

Participant ID

Nickname

Outcome Visit

Diabetes Prevention Program Outcomes Study

P09 Physical Functional Assessments

This form is used by clinic staff to complete physical function assessments at the 08M, 10M, 15A, & 18A visits. Read and follow instructions given for each section.

Use the Physical Functional Assessments Scripts & Worksheet to complete this form.

A. Participant Identification

1. Clinic number

2. Participant number

3. Nickname

4. Date of randomization

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
month	day	year			

5. Sex

Male ¹ Female ²

6. Outcome visit

VISIT

7. Date of visit

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
month	day	year			

P09VSTDT
replaced with
DAYSRAND

B. Grip Strength Test

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:

If YES,

b. Dominant hand

Left ¹ Right ²

P09DHND

Identification code of person reviewing completed form

Form entered in computer?

INFORMATION FOR QUALITY CONTROL SUBMISSION

Date chosen for mailing:

___ / ___ / ___
month day year

Date mailed:

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
month	day	year			

Participant ID

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c. Specify scores for each hand:

	Dominant hand	Other hand				
1. Trial 1.....	P09DHND1 <table border="1" style="display: inline-table; vertical-align: middle;"><tr><td></td><td></td></tr></table> Kg-force			<table border="1" style="display: inline-table; vertical-align: middle;"><tr><td></td><td></td></tr></table> P09OHND1 Kg-force		
2. Trial 2.....	P09DHND2 <table border="1" style="display: inline-table; vertical-align: middle;"><tr><td></td><td></td></tr></table> Kg-force			<table border="1" style="display: inline-table; vertical-align: middle;"><tr><td></td><td></td></tr></table> P09OHND2 Kg-force		
3. Trial 3.....	P09DHND3 <table border="1" style="display: inline-table; vertical-align: middle;"><tr><td></td><td></td></tr></table> Kg-force			<table border="1" style="display: inline-table; vertical-align: middle;"><tr><td></td><td></td></tr></table> P09OHND3 Kg-force		

C. Balance Tests

Participants must be able to stand unassisted without the use of a cane or walker. The participant is asked to maintain the feet in side-by-side, semi-tandem (heel of one foot beside the big toe of the other foot), and tandem (heel of one foot in front and touching the other foot) positions for 30 SECONDS each. You may demonstrate each test first.

If the participant is able to complete the three initial balance tests (side-by-side, semi-tandem, and tandem), the single-leg stand will be evaluated asking the participant to try to stand on one foot for as long as he or she can (for a maximum of 60 seconds). Either leg can be used for this test.

The participant may use the arms, bend the knees, or move the body to maintain balance.

1. Were any of the balance tests completed? Yes 1 No 2 P09BAL

If NO,

a. Reason:

If YES,

b. Did the participant attempt the side-by-side test? Yes 1 No 2 P09SBS

If YES,

1. How long was the participant able to maintain balance during this test? P09SBSND

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 seconds •

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 centiseconds

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).

c. Did the participant attempt the semi-tandem test? Yes 1 No 2 P09ST

If YES,

1. How long was the participant able to maintain balance during this test? P09STSND

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 seconds •

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 centiseconds

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).

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d. Did the participant attempt the tandem test?

Yes 1 No 2 P09T

If YES,

1. How long was the participant able to maintain balance during this test?

P09TSND seconds • centiseconds

If the participant was unable to maintain balance for 30 seconds, do not proceed to the single-leg stand test and SKIP to section D (Gait Speed Test).

e. Did the participant attempt the single-leg stand test?

Yes 1 No 2 P09SLS

If YES,

1. How long was the participant able to maintain balance during this test?

P09SLSND seconds • centiseconds

D. Gait Speed Test

Participants are instructed to walk 15 feet (4.5 meters) on a pre-specified course in the manner that they normally walk (like walking down the street to go to the store). If they use a cane (or other walking aid) to walk a short distance, then they may use it. You may demonstrate the walk for the participant.

1. Was the gait speed test completed?

Yes 1 No 2 P09GAIT

If NO,

a. Reason:

If YES,

b. Was a walking-aid used?

Yes 1 No 2 P09WAID

c. Walk 1 completion time

P09WSND1 seconds • centiseconds

d. Walk 2 completion time

P09WSND2 seconds • centiseconds

E. Chair Stand Test

Participants are asked to stand up straight five times, with arms kept folded across the participant's chest, as quickly as they can and without stopping in between. After standing up each time, the participant must sit down and then stand up again. You may demonstrate the test for the participant.

1. Was the five chair stand test completed?

Yes 1 No 2 P09CHAIR

If NO,

a. Reason:

If YES,

b. Five chair stand test completion time

P09CHSND seconds • centiseconds