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	Date of Visit vis	s_dat (mm/dd/yyyy)

Alternate Course 400 Meter Walk (Follow-up Visits)

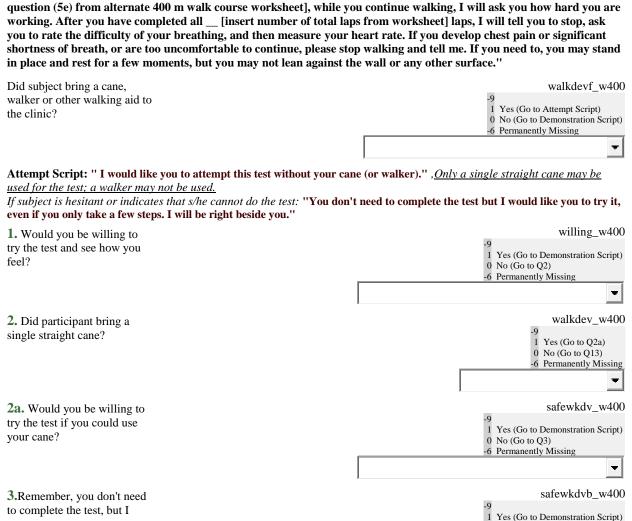
CRF 1.1

Stopping Criteria for 400 Meter Walk: If the participant reports chest pain, tightness or pressure, significant shortness of breath or difficulty breathing, or feeling faint, lightheaded or dizzy, stop the test. Record the reason for stopping.

OBSERVATIONS OF 400 METER WALK

Accompany the subject to the starting line of the 400 meter walk with script and stop watch. Describe the 400 meter walk:

Script: "Now I would like to observe how you normally walk. You will be walking __ [insert number of total laps from worksheet] complete laps around the course, which corresponds to about 1/4 mile. I would like you to walk at your usual pace and without overexerting yourself. During this test, I will ask you to rate how hard you feel you are working. When I ask you to rate how hard you are working during the walk, I want you to think about the total feeling of exertion in your overall body, including your breathing and muscles. At the end of lap __ [insert the lap number for Level of Effort question (5e) from alternate 400 m walk course worksheet], while you continue walking, I will ask you how hard you are



0 No (Go to Q13) would like you to try it, even -6 Permanently Missing if you only take a few steps. I will be right beside you. Can you give it a try? Demonstration Script: "I will demonstrate 1 lap." After completing demonstration, ask: "Do you have any questions?" [For subjects who did not bring a cane or other walking aid] Is subject hesitant or indicates that s/he cannot do the test? Yes (Go to Q4) No (Proceed with test) -6 Permanently Missing safetry_w400 **4.**You don't need to complete the test, but I would like you to try it, even if you Yes (Proceed with test) only take a few steps. I will be right 0 No (Go to O13) beside you. Can you give it a try? -6 Permanently Missing

When subject indicates they feel ready to begin, the test may proceed:

Script: "I will walk [beside] behind you, When I say "GO", start walking at a comfortable pace you can maintain. Ready, Go."

Start the stop watch when the subject takes their first step. For safety purposes, examiner should be close enough to subject to be able to provide help should subject falter during test, but not so close as to dictate the pace of the test. For every lap, the examiner should offer standard encouragement, and call out the number of laps completed and number remaining.

Script: "You're doing a good job. You have completed __ laps and have __ to go."

If the participant feels they need to stop and rest, they may <u>stand in one place and rest. Participant should not lean on wall, table or any surface other than their cane. If they do lean, they should be immediately instructed not to do so and the test can continue. If participant needs to lean on wall, table or other surface for a second time during the rest stop or needs to lean again on a subsequent rest stop, stop the test (go to #7).</u>

After 30 seconds, ask them if they can continue walking. If they can, continue the walk and note the rest on the form. (go on to #6)

If the participant appears to be in obvious distress or pain, you may recommend that he/she stand in place and rest for a moment. If they need to rest longer, have them continue to stand. <u>After another 30 seconds, ask them if they can continue walking.</u> If they can, continue the walk and note the rest stop on the form. (go on to #6)

If they cannot continue after a 60 second rest or if they need to sit down, stop the test. (go on to #7)

There is no limit to the number of rest stops as long as they can complete the walk without sitting. (record all stops on #6)

If the participant requests their cane, allow them to complete the test with the cane, and indicate below that a cane was used.

