L I F E

Participant ID

(affix ID label here)

Acrostic ☐☐☐☐☐

Examiner ☐☐☐☐☐   Visit Code ☐☐☐

Date of Visit ☐☐ month ☐☐ day ☐☐☐☐ year

Short Physical Performance Battery

All of the tests should be performed in the same order as they are presented in this protocol. Instructions to the participant are shown in bold and should be given exactly as they are written in this script.

Examiner: Where was this test performed?

☐ **Clinic**

☐ **Recruitment Event**

☐ **Home**

☐ **Other (specify)** _____

_____

Now let's begin the evaluation. I would now like you to try to move your body in different movements. I will first describe and show each movement to you. Then I'd like you to try to do it. If you cannot do a particular movement, or if you feel it would be unsafe to try to do it, tell me and we'll move on to the next one. Let me emphasize that I do not want you to try to do any movement that you feel might be unsafe.

Do you have any questions before we begin?

Balance Tests

The participant must be able to stand unassisted without the use of a cane or walker. You may help the participant to get up.

Participant ID

(affix ID label here)

Side-By-Side Stand

Script:

Now I will show you the first movement.

(Demonstrate) **I want you to try to stand with your feet together, side-by-side, for about 10 seconds.**

You may use your arms, bend your knees, or move your body to maintain your balance, but try not to move your feet. Try to hold this position until I tell you to stop.

Stand next to the participant to help him/her into the side-by-side position.

Supply just enough support to the participant's arm to prevent loss of balance.

When the participant has his/her feet together, ask **"Are you ready?"**

Then let go and begin timing as you say, **"Ready, begin."**

Stop the stopwatch and say **"Stop"** *after 10 seconds or when the participant steps out of position or grabs your arm.*

If participant is unable to hold the position for 10 seconds, record result and go to the gait speed test.

1. Side-by-Side Score		
Held for 10 sec	☐	1 point
Not held for 10 sec	☐	0 points
Not attempted *(check the reason on Page 5)*	☐	0 points
If 0 points, end Balance Tests		
2. Number of seconds held if less than 10 sec: ☐.☐☐ sec		

Semi-Tandem Stand

Script:

Now I will show you the second movement.

(Demonstrate) **I want you to try to stand with the side of the heel of one foot touching the big toe of the other foot for about 10 seconds. You may put either foot in front, whichever is more comfortable for you.**

You may use your arms, bend your knees, or move your body to maintain your balance, but try not to move your feet. Try to hold this position until I tell you to stop.

Stand next to the participant to help him/her into the semi-tandem position.

Supply just enough support to the participant's arm to prevent loss of balance.

*When the participant has his/her feet together, ask **"Are you ready?"***

*Then let go and begin timing as you say **"Ready, begin."***

*Stop the stopwatch and say **"Stop"** after 10 seconds or when the participant steps out of position or grabs your arm.*

If participant is unable to hold the position for 10 seconds, record result and go to the gait speed test.

1. Semi-Tandem Stand Score		
Held for 10 sec	☐	1 point
Not held for 10 sec	☐	0 points
Not attempted *(check the reason on Page 5)*	☐	0 points
If 0 points, end Balance Tests		
2. Number of seconds held if less than 10 sec: ☐.☐☐ sec		

Tandem Stand

Script:

Now I will show you the third movement.

(Demonstrate) ***I want you to try to stand with the heel of one foot in front of and touching the toes of the other foot for about 10 seconds. You may put either foot in front, whichever is more comfortable for you.***

You may use your arms, bend your knees, or move your body to maintain your balance, but try not to move your feet. Try to hold this position until I tell you to stop.

Stand next to the participant to help him/her into the tandem position.

Supply just enough support to the participant's arm to prevent loss of balance.

