Particip	pant ID Nickname		Outcome Visit 08M	10М		DPPOS P09.1 July 2009 Page 1 of 3
	Diabetes P	revention Progi	ram Outcomes Stud	dy		
	P09 Ph	ysical Function	nal Assessments			
This form is used by clinic staff to complete physical function assessments at the 08M and 10M visits. Read and follow instructions given for each section. Use the Physical Functional Assessments Scripts & Worksheet to complete this form.						
A. <u>Participant Identification</u>						
1.	Clinic number					
2.	Participant number					
3.	Nickname					
4.	Date of randomization			month day	year	
5.	Sex			Male 1	Female 2	
6.	Outcome visit		08M	10M	V	'ISIT
7.	Date of visit			month day	r	209VSTDT eplaced with DAYSRAND
B. <u>Grip Strength Test</u>						

The participant is seated with the elbow flexed at 90° , with the arm against the participant's arm, and the forearm and wrist in neutral position. The scores of three successive trials in each hand are recorded and the dominant hand is used in the analysis. You may demonstrate the test for the participant.

1.	Was the grip strength test completed?			Yes 1	No 2	P09GRIP
	If NO,					·
	a. Reason:			P09	9GRIPR	
	If YES, b. Dominant ha	and		Left 1	Right 2	P09DHND
			P09FORMIN			
Identi	ification code of pe	erson reviewing completed form		Form entered in cor	mputer?	

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	c.	Specify scor	es for each hand:			
		1. Trial 1		P09DHND1	ninant hand Kg-force	Other hand P090HND1 Kg-force
		2. Trial 2		P09DHND2	Kg-force	P090HND2 Kg-force
		3. Trial 3		P09DHND3	Kg-force	P090HND3 Kg-force
C. <u>Bak</u>	ance	e Tests				
If the single maxi	parie mun partic	ticipant is able a stand will be e n of 60 seconds cipant may use ere any of the	g the other foot) positions for 3 to complete the three initial be evaluated asking the participa s). Either leg can be used for the the arms, bend the knees, or a balance tests completed?	alance tests (side-by-side nt to try to stand on one fo is test. move the body to maintai	, semi-tandem, and boot for as long as he	tandem), the
	If N	IO, Reason:			P09BALR	
	a. If Y b.	ES,	L icipant attempt the side-by	,	Yes 1	No P09SBS
		If YES,				
			g was the participant able n balance during this test? If the participant was unable further balance tests and SK	e to maintain balance for	30 seconds, do not p	conds centiseconds
	C.	Did the part tandem test	icipant attempt the semi- ?		Yes 1	No P09ST

If the participant was unable to maintain balance for 30 seconds, do not proceed to further balance tests and SKIP to section D (Gait Speed Test).

P09STSND

seconds centiseconds

If YES,

1. How long was the participant able to

maintain balance during this test?

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d. Did the participant attempt the tandem test?	Yes No P09T
If YES,	
 How long was the participant able to maintain balance during this test? 	P09TSND seconds centiseconds
If the participant was unable to single-leg stand test and SKIP to	maintain balance for 30 seconds, do not proceed to the section D (Gait Speed Test).
e. Did the participant attempt the single-leg	yes 1 No 2 P09SLS
If YES,	103 110
How long was the participant able to maintain balance during this test?	P09SLSND seconds centiseconds
D. <u>Gait Speed Test</u>	
Participants are instructed to walk 15 feet (4.5 meters) on a pre (like walking down the street to go to the store). If they use a c they may use it. You may demonstrate the walk for the particip	ane (or other walking aid) to walk a short distance, then
	1 2 P09GAIT
Was the gait speed test completed? If NO. If NO	Yes No No
If NO, a. Reason:	P09GAITR
a. Koasoni	
If YES,	powaid
b. Was a walking-aid used?	Yes No 2
c. Walk 1 completion time	P09WSND1 seconds • centiseconds
d. Walk 2 completion time	P09WSND2 seconds • centiseconds
E. <u>Chair Stand Test</u>	
Participants are asked to stand up straight five times, with arms they can and without stopping in between. After standing up eagain. You may demonstrate the test for the participant.	
Was the five chair stand test completed?	Yes 1 No 2 P09CHAIR
If NO,	
a. Reason:	P09CHAIRR
If YES,	
b. Five chair stand test completion time	P09CHSND seconds centiseconds