Subject ID: ___ ___ ___ ___ ___ ___ ___   Staff Initials: ___ ___ ___

Complete this form for all eligible subjects.

SERUM CREATININE

1.   Date of serum creatinine test: | | | | | | | | |
     Day   Month   Year

2.   Serum Creatinine: **(valid if performed within the last year prior to enrollment or before randomization)** ⬚.⬚ mg/dl

3.   Upper limit of normal (ULN) (**IF VALUE IS > 2xULN, SUBJECT IS INELIGIBLE**): ⬚.⬚ mg/dl

     * *The ULN is the upper limit from where/when the test results were obtained, NOT the current values of the lab/hospital.*

TIMED UP AND GO

Complete this question for subjects age 65 and over at time of randomization:

1.   Assessment Date: | | | | | | | | |
     Day   Month   Year

2.   Timed Up and Go Exercise ⬚⬚ minutes ⬚⬚ seconds

Subject ID: ___ ___ ___ ___ ___ ___ ___   Staff Initials: ___ ___ ___

TIMED UP AND GO

Directions

The timed "Up and Go" test measures, in seconds, the time taken by an individual to stand up from a standard arm chair (approximate seat height of 46 cm [18in], arm height 65 cm [25.6 in]), walk a distance of 3 meters (118 inches, approximately 10 feet), turn, walk back to the chair, and sit down. The subject wears their regular footwear and uses their customary walking aid (none, cane, walker). No physical assistance is given. They start with their back against the chair, their arms resting on the armrests, and their walking aid at hand. They are instructed that, on the word "go" they are to get up and walk at a comfortable and safe pace to a line on the floor 3 meters away, turn, return to the chair and sit down again. The subject walks through the test once before being timed in order to become familiar with the test. Either a stopwatch or a wristwatch with a second hand can be used to time the trial.

Instructions to the patient

"When I say 'go' I want you to stand up and walk to the line, turn and then walk back to the chair and sit down again. Walk at your normal pace."

Variations

You may have the patient walk at a fast pace to see how quickly they can ambulate. Also you could have them turn to the left and to the right to test any differences.

Scoring

Unstable on turning?   ☐ Y   ☐ N

Walking aid used?   ☐ Y   ☐ N

Type of aid: _____