（1）Is participant willing to complete the MrOS Sleep Study？


A．Screening Questions（If＇yes＇to one of the following questions，participant is not eligible for MrOS Sleep Visit）：
a．In the past three months，have you slept with a pressure $\circ$ Yes ${ }^{\text {VSCPAP }}$ No mask（＂CPAP＂or＂BiPAP＂）for sleep apnea？
b．In the past three months，have you slept with a mouthpiece for snoring or sleep apnea？

VSMPIECE
－Yes o No
VSOPENTR
c．Do you have an open tracheostomy？
d．In the past three months，have you usually used oxygen
－Yes ONo
VSOXTHER
－Yes O No therapy（oxygen delivered by a mask or nasal cannula） during your sleep？
B．Did participant complete the MrOS Sleep visit？○ Yes ○ Refused o Not eligible

S1FUTIME SDFUTIME SIFUTIME
a．Date of visit：


VSDATE
b．Type of visit：O Clinic O Home
c．Will participant complete PSG？○ Yes ○ No
d．Who completed the SAQ？VSSLSAQ
$\Phi$ Participant 20 Spouse 30 Other family 40 Other $\qquad$

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Mcrostic

| MrOS ID\# |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |$|$|  |  |
| :--- | :--- |

(1) On most nights, how many hours do you sleep each night?
hours
SLRESTED
2 How many hours of sleep do you need each night to feel rested? (Please answer to the nearest hour.)
o Yes
SLNAP

3 Do you take naps regularly?
$\downarrow$
a. How many days per week do you usually nap?
b. On average, how many hours do you nap each time?

4 How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? This refers to your usual way of life in recent times. Even if you have not done some of these things recently try to think about out how they would have affected you. Give the most appropriate response for each situation.

| $\begin{aligned} & \text { EPEPWORT } \\ & \text { EPEDS } \end{aligned}$ | Would Never Doze |  | Slight <br> Chance <br> of Dozing | Moderate <br> Chance of Dozing | High Chance of Dozing |
| :---: | :---: | :---: | :---: | :---: | :---: |
| a. Sitting and reading | EPREAD 0 | 0 | 01 | 02 | O3 |
| b. Watching TV | EPTV ○ | 0 | O1 | O2 | -3 |
| c. Sitting inactive in a public place (e.g. a theater or a meeting) EPPUB |  | 0 | 01 | O2 | O3 |
| d. As a passenger in a car for an hour without a break | EPCAR 0 | 0 | 01 | Q2 | $\bigcirc$ |
| e. Lying down to rest in the afternoon when circumstances permit EPREST ${ }^{\circ}$ |  | 0 | 01 | $\mathrm{O}^{2}$ | $\mathrm{O}^{3}$ |
| f. Sitting and talking to someoneEPTALKo |  | 0 | 01 | $\bigcirc$ | $\bigcirc$ |
| g. Sitting quietly after a lunch without alcohol | EPEAT ○ | 0 | 01 | Q2 | © |
| h. In a car, while stopped for a few minutes in traffic |  | 0 | $\bigcirc 1$ | $\bigcirc 2$ | $\bigcirc 3$ |


| Office Use Only-- <br> MrOS ID\# O MISSING <br> Acrostic         <br>  \begin{tabular}{\|l|l|l|l|l|l|l|}
\hline
\end{tabular}         |
| :--- |

The following questions are about how well you are able to do certain activities, by yourself and without using any special aids.
(5) Do you have ANY difficulty walking 2 or $\mathbf{3}$ blocks outside on level ground?


How much difficulty do you have doing this? P Some difficulty 2 Much difficulty $\mathcal{P}$ Unable to do it

(6)Do you have ANY difficulty climbing up 10 steps without resting?

(8)Do you have ANY difficulty doing heavy housework, like scrubbing floors or washing windows?


How much difficulty do you have doing this? P Some difficulty $\mathbb{D}$ Much difficulty $\mathfrak{P}$ Unable to do it


QLHHW1 QLHHW2
QLRHHW1 or physical problem?