*When the participant has his/her feet together, ask "**Are you ready?"***

*Then let go and begin timing as you say, **"Ready, begin."***

*Stop the stopwatch and say **"Stop"** after 10 seconds or when the participant steps out of position or grabs your arm.*

1. Tandem Stand Score		
Held for 10 sec	☐	2 points
Held for 3 to 9.99 sec	☐	1 points
Held for < than 3 sec	☐	0 points
Not attempted *(check reason on page 5)*	☐	0 points
2. Number of seconds if less than 10 sec:	☐.☐☐ sec	

3. If participant did not attempt test : (Mark X for reason)

a. Tried but unable	☐
b. Participant could not hold position unassisted	☐
c. Not attempted, you felt unsafe	☐
d. Not attempted, participant felt unsafe	☐
e. Participant unable to understand instructions	☐
f. Other(specify)_____ _____	☐
g. Participant refused	☐

4. Total Balance Tests Score   *(sum points: possible range is 0 to 4)*   ☐

Gait Speed Test

First Gait Speed Test

Script:

Now I am going to observe how you normally walk. If you use a cane or other walking aid and you feel you need it to walk a short distance, then you may use it.

This is our walking course. I want you to walk to the other end of the course at your usual speed, just as if you were walking down the street to go to the store.

Demonstrate the walk for the participant.

Walk all the way past the other end of the tape before you stop. I will walk with you. Do you feel this would be safe?

Have the participant stand with both feet touching the starting line.

When I want you to start, I will say: "Ready, begin." *When the participant acknowledges this instruction say:* **"Ready, begin."**

Press the start/stop button to start the stopwatch when the participant's foot starts to move across the starting line.

Walk behind and to the side of the participant.

Stop timing when one of the participant's feet is completely across the end line.

Length of walk test course:

1. ☐ 4 meters (in all clinical assessments)

2. ☐ 3 meters (if 4 meter course is unavailable)

3. Time for 3 or 4 meters ☐☐ . ☐☐ sec

4. If participant did not attempt test: (Mark X for reason)

a. Tried but unable	☐
b. Participant could not walk unassisted	☐
c. Not attempted, you felt unsafe	☐
d. Not attempted, participant felt unsafe	☐
e. Participant unable to understand instructions	☐
f. Other (specify)_____	☐
g. Participant Refused	☐

Complete score sheet and go to chair stand test

5. Aids used for first walk:

a. None	☐
b. Cane	☐
c. Other (specify)_____	☐

Second Gait Speed Test

Script:

Now I want you to repeat the walk. Remember to walk at your usual pace, and go all the way past the other end of the course.

Have the participant stand with both feet touching the starting line.

When I want you to start, I will say: "Ready, begin." *When the participant acknowledges this instruction say:* **"Ready, begin."**

Press the start/stop button to start the stopwatch when the participant's foot starts to move across the starting line.

Walk behind and to the side of the participant.

Stop timing when one of the participant's feet is completely across the end line.

Second Gait Speed Test Score

1. Time for 3 or 4 meters ☐☐ . ☐☐ sec

2. If participant did not attempt or failed: (Mark X for reason)

a. Tried but unable	☐
b. Participant could not walk unassisted	☐
c. Not attempted, you felt unsafe	☐
d. Not attempted, participant felt unsafe	☐
e. Participant unable to understand instructions	☐
f. Other (Specify) _____	☐
g. Participant refused	☐

3. Aids used for second walk:

a. None	☐
b. Cane	☐
c. Other (specify) _____	☐

Participant ID

(affix ID label here)

Acrostic

Visit Code

Interviewer note: What is the time for the faster of the two walks?
Record the shorter of the two times ☐☐ . ☐☐ sec
[If only 1 walk done, record that time]

4. For 4-Meter Walk: (use shorter time)			5. For 3-Meter Walk: (use shorter time)		
a. Unable to do the walk	☐	0 points	a. Unable to do the walk	☐	0 points
b. If time is more than 8.70 sec:	☐	1 point	b. If time is more than 6.52 sec:	☐	1 point
c. If time is 6.21 to 8.70 sec:	☐	2 points	c. If time is 4.66 to 6.52 sec:	☐	2 points
d. If time is 4.82 to 6.20 sec:	☐	3 points	d. If time is 3.62 to 4.65 sec:	☐	3 points
e. If time is less than 4.82 sec:	☐	4 points	e. If time is less than 3.62 sec:	☐	4 points

Chair Stand Test

Single Chair Stand

Script:

Let's do the last movement test. Do you think it would be safe for you to try to stand up from a chair?

