

ENRGISE PILOT STUDY: SCREENING 4M WALK

Visit Date / /
 Completed / /
 Staff ID

Rev: _____
 DE: _____
 Date: _____

Instructions: Once participant is ineligible, STOP form immediately and go to the end and read script.

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.

1. Length of walk test course:

- 1 4 meters (in all clinical assessments)
 2 3 meters (if 4m course is unavailable)

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

2. Do you feel this would be safe?

- 1 Yes
 2 No → END TEST *Participant is INELIGIBLE*

FIRST GAIT SPEED TEST

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.

3. Time for walk . Seconds

- 1 No Time → Go to Q5

4. Did the participant use a cane or walking aid?

- 1 Yes → 1 Cane
2 Other → Specify
 2 No

5. If participant did not attempt the test, indicate reason and END TEST:

- 1 Tried but unable
 2 Participant could not walk unassisted
 3 You (assessor) felt it was unsafe
 4 Participant unable to understand instructions
 5 Participant Refused
 6 Other → Specify

SECOND GAIT SPEED TEST

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.

6. Time for walk Seconds

1 No Time → Go to Q8

7. Did the participant use a cane or walking aid?

1 Yes →

1 Cane

2 No

2 Other → Specify

8. If participant did not attempt the test, indicate reason and go to Q9:

1 Tried but unable

2 Participant could not walk unassisted

3 You (assessor) felt it was unsafe

4 Participant unable to understand instructions

5 Participant Refused

6 Other → Specify

SCORING

Record the shorter time between the two walks. (If only one walk done, record that time.)

9. What is the time for the faster of the two walks?

Seconds

If the participant completed the 4 meter walk:

10. Is the 4 meter walking speed in Q9 >4 seconds and <9.1 seconds?

1 Yes

2 No → Participant is INELIGIBLE

If the participant completed the 3 meter walk:

11. Is the 3 meter walking speed in Q9 >3 seconds and <6.8 seconds?

1 Yes

2 No → Participant is INELIGIBLE

If participant is INELIGIBLE, READ: Thank you very much for this information. It will be very useful for the study. At this time, you do NOT qualify for our study. Only a limited number of people are being selected to continue in the study, but we greatly appreciate you coming in today.