

Supplement 2:

Assessment Tools used in study methods

All functional assessments were conducted by one of two trained assessors (JF, GK) using a standardized protocol. Patients were interviewed to ascertain current living situation, employment status, and one-year fall history. Functional assessments were performed in a quiet environment under standard conditions, and included the Barthel Index (1), the Lawton-Brody Scale of Instrumental Activities of Daily Living (2), the timed up-and-go (TUG) test (3), and dynamometer handgrip strength (4, 5).

The Barthel ADL Index

Independence in 10 core basic activities of daily living (BADL) was measured using the Barthel ADL Index(1). This measure is one of the most widely used assessments of functional disability among the elderly in both clinical and research contexts, and has been widely used in both renal and non-renal populations(6, 7). Individuals who identified a need for supervision with a task (e.g. getting in-and-out of the bath tub) or verbal cueing (e.g. when dressing) were defined as not independent.

Instrumental Activities of Daily Living (IADLs)

IADLs were measured using the Lawton-Brody IADL Scale(2). This measure is well validated and previously used in the elderly dialysis population(6, 7). Subjects who needed supervision or assistance with or were unable to complete the task were defined as “dependent” for the given function.

Hand Grip Strength

Hand grip is a measure of upper-limb muscle strength and has been shown to predict subsequent functional decline(4). Patients were tested using a Jamar handgrip dynamometer (Sammons Preston Inc, Bolingbrook, IL), with a single maximal effort squeeze to the dynamometer grip. Handgrip strength was measured in kilograms. Readings were obtained for both hands, starting with the dominant hand and proceeding to the non-dominant hand.

Timed Up and Go Test

Lower-limb strength and balance were measured using a test of functional mobility, the Timed Up and Go (TUG) test(8, 9). The TUG test was performed once and completion of the task was timed, in seconds, from the time the maneuver was started until the patient was re-seated. Longer test times (TUG time > 10 seconds) predict the future need for placement in a long-term care facility(3, 10, 11). Norms for the kidney transplant population have not been published.

References

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