

ENRGISE PILOT STUDY: SHORT PHYSICAL PERFORMANCE BATTERY (SPPB)

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

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 might 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?

Where was this test performed?

Clinic Recruitment Event Home Other → Specify _____

Section 1: 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.

SIDE BY SIDE STAND

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 the participant is unable to hold the position for 10 seconds, record result and go to Section 2.

1.1. SIDE BY SIDE STAND SCORE:

- . Secs
 Go to Section 2
- 1 Held for 10 secs (Go to Q1.2)
 - 2 Not held for 10 secs →
 - 3 Not Attempted, tried but unable
 - 4 Not Attempted, could not hold position unassisted
 - 5 Not attempted, Pt felt unsafe
 - 6 Not attempted, you (assessor) felt unsafe
(why→ _____)
 - 7 Not attempted, Pt unable to understand instructions
 - 8 Not attempted, Other, specify
(specify→ _____)
 - 9 Not attempted, Pt refused

GO to Section 2: Gait Speed Test

Section 1: BALANCE TESTS Continued

SEMI-TANDEM STAND

Now I will show you the second movement.

Demonstrate – I want you to try to stand with 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 to 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 the participant is unable to hold the position for 10 seconds, record result and go to Section 2.

TANDEM STAND

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 other foot for about 10 seconds. You may put either foot in front, whichever is more comfortable to 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. If the participant is unable to hold the position for 10 seconds, record result and go to Section 2.

1.2. SEMI-TANDEM STAND SCORE:

- 1 Held for 10 secs (*Go to Q1.3*)
- 2 Not held for 10 secs →
- 3 Not attempted, tried but unable
- 4 Not attempted, could not hold position unassisted
- 5 Not attempted, Pt felt unsafe
- 6 Not attempted, you (assessor) felt unsafe
(*why*→ _____)
- 7 Not attempted, Pt unable to understand instructions
- 8 Not attempted, Other, specify
(*specify*→ _____)
- 9 Not attempted, Pt refused

<input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> Secs
<i>Go to Section 2</i>

GO to Section 2: Gait Speed Test

1.3. TANDEM STAND SCORE:

- 1 Held for 10 seconds (*Go to Section 2*)
- 2 Held for 3-9.99 secs →
- 3 Held for <3 secs →
- 4 Not attempted, tried but unable
- 5 Not attempted, could not hold position unassisted
- 6 Not attempted, Pt felt unsafe
- 7 Not attempted, you (assessor) felt unsafe
(*why*→ _____)
- 8 Not attempted, Pt unable to understand instructions
- 9 Not attempted, Other, specify
(*specify*→ _____)
- 10 Not attempted, Pt refused

<input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> Secs
<i>Go to Section 2</i>

GO to Section 2: Gait Speed Test



Section 2: GAIT SPEED TEST

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.

2.1. 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?

2.2. Do you feel this would be safe?

- 1 Yes
- 2 No → END TEST, Go to Q2.9

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.

2.3. Time for walk Seconds

- 1 No Time → Go to Q2.5

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

- 1 Yes →

1 <input type="checkbox"/> Cane
2 <input type="checkbox"/> Other → Specify _____
- 2 No

2.5. If participant did not attempt or was unable to complete the test, give reason and go to Q2.9:

- 1 Not attempted, tried but unable
- 2 Not attempted, Pt could not walk unassisted
- 3 Not attempted, Pt felt unsafe
- 4 Not attempted, you (assessor) felt unsafe (why→ _____)
- 5 Not attempted, Pt unable to understand instructions
- 6 Not attempted, Other, specify (specify→ _____)
- 7 Not attempted, Pt refused

GO to Q2.9

Section 2: GAIT SPEED TEST Continued

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.

GAIT SPEED TEST SCORING

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

2.6. Time for walk Seconds

₁ No time → Go to Q2.8

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

₁ Yes →

₁ Cane

₂ No

₂ Other → Specify

2.8. If participant did not attempt or was unable to complete the test, give reason:

₁ Not attempted, tried but unable

₂ Not attempted, Pt could not walk unassisted

₃ Not attempted, Pt felt unsafe

₄ Not attempted, you (assessor) felt unsafe

(why → _____)

₅ Not attempted, Pt unable to understand instructions

₆ Not attempted, Other, specify

(specify → _____)

₇ Not attempted, Pt refused

GO to Q2.9

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

Seconds

₁ No time

GO to Section 3: Chair Stand Test



Section 3: CHAIR STAND TEST

SINGLE CHAIR STAND TEST

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

This 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 in Q3.2)

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 in Q3.2.

3.1. Do you feel this would be safe?

1 Yes

2 No → END TEST

3.2. SINGLE CHAIR STAND RESULTS:

1 Participant stood without using arms, (Go to Q3.3)

2 Participant used arms to stand → END TEST

3 Not attempted, unable to stand unassisted → END TEST

4 Not attempted, Pt felt unsafe → END TEST

5 Not attempted, you (assessor) felt unsafe → END TEST
(why → _____)

6 Not attempted, Pt unable to understand instructions → END TEST

7 Not attempted, Other, specify → END TEST
(specify → _____)

8 Not attempted, Pt refused → END TEST



Section 3: CHAIR STAND TEST Continued

REPEATED CHAIR STAND TEST

Do you think it would be safe for you to try to stand up from a chair 5 times without using your arms?"

*(Demonstrate and explain the procedure.)
Please stand up straight as QUICKLY as you can 5 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" Start the stopwatch.

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 5th time.

Also stop:

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

If the participant stops and appears to be fatigued before completing the 5 stands, confirm this by asking "Can you continue?"

3.3. Do you feel it would be safe to stand 5 times?

- 1 Yes
 2 No → END TEST

3.4. REPEATED CHAIR STAND RESULTS:

Time to Complete				
<input type="text"/>	<input type="text"/>	.	<input type="text"/>	<input type="text"/>
Secs				

- 1 Completed 5 stands →
- 2 Attempted but did not complete 5 stands
- 3 Not attempted, unable to stand unassisted
- 4 Not attempted, Pt felt unsafe
- 5 Not attempted, you (assessor) felt unsafe
(why→ _____)
- 6 Not attempted, Pt unable to understand instructions
- 7 Not attempted, Other, specify
(specify→ _____)
- 8 Not attempted, Pt refused