

**FORM:** 90 - FUNCTIONAL STATUS

**Version:** 1 - July 8, 1994

**Description:** Completed by locally-certified clinical staff or Clinic Practitioner (CP); 1-page form; key-entered at Clinical Center (CC).

**When used:** During screening, and at specified annual visits in a specified subsample of participants.

**Purpose:** To record data on grip strength, chair stand, and time walk.

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#### GENERAL INSTRUCTIONS

1. Insert a form in the screening and appropriate annual visit participant packet.
2. At the visit, affix the participant barcode label to the form.
3. Complete procedures and document measurements on the form.
4. Review the form for completeness.
5. Insert the form in the participant's file and forward to Data Entry.
6. Data Entry: Review form for completeness and return to responsible clinic staff with any problems or questions. Key-enter when complete or questions have been resolved.  
Initial when you complete key-entry.
7. File the key-entered form in the participant's file.

### Item Instructions

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|---------------|-----------------------|---|
| 1.            | Date of exam          | Date exam performed at CC.  |
| 2.            | Performed by          | Standard 3-digit WHI employee ID. (See common data items.)  |
| 3.            | Contact type          | Mark appropriate oval or box. (See common data items.)  |
| 4.            | Visit type            | Contact at which you measured functional status. Mark appropriate oval or box. Write in visit number as appropriate. (See common data items.)   |
| 5.            | Grip strength         | Participant's grip strength. Perform twice and record according to directions in <i>Vol. 2 - Procedures, Section 9.7. - Grip Strength.</i>  |
| 5.1.          | Side tested           | Right or left hand. If the procedure was attempted but not completed on either side, refused, or not attempted for safety or health reasons, mark appropriate oval or box.  |
| 5.2.          | Dominance             | Dominance of hand tested.   |
| 5.3.-<br>5.4. | Measurement           | Grip strength measured twice in kilograms. Record the dial reading, rounding up to the nearest kilogram. Record both measurements.  |
| 6.            | Single chair stand    | Level of ability to perform chair stand. Perform procedure according to directions in <i>Vol. 2 - Procedures, Section 9.8. - Chair Stand.</i> Mark the appropriate level of completion (i.e., completed without using her arms, completed using her arms, attempted and unable to rise, refused, or not attempted for safety or health reasons).  |
| 6.1.-<br>6.2. | Repeated chair        | Perform repeated chair stand procedure twice and record number of stands in 15 seconds for each trial according to directions in <i>Vol. 2 - Procedures, Section 9.8. - Chair Stand.</i>  |
| 7.            | Timed walk            | Perform timed walk procedure twice according to directions in <i>Vol. 2 - Procedures, Section 9.9. - Timed Walk.</i> Reset stopwatch to zero before starting the walk. Mark the appropriate level of completion (i.e., completed or partially completed [e.g., able to complete at least one trial], attempted and unable to complete one trial, refused, or not attempted for safety or health reasons). |
| 7.1.-<br>7.2. | Time                  | Time in seconds to do the time walk. Reset stopwatch to zero before starting each walk. Record both times rounding up to the nearest tenth of a second.   |
| 7.3.          | Assistive device used | No/Yes. Mark "1 - Yes" if participant used an assistive device (e.g., cane or walker) during part or all of the procedure.  |