	Course Info & Calculations					
	Lap = Distance (in meters) from cone to cone and back again (2 X distance between cones) or distance of the full circle if loing a round course in the home					
5a.	What is the distance for 1 lap? L = lap_w400_c meters (minimum of 10 meters required)					
5b.	What is the total number of laps to walk 400meters? 400/L = laptotal_w400_c					
5c.	What type of course is this? course_w400_c					

	-9 1 Lir 2 Cir -6 Per						v				
5d.	numl	ouragement (N) shoer) e count of laps an	_				_		led to neare	est whole	
5e.	Whic	ch lap should Leve	el of Effort be	asked per s	tandard p	protocol bel	ow? N x 4	= loe_w400_c			
			When an	accelerom	eter is us	ed please p	rovide the	following:]
		Star	rt Time			S	top Time		Accelero ID#		
	Н	elsrthr_w400 acce		(record time in a 24-hr clock)	accelstp:	hr_w400 a	M M	w400 (record time in a 24-hr clock)	Last 4 di the serial accelid_	number	
me har fee wo righ ''li ''soi t h	ase tele howed you are rking at now as it ght", newhard", rd" o	ı g	(If the	e participani	-9 1 2 3 4 -6	Light Somewhat ha Hard Very Hard Permanently	rd Missing	read script belov	v.)		
ha	very rd''?		nd vou to walk	x at vour usi	ıal pace v	without ove	rexerting v	ourself. If you de	velop chest	pain or	
signif	ïcant		th, or are too	uncomforta				king and tell me.			1ay
Re sto	st p mber	rest stop, Mark a reststp1_w400 -9 1 < 30 sec 2 31-60 sec 3 > 60 sec (test stopp -6 Permanently Missin	ped)	nding to the	length of	f time of the	e rest (stand	ding rests only):			•
Re sto nur 2:	p mber	reststp2_w400 -9 1 < 30 sec 2 31-60 sec 3 > 60 sec (test stopp -6 Permanently Missis					_				
Re	st :	reststp3_w400									

stop number 1 < 30 sec 2 31-60 sec 3 > 60 sec (test stopped) 6 Permanently Missing	ped) ing	
Rest reststp4_w400 stop -9 number 1 < 30 sec 2 31-60 sec 3 > 60 sec (test stopped) -6 Permanently Missing	ped) ing	
Rest reststp5_w400 stop -9 number 1 < 30 sec 2 31-60 sec 5: 3 > 60 sec (test stopped) -6 Permanently Missing		
Rest reststp6_w400 stop -9 number 1 < 30 sec 2 31-60 sec 3 > 60 sec (test stopped) -6 Permanently Missing	ped) ing	
Rest reststp7_w400 stop -9 number 1 < 30 sec 2 31-60 sec 3 > 60 sec (test stopped) -6 Permanently Missing	ped) ing	
Rest reststp8_w400 stop -9 number 1 < 30 sec 2 31-60 sec 8: 3 > 60 sec (test stopped) -6 Permanently Missing		
Rest reststp9_w400 stop -9 number 1 < 30 sec 2 31-60 sec 9: 3 > 60 sec (test stopped) 6 Permanently Missing		
Rest reststp10_w400 stop -9 number 1 < 30 sec 2 31-60 sec 10: 3 > 60 sec (test stopped) -6 Permanently Missing	ped)	
o remanently Missing		Total Number of stops: tot_stop_w400

7. If the test is terminated <u>prior to the subject completing 400 meters</u>, the point at which they stopped should be marked, and the subject accompanied to the nearest chair. After the subject is comfortably seated, their accomplished distance should be measured.

