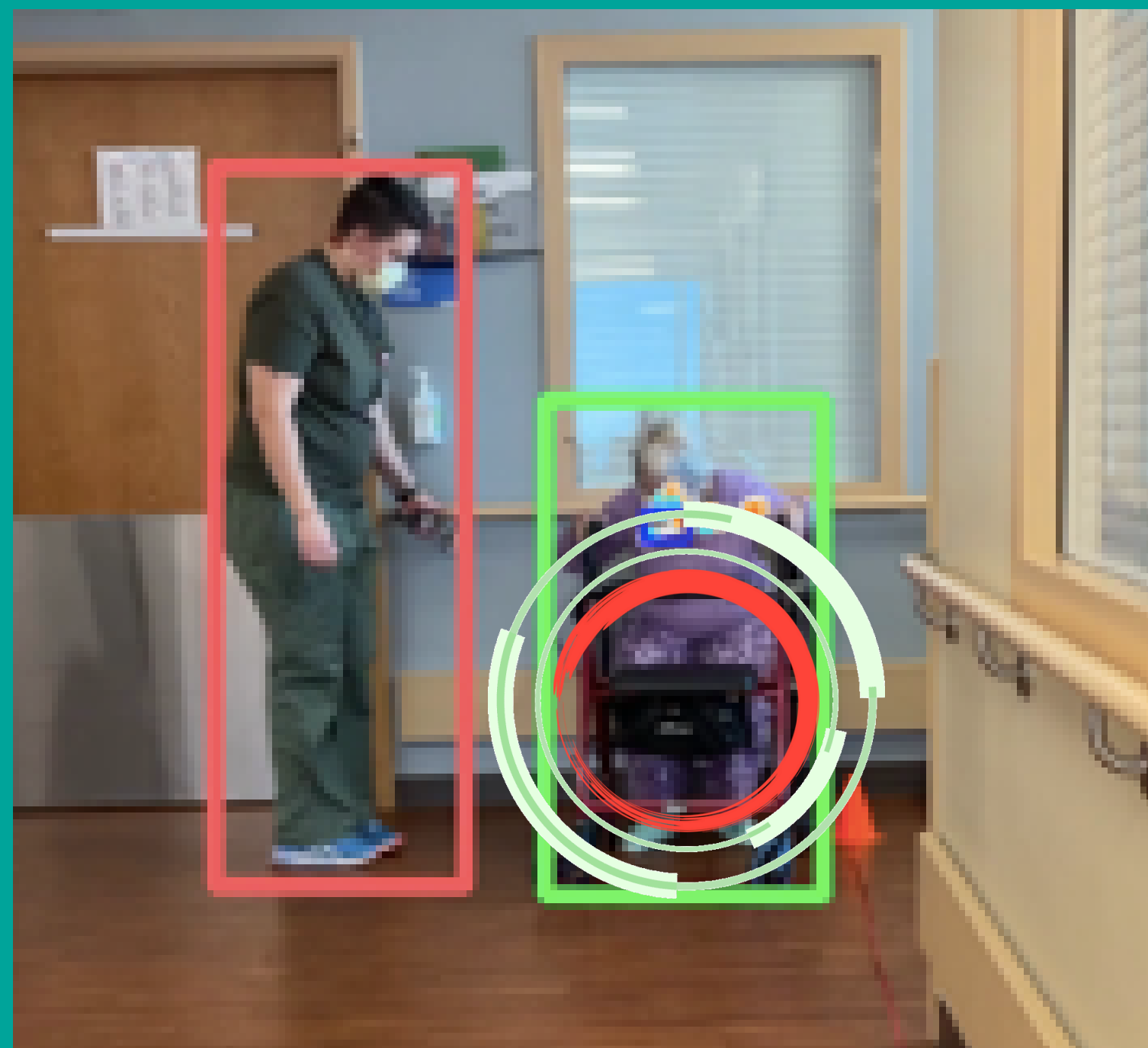


if an intruder is in the video
REDO the video





This works well.



A box on the front of a walker should be removed. This blocks the knees and makes it impossible to identify a human.

OBSERVATIONS AND RECOMMENDATIONS FOR STAND-BY SCANS

- Both feet must be on the ground untucked at start and end of scan. No crossed legs.
- Feet must be visible in all frames - raise gown if necessary
- The PT starts the camera walks to patient on the side - never coming between the patient and the camera. When returning be careful not to come between camera and patient
- PT should at best touch patient with one hand - not the full arm. When seated the patient needs to be still and facing the camera. No hand waving, no head turning, no wiggling No high-fives between patient and PT
- Keep arms on chair armrest - not on legs. Limit conversations while video is running
- Only the patient and PT can be in the video. If someone does accidentally pop in the video should not be saved and the scan needs to be repeated
- PT must be on one side of patient per video. Don't switch sides.
- DON'T TILT the camera up down.
- Don't rotate the camera left right.
- No backlighting. No window behind patient.



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6. STEADI survey.

QUESTIONS ASKED



1. DO YOU FEEL UNSTEADY WHEN STANDING OR WALKING?

- Yes
- No

2. DO YOU WORRY ABOUT FALLING?

- Yes
- No

3. HAVE YOU FALLEN IN THE PAST YEAR?

if no, skip to the end of the survey

- Yes
- No

4. HOW MANY TIMES?

5. WERE YOU INJURED?

- Yes
- No

6. DID ANY OF THE FALLS REQUIRE YOU TO SEE A DOCTOR FOR YOUR INJURIES?

- Yes
- No

**STEADI
SURVEY**

Completed by patient and, if possible, caregiver.

YOU CAN
DO IT!



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