QLHHWPRB © Yes © No 80 I don't know
(9)Do you have ANY difficulty doing your own shopping for groceries or clothes?


How much difficulty do you have doing this? TO Some difficulty 20 Much difficulty 30 Unable to do it

Is this because of a health or physical problem? QLSHPPRB あ Yes 6 No 8 I don't know

Introduction: 'Are you comfortable? I would like to ask you a few questions that require concentration and memory. Some are a little bit more difficult than others. Some questions will be asked more than once."
 What time was the MiniMental test administered (start time)?


O A.M. (
A. When were you born?

B. Where were you born? Place of Birth?
Answer Can't do/ Not
given* $^{*}$ Refused
attempted

City or town $0 \quad 0$

○
$\overline{\text { State/Country }} 0$

* If answer is given, you wil ask again in questions \#18

I am going to say three words for you to remember. Repeat them after I have said all three words:
Ball, Tree, Flag

Do not repeat the words for the participant until after the first trial. The participant may give the words in any order. If there are errors on the first trial, repeat the items up to six times until they are learned.

$$
\begin{array}{lll}
\text { Correct } & \text { Error/ } & \text { Not } \\
& \text { Refused } & \text { attempted }
\end{array}
$$

A. Ball
B. Tree
○

| 0 | 0 |
| :--- | :--- |
| 0 | 0 |
| 0 | 0 |

C. Flag
0
0
D. Number of presentations necessary for the participant to repeat the sequence

(3) A. I would like you to count from 1 to 5 .

O $\begin{aligned} & \text { Able to count } \\ & \text { forward }\end{aligned}$

- Unable to count forward
Say "1,2,3,4,5"
B. Now I would like you to count backwards from 5 to 1 .
$\square$


Record the response in the order given. Enter 99999 if no response.
(4) A. Spell 'world'.

O Able to spell

B. Now spell world backwards
$\square$

$\square$


Record the response in the order given. Enter XXXXX if no response.

## SEE PAGE 7 FOR SCORING VARIABLES



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5 What three words did I ask you to remember?

|  | O Spontaneous recall |
| :--- | :--- |
| A. Ball | O Correct word, incorrect form |
|  | O After 'A toy.' |
|  | O After 'ball, doll, block.' |
|  | O Nnable to recall/refused attempted |


|  | O Spontaneous recall |
| :---: | :--- |
| B. Tree | O Correct word, incorrect form |
|  | O After 'A plant.' |
|  | O After 'tree, flower, bush' |
|  | O Unable to recall/refused |
|  | O Not attempted |


|  | O Spontaneous recall |
| :---: | :--- |
| C. Flag | O Correct word, incorrect form |
|  | O After 'Hangs on a pole.' 'flag, banner, sign.' |
|  | O Unable to recall/refused |
|  | O Not attempted |

(6)
A. What is today's date?


Month


Day

B. What is the day of the week?

O Correct
O Error/Refused $\qquad$ day of the
O Not attempted week
C. What season of the year is it?

O Correct
O Error/Refused $\qquad$ season
O Not attempted
(7) A. What state are we in?

O Correct
O Error/Refused state

O Not attempted

## B. What county are we in?

O Correct
O Error/Refused county

O Not attempted
C. What city/town are we in?

O Correct
O Error/Refused city/town
O Not attempted
D. Are we in a clinic, store, or home?

O Correct
O Error/Refused $\qquad$
O Not attempted


8 Point to the object or part of your own body and ask the participant to name it. Score 'Error/Refused' if the participant cannot name it within 2 seconds or gives an incorrect name.

| Correct | Error/ Not <br> Refused attempted |
| :--- | :--- | :--- |

A. Pencil: 'What is this?'
B. Watch: 'What is this?'
C. Forehead: 'What do you call this part of the face?'
D. Chin: 'And this part?'
E. Shoulder: 'And this part of the body?'
F. Elbow: 'And this part?' $\quad \bigcirc \quad \bigcirc \quad \bigcirc$
G. Knuckle: 'And this part?' ○ $\quad$ ○
(9) What animals have four legs? Tell me as many as you can.
Discontinue after 30 seconds. If the participant gives no reponse in 10 secs and there are at least 10 secs remaining, gently remind them (once only): 'What (other) animals have four legs?'. The first time an incorrect answer is provide, say 'I want four-legged animals.' Do not correct for subsequent errors.