Complete laps will be counted as the number of meters in one lap and the remaining incomplete lap should be measured with the Redi-Measure. Record the total distance and time at termination of test.

Walk_comp_w400 Walk_comp_w400 Presser the finish line. If No, Number of laps completed: lapscomp_w400_c Distance walked = m_cmp_w400 Minutes walk_sec_w400 Seconds a. Did the participant use a straight cane during the test: walk_min_w400 No Permanently Missing
BORG Index
"This is a scale that asks you to rate the difficulty of your breathing. It starts at number 0, where your breathing is causing you no difficulty at all, and progresses through to number 10, where your breathing difficulty is maximal. How much difficulty is your breathing causing you right now?" Ask the participant to specifically choose a number between 0 and 10, rather than the verbal descriptor. Borg Grade borg_w400 9 - 0 Nothing at all 5 0.5 - Very, very slight (just noticeable) 1 Very slight 2 Slight 3 Moderate 4 Somewhat Severe 5 Severe 6 Severe 7 Very Severe 8 Very Severe 9 Very, very severe (almost maximal) 10 Maximal 8 Don't Know 7 Refused 6 Permanently Missing
▼
9. Sitting Radial Pulse: beats per 30 seconds X2 = end_hr_w400 bpm 10. If test stopped early, ask: "Why did you feel you couldn't continue?" Shortness of stp_brth_w400 value="1" Feeling Faint or stp_fnt_w400 value="1" Dizzy Dizzy
Chest Pain stp_chst_w400 value="1" Fatigue stp_fat_w400 value="1"
Leg Pain stp_leg_w400 value="1" Other stp_oth_w400 value="1"

(speci	ify) stp_otspc_w400	
11. At end of walk ask, "Is there anything you?"	bothering	end_both_w400 -9 1 Yes (specify) 0 No -6 Permanently Missing
If Yes, please s	pecify what: end_bospc_w400	_
12. Observed Symptoms at end of walk: (c	check all that apply)	
Shortness obs_brth_w400 value="1 of breath	" Unsteadiness obs_unst_w400 value="	Other obs_oth_w400 value="1"
Wheezing obs_whz_w400 value="1 / dyspnea	" Sweating obs_swt_w400 value="1	1" No obs_no_w400 value="1" symptoms observed
Signs of obs_disc_w400 value="1 discomfort	" Specify Other obs_otspc_w400	
	rticipant did not attempt the 400 m walk	etailed explanation about why the walk was , IT IS VERY IMPORTANT to administer
comments_w400		<u>></u>

Have the participant complete (i.e. self administer) the Efficacy for Walking instrument immediately following the 400 M Walk at the 12- and 30-month follow up clinic visits. At the follow up assessment visits, the Efficacy for Walking instrument should be completed even if the participant did not finish the 400 M Walk.



	LIFE	Acrostic	
Participant ID (affix ID label here)	Examiner Date of Visit		

Alternate Course 400 Meter Walk (Follow-up Visits)

<u>Stopping Criteria for 400 Meter Walk:</u> If the participant reports chest pain, tightness or pressure, significant shortness of breath or difficulty breathing, or feeling faint, lightheaded or dizzy, <u>stop the test</u>. Record the reason for stopping.

OBSERVATIONS OF 400 METER WALK

Accompany the subject to the starting line of the 400 meter walk with script and stop watch. Describe the 400 meter walk:

Script: "Now I would like to observe how you normally walk. You will be walking __ [insert number of total laps from worksheet] complete laps around the course, which corresponds to about ¼ mile. I would like you to walk at your usual pace and without overexerting yourself. During this test, I will ask you to rate how hard you feel you are working. When I ask you to rate how hard you are working during the walk, I want you to think about the total feeling of exertion in your overall body, including your breathing and muscles. At the end of lap __ [insert the lap number for Level of Effort question (5e) from alternate 400 m walk course worksheet], while you continue walking, I will ask you how hard you are working. After you have completed all __ [insert number of total laps from worksheet] laps, I will tell you to stop, ask you to rate the difficulty of your breathing, and then measure your heart rate. If you develop chest pain or significant shortness of breath, or are too uncomfortable to continue, please stop walking and tell me. If you need to, you may stand in place and rest for a few moments, but you may not lean against the wall or any other surface."

