

One Hour and Fifty Minutes

SESSION XV  
REVIEW AND PROFICIENCY EXAMINATIONS

## SESSION XV

### REVIEW AND PROFICIENCY EXAMINATIONS

Upon successfully completing this session, the participant will be able to:

- o Demonstrate knowledge and proficiency in administering the Standardized Field Sobriety Test battery.

#### CONTENT SEGMENTS

- A. Review of Horizontal Gaze Nystagmus
- B. Review of Walk-and-Turn
- C. Review of One-Leg Stand
- D. Video Demonstration
- E. Proficiency Exam

#### LEARNING ACTIVITIES

- o Instructor-Led Presentation
- o Instructor- and Participant-Led Demonstrations
- o Video Demonstration
- o Participant Proficiency Examination



Display XV-O (Session Objectives)



110 Minutes



15 Minutes



Display

XV-1



Display

XV-2



Display

XV-3

**XV REVIEW AND EXAMINATIONS**

**A. Review of Horizontal Gaze Nystagmus**

1. Involuntary jerking of the eyes, occurs as the eyes gaze to the side.
  - a. The subject is generally unaware of the nystagmus.
  - b. Nystagmus is caused by alcohol and/or other drugs and some medical conditions.
2. Review pupil size, resting nystagmus, and equal tracking.
3. Three specific clues of Horizontal Gaze Nystagmus.
  - a. Look for these clues in each eye.
    - o Lack of smooth pursuit,
    - o Distinct and sustained nystagmus at maximum deviation,
    - o Onset of nystagmus prior to 45 degrees.
4. Clue No. 1: Lack of Smooth Pursuit.

Select a student to serve as a demonstration subject.

**Aids**

**Lesson Plan**

**Instructor Notes**



**Display**  
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- a. Position stimulus approximately 12-15 inches (30-38 cm) in front of subject's nose, slightly above eye level.
- b. Start with the left eye.
- c. Move the stimulus smoothly all the way to the right side (checking subject's left eye) then all the way to the left side (across subject's nose) to the left side (checking subject's right eye).
- d. Observe eyes for signs of nystagmus as they move side-to-side.

5. Clue No. 2: Distinct and Sustained Nystagmus at Maximum Deviation.

- a. Move the stimulus to the right until the subject's left eye reaches maximum deviation.
- b. Verify that no white is showing in the corner of the eye.
- c. Hold the stimulus steady for a minimum of four seconds, and watch for distinct and sustained nystagmus.
- d. Repeat for right eye.

Demonstrate initial positioning of object.

Demonstrate.

Make at least two complete passes.

Select another student to serve as a demonstration subject.

Demonstrate

Remind participants that the nystagmus must be distinct. Very slight nystagmus at maximum deviation is common among some unimpaired people.

Remind participants to conduct a second pass the same as the first.

Check each eye twice for each clue.

**Aids**

**Lesson Plan**

**Instructor Notes**



**Display**  
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6. Clue No. 3: Onset of Nystagmus prior to 45 Degrees.

- a. Position stimulus approximately 12-15 inches (30-38 cm) in front of subject's nose, slightly above eye level.
- b. Begin to make a slow pass in front of the left eye.
- c. When you see nystagmus, stop the stimulus.
- d. Hold the stimulus steady and verify that the nystagmus continues.
- e. Verify that there is still some white showing in the corner of the eye.
- f. Check the alignment of the object with the subject's shoulder.
- g. Repeat for right eye.

Select another student to serve as a demonstration subject.

Demonstrate.

Demonstrate.

Demonstrate.

Remind participants that in most individuals there will be some white showing in the corner of the eye at 45 degrees.

Remind participants to conduct a second pass the same as the first.

Check each eye twice for each clue.



**Display**  
XV-6

7. Nystagmus Administrative Procedures.

- a. Step I: Check for Eyeglasses.
- b. Step II: Verbal Instructions.
  - o Feet together, hands at sides

**Aids**

**Lesson Plan**

**Instructor Notes**



**Display  
XV-7**

- o Head still
- o Look at stimulus
- o Follow movement with eyes
  
- c. Step III: Positioning the Stimulus.
  
- d. Step IV: Pupil Size and Resting Nystagmus.
  
- e. Step V: Check for Tracking.
  
- f. Step VI: Check for Lack of Smooth Pursuit.
  
- g. Step VII: Check for Distinct and Sustained Nystagmus.
  
- h. Step VIII: Check for Onset of Nystagmus Prior to 45 Degrees.
  
- i. Step IX: Total the clues.
  
- j. Step X: Check for vertical nystagmus.
  
- 8. Test Interpretation.
  - a. Maximum possible number of clues is 6.
  - b. Test criterion is 4 or more.
  - c. Test is 77% accurate.
  
- 9. Student-Led Demonstration.
  - a. Test Administration.
    - o Verbal instructions.

