



INSTRUCTIONS FOR SHORT PHYSICAL PERFORMANCE BATTERY SPB, VERSION 1.0, QUESTION BY QUESTION (QxQ)

I. GENERAL INSTRUCTIONS

The Short Physical Performance Battery form is completed during the participant's clinic visit. Please complete during Clinic Visit 5.

Header Information: The header information consists of key fields which uniquely identify each recorded instance of a form. For the Event field, record if this is happening at Visit 5 or another event.

0a. Date of Collection: Record the date the data was collected or abstracted. Select the date from the pop-up calendar in the data management system (DMS) or type the date in the space provided. Dates should be entered in the mm/dd/yyyy format.

0b. Staff Code: Record the SPIROMICS staff code of the person who collected or abstracted the data. This code is assigned to each person at each site by the GIC. If you do not have a staff code and are collecting SPIROMICS data, please contact the GIC in order to receive your own individual staff code.

II. DETAILED INSTRUCTIONS FOR EACH ITEM

Item 1. **Side by side standing balance** Select only one option among the five possible choices.

- Select holds position for 10 seconds if the subject's holds the side-by-side standing position for 10 seconds. [Go to Item 2.]
- Select holds position for ≥ 1 but < 10 seconds if the subject's holds the side-by-side standing position for ≥ 1 but < 10 seconds.
- Select unable to attain position or hold for 1 second if the subject is unable to attain position or hold for 1 second. [Go to Item 4.]
- Select not attempted, unable if the subject did not attempt or was unable to attempt the side-by-side standing position. [Go to Item 4.]
- Select participant refused if the subject refused to attempt the side-by-side standing position. [Go to Item 4.]

Item 1a. **Time for holding side-by-side position** Enter the subject's time for holding the side-by-side standing position if the subject's time was ≥ 1 but < 10 seconds. Record the time in seconds:hundredths in the boxes provided.

Item 2. **Semi-tandem standing balance** Select only one option among the five possible choices.

- Select holds position for 10 seconds if the subject's holds the semi-tandem standing position for 10 seconds. [Go to Item 2.]
- Select holds position for ≥ 1 but < 10 seconds if the subject's holds the semi-tandem standing position for ≥ 1 but < 10 seconds.
- Select unable to attain position or hold for 1 second if the subject is unable to attain semi-tandem standing position or hold for 1 second. [Go to Item 4.]
- Select not attempted, unable if the subject did not attempt or was unable to attempt the semi-tandem standing position. [Go to Item 4.]
- Select participant refused if the subject refused to attempt the semi-tandem standing position. [Go to Item 4.]

Item 2a. **Time for holding semi-tandem standing position** Enter the subject's time for holding the semi-tandem standing position if the subject's time was ≥ 1 but < 10 seconds. Record the time in seconds:hundredths in the boxes provided.

Item 3. **Tandem standing balance** Select only one option among the five possible choices.

- Select holds position for 10 seconds if the subject's holds the tandem standing position for 10 seconds. [Go to Item 2.]
- Select holds position for ≥ 1 but < 10 seconds if the subject's holds the tandem standing position for ≥ 1 but < 10 seconds.
- Select unable to attain position or hold for 1 second if the subject is unable to attain tandem standing position or hold for 1 second. [Go to Item 4.]
- Select not attempted, unable if the subject did not attempt or was unable to attempt the tandem standing position. [Go to Item 4.]
- Select participant refused if the subject refused to attempt the tandem standing position. [Go to Item 4.]

Item 3a. **Tandem standing position** Enter the subject's time for holding the tandem standing position if the subject's time was ≥ 1 but < 10 seconds. Record the time in seconds:hundredths in the boxes provided.

Item 4. **Normal pace 4-meter walk: Trial 1** Select only one option among the five possible choices.

- Select completed if the subject completes the normal pace 4-meter walk: Trial 1.
- Select not attempted, unable if the subject did not attempt or was unable to attempt the normal pace 4-meter walk: Trial 1.
- Select participant refused if the subject refused to attempt the normal pace 4-meter walk: Trial 1.

Item 4a. **Time for normal pace 4-meter walk: Trial 1** Enter the subject's time for normal pace 4-meter walk: Trial 1. Record the time in seconds:hundredths in the boxes provided.

Item 5. **Normal pace 4-meter walk: Trial 2** Select only one option among the five possible choices.

- Select completed if the subject completes the normal pace 4-meter walk: Trial 1.
- Select not attempted, unable if the subject did not attempt or was unable to attempt the normal pace 4-meter walk: Trial 1.
- Select participant refused if the subject refused to attempt the normal pace 4-meter walk: Trial 1.

Item 5a. **Time for normal pace 4-meter walk: Trial 2** Enter the subject's time for normal pace 4-meter walk: Trial 1. Record the time in seconds:hundredths in the boxes provided.

Item 6. **Single chair sit-to-stand** Select only one option among the five possible choices.

- Select stands without using arms if the subject is able to stand without using arms. [Go to Item 7.]
- Select stands with using arms if the subject is able to stand with using arms. [Go to Item 7.]
- Select attempted, unable if the subject attempted but was unable to stand from the chair. [End form.]
- Select not attempted, unable if the subject did not attempt or was unable to stand from the chair. [End form.]
- Select participant refused if the subject refused to attempt the tandem standing position. [End form.]

Item 7. **Repeated chair sit-to-stand** Select only one option among the four possible choices.

- Select completed 5 chair sit-to-stands if the subject is able to 5 chair sit-to-stands.
- Select attempted, unable to complete 5 sit-to-stands if the subject attempted, but was unable to completed 5 sit-to-stands.

- Select not attempted, unable if the subject did not attempt or was unable to complete 5 sit-to-stands. [End form.]
- Select participant refused if the subject refused to attempt complete 5 sit-to-stands. [End form.]

Item 7a. **Time for 5 completed sit-to-stands** Enter the subject's time for 5 completed sit-to-stands. Record the time in seconds:hundredths in the boxes provided.

Item 7b. **Number of completed sit-to-stands** Record the number of sit-to-stands the subject completed.

Save and close the form.