Participant ID (affix ID label here)	LIFE	Acrostic Visit Code
Did subject bring a cane, walker, or other w	alking aid?	Yes → Go to Attempt Script No → Go to Demonstration Script
Attempt Script: "I would like you to attersingle straight cane may be used for the test subject is hesitant or indicates that s/he obut I would like you to try it, even if you 1. Would you be willing to try the test and so	st; a walker may not cannot do the test: "Y only take a few step see how you feel?	be used. You don't need to complete the test, os. I will be right beside you." Yes → Go to Demonstration Script No → Go to Q2
2a. Would you be willing to try the test if y cane?	Yes → Go to Q2a No → Go to Q13 Yes → Go to Demonstration Script No → Go to Q3	
3. Remember, you don't need to complete like you to try it, even if you only take a few right beside you. Can you give it a try?	Yes → Go to Demonstration Script No → Go to Q13	
Demonstration Script: "I will demonstration have any questions?"	ate 1 lap." After com	pleting demonstration, ask: "Do you
[For subjects who did not bring a cane or o	other walking aid]	
Is subject hesitant or indicates that s/he ca	annot do the test?	Yes → Go to Q4 No → Proceed with test
4. You don't need to complete the test, bu try it, even if you only take a few steps. I w you. Can you give it a try?		Yes → Proceed with test No → Go to Q13
When subject indicates they feel ready to Script: "I will walk [beside] behind you you can maintain. Ready, Go	i. When I say 'GO",	
Start the stop watch when the subject take close enough to subject to be able to provas to dictate the pace of the test. For ever and call out the number of laps completed Script: "You're doing a good job. You lead to the stop of the subject takes are the subject takes about the subject takes are the subject to be able to prove as to dictate the subject to be able to prove as to dictate the pace of the test. For every are the subject to be able to prove as to dictate the pace of the test. For every are the subject to be able to prove as to dictate the pace of the test. For every and call out the number of laps completed to be able to prove as to dictate the pace of the test.	ide help should subje ry lap, the examiner s I and number remaini	ect falter during test, but not so close should offer standard encouragement, ing.

	LIFE	Acrostic
Participant ID		Visit
(affix ID label here)		Code

If the participant feels they need to stop and rest, they may stand in one place and rest. Participant should not lean on wall, table or any surface other than their cane. If they do lean, they should be immediately instructed not to do so and the test can continue. If participant needs to lean on wall, table or other surface for a second time during the rest stop or needs to lean again on a subsequent rest stop, stop the test (go to #7).

After 30 seconds, ask them if they can continue walking. If they can, continue the walk and note the rest on the form. (go on to #6)

If the participant appears to be in obvious distress or pain, you may recommend that he/she stand in place and rest for a moment. If they need to rest longer, have them continue to stand. <u>After another 30 seconds, ask them if they can continue walking.</u> <u>If they can, continue the walk and note the rest stop on the form. (go on to #6)</u>

If they cannot continue after a 60 second rest or if they need to sit down, stop the test. (go on to #7)

There is no limit to the number of rest stops as long as they can complete the walk without sitting. (record all stops on #6)

If the participant requests their cane, allow them to complete the test with the cane, and indicate below that a cane was used.

Course Info & Calculations
1 Lap = Distance (in meters) from cone to cone and back again (2 X distance between cones) or distance of the full circle if doing a round course in the home
5a. What is the distance for 1 lap? L=meters (minimum of 10 meters required)
5b. What is the total number of laps to walk 400meters? 400/L =
5c. What type of course is this?
5d. Encouragement (N) should be given at which laps? 40/L = N (rounded to nearest whole number) (Give count of laps and encouragement according to standard protocol at every N laps)
5e. Which lap should Level of Effort be asked per standard protocol below? N x 4 =