Remind participants that vertical nystagmus was not included in SFST battery during the original research. However, it is a reliable indicator of impairment by certain other drugs, as well as high doses of alcohol for that individual.

Based on the original research.

Choose a student to serve as the test administrator.

Choose another student to serve as a subject.

Have student-administrator conduct a complete test of the student-subject's eyes.



**Aids**

**Lesson Plan**

**Instructor Notes**



**Display**  
XV-10



**Display**  
XV-11



**10 Minutes**

- b. Basic test requirements (nine steps, turn, nine steps).
  - c. Specific turn procedures (front foot on line, series of small steps with other foot).
  - d. Final verbal instructions.
4. Test Interpretation.
- a. Eight specific clues of impairment.
  - b. Test criterion is 2 or more.
  - c. Test is 68% accurate.
5. Student-Led Demonstration.
- a. Test Administration.
    - o Instructions positioning.
    - o Verbal instructions.
    - o Turn demonstration.
  - b. Critique.

**C. Review of One-Leg Stand**

Choose a student to serve as the test administrator.

Choose another student to serve as the test subject.

Based on the original research.

Have student administrator initiate the test of the subject.

Terminate the test after the subject has taken two or three steps.

Comment on, and solicit other participants' comments on student-administrator's performance.



**Aids****Lesson Plan****Instructor Notes**

**Display**  
XV-12



**Display**  
XV-13A








**Display**  
XV-13B

1. Two stage test.
  - a. Instructions stage.
  - b. Balance and Counting stage.
  
2. Instructions stage positioning.
  - a. Feet together.
  - b. Arms at the side.
  - c. Hold position until told to begin.
  
3. Administrative Procedures.
  - a. Simple verbal instructions.
    - o Raise one leg, either leg.
    - o With the foot approximately six inches (15 cm) off the ground, keeping your raised foot parallel to the ground.
    - o Keep both legs straight.
    - o Look at elevated foot.
    - o Count out loud in the following manner: “one thousand and one, one thousand and two, one thousand and three and so on,” until told to stop.
  - b. Simple physical demonstrations.
    - o Demonstrate one-leg stand.
    - o Demonstrate counting.

Demonstrate positioning for the instructions stage.

Demonstrate the administrative procedures.

Demonstrate count: one thousand and one; one thousand and two; one thousand and three, etc.

Aids	Lesson Plan	Instructor Notes
 <b>Display</b> XV-14	4. Test Interpretation. <ul style="list-style-type: none"> <li>a. Four specific clues of impairment.</li> </ul>	
 <b>Display</b> XV-15	<ul style="list-style-type: none"> <li>b. Test criterion is 2 or more.</li> <li>c. Test is 65% accurate.</li> </ul>	Based on the original research.
	5. Student-Led Demonstration. <ul style="list-style-type: none"> <li>a. Test Administration.               <ul style="list-style-type: none"> <li>o Instructions positioning</li> <li>o Verbal instructions</li> <li>o Physical demonstrations</li> </ul> </li> <li>b. Critique.</li> </ul>	Choose a student to serve as the test administrator.  Choose another to serve as the test subject.  Have student-administrator initiate the test of the subject.  Terminate the test after the subject has counted out three or four seconds.  Comment on, and solicit other participants' comments on, student-administrator's performance.
 <b>15 Minutes</b>	D. Video Demonstrations (Second Showing) IF TIME PERMITS	Show the NHTSA video called "Standardized Field Sobriety Testing, DWI Detection, Phase Three, Segment One of Tape One" (15 Minutes).
		Solicit and answer participants' questions concerning test administrative procedures.
 <b>50 Minutes</b>	E. Proficiency Examination. <ul style="list-style-type: none"> <li>1. Procedures.</li> </ul>	Make sure all participants understand the proficiency examination procedures.

Aids	Lesson Plan	Instructor Notes
	<ul style="list-style-type: none"> <li>a. Each student must demonstrate the ability to administer properly the three standardized field sobriety tests.</li> <li>b. Horizontal Gaze Nystagmus. <ul style="list-style-type: none"> <li>o Demonstrate ability to give proper verbal instructions.</li> <li>o Demonstrate ability to carry out the mechanics of testing for each clue.</li> <li>o Demonstrate ability to estimate a 45 degree angle.</li> </ul> </li> <li>c. Walk-and-Turn. <ul style="list-style-type: none"> <li>o Demonstrate ability to give proper verbal instructions.</li> <li>o Demonstrate ability to carry out appropriate physical demonstrations to support the verbal instructions.</li> </ul> </li> <li>d. One-Leg Stand. <ul style="list-style-type: none"> <li>o Demonstrate ability to give proper verbal instructions.</li> <li>o Demonstrate ability to carry out appropriate physical demonstrations to support the verbal instructions.</li> </ul> </li> </ul>	<p>Inform participants that each must satisfactorily administer the horizontal gaze nystagmus test to one of the fellow participants.</p> <p>Inform the participants that each must satisfactorily administer the Walk-and-Turn test to one of the fellow participants.</p> <p>Inform the participants that each must satisfactorily administer the one-leg stand test to a fellow student.</p>

