

***** Short Physical Performance Battery (SPPB) *****

Record ID _____

Site: 39
ADCID _____

Subject ID: PTID _____

Form Date: (Y-M-D) _____

Visit number: 1 (Initial visit), 2 and up (Follow up visit) VISITNUM _____

Examiner's initials: INITIALS _____

Data Entry Date: (Y-M-D) _____

Data Entry By _____

Administered Status

- 1 Yes
 95 - No, Physical problem
 96 - No, Cognitive/behavior problem
 97 - No, Other problem
 98 - No, Verbal refusal
 99 - Not Administered

ITEMS NEEDED: Stopwatch. Record form. Straight-back armless chair, set against the wall. Marked 4 meter course (course distance based on LIFE).

DISCONTINUATION RULE: Concern for participant safety.

INTRODUCTION

I want to test your balance, walking, and leg strength. Let's begin the evaluation by testing balance. I'll ask you to try to move and position your body in different stances. I will first describe and show a stance to you. Then I'd like you to try to do it. If you cannot do a particular movement or stance, or if you feel it would not be safe 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?

It is all right for the participant to remove his or her shoes for any of these tests. High heels, for example, may impede performance. However, the participant should not be in stocking feet on an uncarpeted (and potentially slippery) floor.

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

1.a. Side-by-Side test

Now I'll show you the first stance.

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

If you need to, it's OK to 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. You may repeat once, if the participant is does not hold the position for 10 seconds but seems capable of doing so (e.g., the participants takes hold of your arm without appearing to have lost his (her) balance).

1.a. Balance test, Side-by-Side

(0.0-10.0 Seconds held (max. 10 seconds) *End balance test if position not held for 10 seconds)

1.a.1
SBS Score

Held for 10 seconds (NO=0 points*; YES=1 point)

*End Balance test if position not held for 10 seconds. Go to the Gait Speed test.
Enter scores of 0 and times of 10 seconds for the Semi-Tandem and the Tandem stand tests.

1.b. Semi-Tandem stand test

Now I'll show you the second stance.

(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 in the correct position, 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.b. Balance test, Semi-Tandem stand score

(0.0-10.0 Seconds held (max. 10 seconds) *End balance test if position not held for 10 seconds. Go to the Gait Speed test)

1.b.1
Semi-Tandem Score

Held for 10 seconds (NO=0 points*; YES=1 point)

*End Balance test if position not held for 10 seconds. Go to the Gait Speed test.
Enter score of 0 and time of 10.0 seconds, if Semi-Tandem stand not done because Side-by-Side stand score = 0

1.c. Tandem stand test

Now I'll show you the third stance. This one is difficult for some people. (Demonstrate) I want you to try to stand heel-to-toe, with the side of 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 (heel-to-toe) position. Supply just enough support to the participant's arm to prevent loss of balance. When the participant has his (her) feet together in the correct position, 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.c. Balance test, Tandem stand score

(0.0-10.0 Seconds held (max. 10 seconds))

1.c.1
Tandem stand score

2= Held for 10 seconds
1= Held for 3 to 9.99 seconds
0= Held for less than 3 seconds or not attempted

Enter time of 10 seconds and a score of 0, if Tandem Stand not done because Semi-Tandem Stand score = 0
=====

1.d. Single Leg Stance test

Now I'll show you the last stance. This one is also difficult for some people.

I want you to try to stand on just one foot. You should pick out a spot on the wall in front of you and focus on it and then lift one foot just off the floor, like this (demonstrate, which your left foot about 3 inches from the floor). I'll ask you to stand that way, on one foot, as long as you can, up to one minutes. You can use either foot, and we'll try it twice.

stand next to the participant to help him (her) and to provide support as required. Say "shall we start with your right foot on the ground and your left foot in the air, or would you prefer to start with your left foot on the ground?" (confirm which foot will remain on the ground and which will be in the air.) "have you picked out your spot [on the wall]?" and "are you ready?"

Then begin timing as you say "ready, begin"

start the stopwatch and say, "stop" after 60 seconds. Record the time when the participant's foot touches the floor or he (she) grabs your arm for support.

Repeat, using similar instructions. The participant can stand on the same foot or on the opposite foot.

1d. Single Leg Stance test (First attempt)

((0.0 - 60.0))

Foot on the ground

- 1 Right foot on the ground
 2 Left foot

1d. Single Leg Stance test (Second attempt)

((0.0 - 60.0))

Foot on the ground

- 1 Right foot on the ground
 2 Left foot

2.a and b. Gait Speed test

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

This is our short walking course, here between the two strips of blue tape. 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 blue tape before you stop. I will walk with you. Do you feel this would be safe?

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

When I want you to start, I'll say, "Ready, begin." When the participant acknowledges this instruction, say, "Now ready, begin."

Start the stopwatch when the participant steps over the starting line. Walk slightly behind and to the side of the participant. Stop timing when one of the participant's feet is completely across the finish line.

2.a First walk completed? 0 NO 1 YES

If first walk not completed, specify reason:

First Gait time

Was an aid used during this test? 0 NO 1 YES

If YES, specify type aid(e.g., cane):

2.b Second walk completed? 0 NO 1 YES

If second walk not completed, specify reason:

Second Gait time

Was an aid used during this test? 0 NO 1 YES

If YES, specify type aid(e.g., cane):

2.c.

Gait Speed summary score based on the quicker of the two Gait Speed walks (This summary score may be calculated by the data manager)

(Variables: gaitcomplete, gaitspeed)

4 points Time < 4.82 seconds

3 points Time is 4.82 to 6.20 seconds

2 points Time is 6.21 to 8.70 seconds

1 point Time > 8.70 seconds

0 points Unable to complete the 4 meter walk on either trial

Was the first gait speed test or the second gait speed test completed? 0 NEITHER 1 ONE 2 BOTH

2.c.1 GSS Score

2.c.1 GSS Score

3.a. 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 test measures the strength in your legs.

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

If the participant cannot rise without using his (her) arms, say, "OK. Try to stand up using your arms, without your arms folded across your chest." This ends the Chair Stand test. Record the results.

(Note: single chair stand test is not used in summary score.)

1 point Participant stood without using arms. Go to Repeated Chair Stand test.

0 points Participant stood using arms. End Chair Stand test.*

0 points Participant did not stand up. End Chair Stand test* and comment.

***For 0 points, the Repeated Chair Stand test score is also 0 points and the time is 60 seconds.**

3.a. Single Chair Stand test completed?

0 NO 1 YES

3.a.1
Comments

3.b. Repeated Chair Stand test

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 all the way 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 aloud as the participant stands up each time, up to five times. Stop if the participant becomes tired or short of breath. Stop the stopwatch when the participant has straightened up completely for the fifth time. Note: The participant does not need to sit down again.

Also stop (a) if the participant unfolds or uses his (her) arms, (b) after one minute if the participant has not completed 5 rises, or (c) if you are concerned for the participant's safety. If the participant stops and appears fatigued, confirm this by asking, Can you continue?

3 b.0 Repeatchair

- 0 unable to complete all 5 stands of the Repeated Chair Stand test within 60 second;
- 1 able to complete all 5 stands with 60 seconds

3.b. Repeated Chair Stand test time

((0.0 - 60.0 seconds))

3.b.1
Repeated Chair Stand test score

4. Short Performance Physical Battery summary score

4.1
Balance score (0-4)

4.2
Gait Speed test score (0-4)

4.3
Repeated Chair Stand score (0-4)

Total score
(0-12)