			LIFE	- -	Acrostic		
	Participant ID				L		
						Visit	
	(affix ID label he	re)				Code	→
_			<u> </u>				
	When an accelerometer	is used please	provide the	following:			
	Start Time		Stop Time		Acclero	ometer ID#	
	<i> (rec</i>		,	(record	Last 4 digits o	f the serial number	
	time			time in			
	H H M M a 24	1 11	101 101	a 24-hr	L		
	cloc	k)		clock)			
_							
			5f.		1. Light		
	Please tell me how hard	you feel you a	are		2. Somewhat hard		
	working right now.			-	3. Hard 4. Very Hard		
	Is it "light", "somewhat h	nard", "hard"			·		
	"very hard"?				nt reports "hard	d" or "very hard	d",
			read	script belo) <i>W)</i>		
				walk overdeve shor unco stop need	I would like to at your usual pexerting yourse lop chest pain tness of breath emfortable to co walking and te to, you may so rest for a few m	pace without elf. If you or significant a, or are too ontinue, please ell me. If you tand in place	
	O	V	anadha ar Cardha	lanath af	Cara at the area	(ta alah 2
	6. For each rest stop, Mark	an A correspo	onding to the		seconds	ı (standing res	is only
		< 30 sec.	31-60 sec.		stopped)		
	Rest stop number 1:						
	Rest stop number 2:						
	Rest stop number 3:						
	Rest stop number 4:						
_	Rest stop number 5:						
	Rest stop number 6:						
	Rest stop number 7:						
	Rest stop number 8:						
	Rest stop number 9:						
	Rest stop number 10:						
	•	Tota	al number of	stops:			
				-			

Participant ID (affix ID label here)	LIFE	Acrostic Visit Code				
7. If the test is terminated <u>prior to the subject completing 400 meters</u> , the point at which they stopped should be marked, and the subject accompanied to the nearest chair. After the subject is comfortably seated, their accomplished distance should be measured. Complete laps will be counted as the number of meters in one lap and the remaining incomplete lap should be measured with the Redi-Measure. Record the total distance and time at termination of test.						
Did the participant complete the 400 meta (Record time that first foot crosses the fin	nish line.)	Number of laps completed: Distance walked =	=			
8. TIME to walk 400 meters or to stopping	ng the test: Minut	tes Seconds				
8a. Did the participant use a straight can	e during the test? Υε	es No				

	LIFE	Acrostic
Participant ID		Visit Code
(affix ID label here)		Code L

BORG Index

your breathing is causing you no difficulty at all, and progresses through to number 10, where your
breathing difficulty is maximal. How much difficulty is your breathing causing you right now?"

Ask the participant to specifically choose a number between 0 and 10, rather than the verbal descriptor.

Borg Grade	Don't Know	Refused
------------	------------	---------

Borg Grade	Dyspnea descriptor	
0	Nothing at all	
0.5	Very, very slight (just noticeable)	
1	Very slight	
2	Slight	
3	Moderate	
4	Somewhat severe	
5	Severe	
6		
7	Very severe	
8		
9	Very, very severe (almost maximal)	
10	Maximal	

Participant ID (affix ID label here)	LIFE Acrostic Visit Code			
9. Sitting Radial Pulse: beats per 30 seconds X2 = bpm				
10. If test stopped early, ask: "Why do shortness of Breath Chest Pain Leg Pain	Feeling Faint or Dizzy Fatigue Other: (Specify)			
11. At end of walk ask, "Is there anything bothering you?" If yes, please specify what:				
12. Observed Symptoms at end of walk: (X all that apply) Shortness of breath Unsteadiness Other: No symptoms observed Signs of discomfort				
explanation about why the walk was not	ot attempt or complete the walk, please a detailed attempted or completed. Also, if the participant did not PORTANT to administer the Assistive Device test of the SPPB.)			

Have the participant complete (i.e. self administer) the Efficacy for Walking instrument immediately following the 400 M Walk at the 12- and 30-month follow up clinic visits. At the follow up assessment visits, the Efficacy for Walking instrument should be completed even if the participant did not finish the 400 M Walk.