

Outcome Measures Reference Table

	Physical Function Test for ICU (PFIT)	30 Second Sit to Stand	2-Min Walk Test	Quads Strength Test
Description	Patients complete 4 activities: arm and leg strength, ability to stand, and step cadence. Scores range from 0 to 10 with higher scores = better function	The number of times an individual can rise from a chair to a full stand (body erect and straight) and then return back to the initial seated position in 30 seconds	The distance that the patient can walk in 2 minutes	Standardized physical exam using a small device that fits into the palm of the examiner's hand and quantifies force (in kg or newton) on a continuous scale when the patient's leg pushes against the device
Reliability	High Reliability - PFIT ICC range of 0.996 - 1.00 (Berney et al., 2009)	High Reliability of 0.84 (95%CI: 0.77-0.90) in elderly men and 0.92 (95%CI: 0.87-0.95) in elderly women (Jones et al., 1999)	High Reliability - ICC was 0.82 (95%CI: 0.76-0.87) (Bohannon et al., 2015)	High Reliability - the range of ICCs was from 0.932 to 0.984 depending on the muscle tested. Knee extensor strength was not independently reported by the author. (Andrews et al., 1996)
Validity	Moderate validity found for discharge PFITs with TUG (r= -0.60), the 6MWT (r=0.41) and the MRC muscle test (rho=0.49) (Denehy et al., 2013)	High validity of 30-s sit to stand compared to maximal leg press in predicting lower limb function in elderly men r=0.78 and women r = 0.71 (Jones et al., 1999)	Moderate Validity - r=.59 with FIM, .42 with MBI, and -.81 with TUG at admission; r=.42 with FIM, .35 with MBI, and -.68 with TUG at discharge (Pin, 2014)	High Validity of knee extension measures using dynamometry where r=.792 in dominant limb and r = .815 in the non-dominant limb compared to reference equations (Andrews et al., 1996)
Normative Values		Males 18-29y 27 (95% CI: 25-30) 30-39y 27 (95% CI: 25-30) 40-49y 29 (95% CI:27-32) 50-59y 25 (95% CI: 23-27) 60-69y 24 (95% CI: 22-27) 70-79y 19 (95% CI: 17-21) 80-90y 17 (95% CI: 15-18) Females 18-29y 26 (95% CI: 23-29) 30-39y 24 (95% CI: 22-27) 40-49y 25 (95% CI:23-27) 50-59y 24 (95% CI: 22-26) 60-69y 21 (95% CI: 18-23) 70-79y 17 (95% CI: 16-19) 80-90y 14 (95% CI: 13-16) (Tveter et al., 2014)	Males 18-54y 200.9 m ± 3.7 m 55-59y 191.0 m ± 14.2 m 60-64y 179.1 m ± 13.7 m 65-69y 184.2 m ± 13.5 m 70-74y 172.4 m ± 8.6 m 75-79y 157.6 m ± 17.3 m 80-85y 144.1 m ± 11.5 m Females 18-54y 183.0m ± 2.2 m 55-59y 176.4 m ± 8.3 m 60-64y 166.4 m ± 8.2 m 65-69y 155.2 m ± 14.6 m 70-74y 145.9 m ± 9.0 m 75-79y 140.9 m ± 19.1 m 80-85y 134.3 m ± 8.6 m (Bohannon et al., 2015)	Males 20-29y Dom: 575.2N±92.3 Non: 578.6N±94.7 30-39y Dom: 572.9N±76.5 Non: 572.5N±82.8 40-49y Dom: 583.0N±73.7 Non: 588.9N±72.5 50-59y Dom: 470.9N±92.3 Non: 467.7N±103.1 60-69y Dom: 376.5N±67.3 Non: 386.9N±94.3 70-79y Dom: 360.3N±72.6 Non: 365.9N±76.9 Females 20-29y Dom: 467.3N±88.8 Non: 465.7N±97.7 30-39y Dom: 408.3N±128.8 Non: 410.8N±122.6 40-49y Dom: 380.6N±86.5 Non: 362.7N±60.0 50-59y Dom: 334.7N±75.8 Non: 318.7N±72.6 60-69y Dom: 273.6N±80.0 Non: 265.9N±83.2 70-79y Dom: 210.1N±45.6 Non: 204.7N±43.9 (Bohannon, 1997)
Minimal Clinically Important Difference	Not established. Some studies provide approximations where the MCID is half of the baseline standard deviation (Denehy et al., 2013)	Estimated as any change greater than 2.0-2.6 repetitions in the 30 second test – study looked at changes in 30-s sit to stand in patients with hip osteoarthritis after 9 weeks of physiotherapy (Wright et al., 2011)	No established MCIDs for frail elderly (Pin, 2014)	Estimated as 2 standard deviation below the normative mean (Andrews et al., 1996)

MIB – Modified Barthel Index
 TUG – Timed up and go
 FIM – Functional Independence Measure



References

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