The next test measures the strength in your legs.

(Demonstrate and explain the procedure) **First, fold your arms across your chest and sit so that your feet are on the floor; then stand up keeping your arms folded across your chest.**

Please stand up keeping your arms folded across your chest. *(record result).*

If the participant cannot rise without using arms, say **"Okay, try to stand up using your arms."** *This is the end of the test. Record result onto the scoring page.*

Single Chair Stand Test Questions

	Yes	No	
1. Safe to stand without help	☐	☐	
2. Results			
a. Participant stood without using arms	☐		→ Go to Repeated Chair Stand Test
b. Participant used arms to stand	☐		→ End test; score as 0 points
c. Test not completed	☐		→ End test; score as 0 points

3. If participant did not attempt or failed : (Mark X for reason)	
a. Tried but unable	☐
b. Participant could not stand unassisted	☐
c. Not attempted, you felt unsafe	☐
d. Not attempted, participant felt unsafe	☐
e. Participant unable to understand instructions	☐
f. Other (specify)_____	☐
g. Participant refused	☐

Repeated Chair Stand Test

Script:

Do you think it would be safe for you to try to stand up from a chair five times without using your arms?

(Demonstrate and explain the procedure): **Please stand up straight as QUICKLY as you can five times, without stopping in between. After standing up each time, sit down and then stand up again. Keep your arms folded across your chest. I'll be timing you with a stopwatch**

When the participant is properly seated, say: **"Ready? Stand"** *and begin timing.*

Count out loud as the participant arises each time, up to five times.

Stop if participant becomes tired or short of breath during repeated chair stands.

Stop the stopwatch when he/she has straightened up completely for the fifth time.

Also stop:
- *If participant uses his/her arms*
- *After 1 minute, if participant has not completed all 5 rises*
- *At your discretion, if concerned for participant's safety*

If the participant stops and appears to be fatigued before completing the five stands, confirm this by asking **"Can you continue?"**

Repeated Chair Stand Test Questions

	Yes	No
1. Safe to stand five times	☐	☐

2. Time to complete five stands   ☐☐.☐☐ sec.
   (only enter if participant completes 5 stands)

3. If participant did not attempt test or failed: (Mark X for reason)

a. Tried but unable	☐
b. Participant could not stand unassisted	☐
c. Not attempted, assessor felt unsafe	☐
d. Not attempted, participant felt unsafe	☐
e. Participant unable to understand instructions	☐
f. Other (Specify) _____ _____	☐
g. Participant refused	☐

4. Chair Stand Score

Participant unable to complete 5 chair stands or completes stands in >60 sec.	☐	0 points
If chair stand time is 16.70 sec or more	☐	1 point
If chair stand time is 13.70 to 16.69 sec	☐	2 points
If chair stand time is 11.20 to 13.69 sec	☐	3 points
If chair stand time is 11.19 sec or less	☐	4 points

	L I F E	Acrostic			

Participant ID

(affix ID label here)

Visit Code

Scoring for Complete Short Physical Performance Battery

1. Total Balance Test score		**Points** (see page 5)
2. Gait Speed Test score		**Points** (see page 9)
3. Chair Stand Test score		**Points** (see page 11)
4. Total Score		**points** (sum of points above)

*Interviewer: If this is a **<u>screening visit</u>** and the score is 10 or above, please read the following to the participant:*

Thank you very much for taking the time to come in today. At this time, you do not meet the eligibility criteria to participate in the study. However, the information you have provided will be very useful for the study. Only a limited number of people are being selected to continue on in the study, but we greatly appreciate your time in doing these tests.
Can we retain your name in our files for possible participation in future studies?   **Yes**

Interviewer Note: Consider asking for referrals!