Aids	Lesson Plan	Instructor Notes
	<p>2. Group Assignments.</p> <p>3. Conduct Examinations.</p> <p>a. Each student conducts a complete test of Horizontal and Vertical Gaze Nystagmus.</p> <p>b. Each student administers the verbal instructions and physical demonstrations of the Walk-and-Turn test.</p> <p>c. Each student administers the verbal instructions and physical demonstrations of the One-Leg Stand test.</p>	<p>Divide the class among the instructors.</p> <p>Within each group, participants conduct their tests one at a time.</p> <p>While one student is conducting the tests, another student assists by serving as the test subject. Other participants in the group observe the student-administrator's performance.</p> <p>Instructor critiques/comments on student-administrator's performance in conducting Horizontal Gaze Nystagmus test. (Use the performance checklist from the student manual.)</p> <p>Instructor terminates the test after the student-subject has taken two or three heel-toe steps.</p> <p>Instructor critiques/comments on student-administrator's performance in conducting Walk-and-Turn test.</p> <p>Instructor terminates the test after the student-subject has counted out three or four seconds.</p> <p>Instructor critiques/comments on student-administrator's performance in conducting One-Leg Stand test.</p>

**Aids**

**Lesson Plan**

**Instructor Notes**

4. Re-examinations (as necessary).

Participants who have failed to exhibit adequate proficiency in administering the tests will receive additional practice, and a repeat examination. This may be conducted during the lunch hour, or after regular class hours, as appropriate.

NOTE: "Adequate proficiency" for purposes of this session means the student successfully administers the entire 3-test battery at least once without missing any of the performance checklist items that are marked with an asterisk (\*).

PARTICIPANT PROFICIENCY EXAMINATION  
STANDARDIZED FIELD SOBRIETY TEST BATTERY

Participant Name: \_\_\_\_\_ Date: \_\_\_\_\_

I. HORIZONTAL GAZE NYSTAGMUS

- \_\_\_\_ 1. Remove eyeglasses.
- \* \_\_\_\_ 2. Stimulus held in proper position (approximately 12"-15" from nose, just above eye level).
- \_\_\_\_ 3. Check pupil size and look for resting nystagmus.
- \_\_\_\_ 4. Check equal tracking.
- \* \_\_\_\_ 5. Smooth movement from center of nose to maximum deviation in approximately 2 seconds and then back across subject's face to maximum deviation in right eye, then back to center. Check left eye, then right eye. (Repeat)
- \* \_\_\_\_ 6. Eye held at maximum deviation for a minimum of 4 seconds (no white showing). Check left eye, then right eye. (Repeat)
- \* \_\_\_\_ 7. Eye moved slowly (approximately 4 seconds) from center to 45 angle. Check left eye, then right eye. (Repeat)
- \_\_\_\_ 8. Check for Vertical Gaze Nystagmus. (Repeat)

II. WALK-AND-TURN

- \_\_\_\_ 1. Instructions given from a safe position.
- \* \_\_\_\_ 2. Tells subject to place feet on a line in heel-to-toe manner (left foot behind right foot) with arms at sides and gives demonstration.
- \* \_\_\_\_ 3. Tells subject not to begin test until instructed to do so and asks if subject understands.
- \* \_\_\_\_ 4. Tells subject to take nine heel-to-toe steps on the line and demonstrates.
- \* \_\_\_\_ 5. Explains and demonstrates turning procedure.

- \*\_\_\_6. Tells subject to return on the line taking nine heel-to-toe steps.
- \*\_\_\_7. Tells subject to count steps out loud.
- \*\_\_\_8. Tells subject to look at feet while walking.
- \*\_\_\_9. Tells subject not to raise arms from sides.
- \*\_\_\_10. Tells subject not to stop once they begin.
- \*\_\_\_11. Asks subject if all instructions are understood.

### III. ONE-LEG STAND

- \_\_\_1. Instructions given from a safe position.
- \_\_\_2. Tells subject to stand straight, place feet together, and hold arms at sides.
- \_\_\_3. Tells subject not to begin test until instructed to do so and asked if subject understands.
- \*\_\_\_4. Tells subject to raise one leg, either leg, approximately 6" from the ground, keeping your raised foot parallel to the ground, and gives demonstration.
- \*\_\_\_5. Tells subject to keep both legs straight and to look at elevated foot.
- \*\_\_\_6. Tells subject to count in the following manner: one thousand and one, one thousand and two, one thousand and three, until told to stop, and gives demonstration.
- \_\_\_7. Checks actual time subject holds leg up. (Time for 30 seconds.)

Instructor: \_\_\_\_\_