Score (total correct responses)


Record correct responses:


Record additional correct answers on a separate sheet

10
A. In what way are an arm and a leg alike?

O Limbs, extremities, appendages
O Lesser correct answer
(e.g., body parts, both bend, have joints)
O Error/Refused
O Not attempted
B. In what way are laughing and crying alike?

O Expressions of feelings, emotions
O Lesser correct answer
(e.g., sounds, expressions, or other similar responses)
O Error/Refused
O Not attempted
C. In what way are eating and sleeping alike?

O Necessary bodily functions, essential for life
O Lesser correct answer (e.g., bodily functions, relaxing, 'good for you' or other similar responses)
O Error/Refused
O Not attempted

## 11

Repeat what I say: 'I would like to go out.'
O Correct
O 1 or 2 words missed
O 3 or more words missed
O Not attempted

Teng
Mini-Mental


12 Now repeat: 'No ifs, ands or buts.'

## Correct Error/ Not Refused attempted

A. no ifs
0
0
0
B. ands
0
0
0
C. or buts
0
O
0

## 13 Hold up Card \#1 and say: 'Please do this.'

If participant does not close their eyes within 5 secs, prompt by pointing to the card and saying 'Read and do what this says.'

O Closes eyes without prompting
o Closes eyes after prompting
O Reads aloud, but does not close eyes
o Does not read aloud or close eyes/Refused
O Not attempted
(14) Please write the following sentence: I would like to go out.

Correct Error/ Not Refused attempted
A. would
0
0
B. like
0
0
0
0
○
○
C. to
D. go
E. out

Which hand does the participant use to write? If task not done, ask if they are right or left handed.
1 O Right 20 Left
3 O Unknown

## C. Intersection

O 4-cornered enclosure
O Not a 4-cornered enclosure
O No enclosure, Refused
O Not attempted, Disabled


(16) Refer to Question 14 to check whether the participant is right or left-handed.
Take this paper with your left hand (right for left-handed person), fold it in half using both hands, and hand it back to me.

Correct Error/ Not Refused attempted
A. Takes paper in correct hand

0

0
0
0 half
C. Hands paper back
(17) What three words did I ask you to remember earlier?

O Spontaneous recall
O Correct word, incorrect form
A. Ball

O After 'A toy.'
O After 'ball, doll, block'
O Unable to recall/refused
O Not attempted

|  | O Spontaneous recall |
| :---: | :--- |
| B. Tree | O Correct word, incorrect form |
|  | $\circ$ After 'A plant.' |
|  | $\circ$ After 'tree, flower, bush.' |
|  | $\circ$ Unable to recall/refused |
|  | O Not attempted |


|  | O Spontaneous recall |
| :---: | :--- |
| C. Flag | O Correct word, incorrect form |
|  | O After 'Hangs on a pole.' |
|  | O Unable to recall/refused banner, sign' |
|  | O Not attempted |

(18) Would you please tell me again where you
were born?

|  | Does not <br> match/ | Not <br> attempted |
| :--- | :--- | :--- |
| Matches | Refused |  |

City or town

State/Country

19 Please indicate if the participant has any physical/functional disabilities or other problems which made it difficult or impossible to complete any of the tasks above. Check all that apply.

O Vision
TMDIFFVI
O Hearing
TMDIFFHE
O Writing problems due to injury or illness
O literacy/Lack of education
O Language
O Other: $\qquad$

TMDIFFIL TMDIFFLA TMDIFFOT
TMDIFFWR

> TMMFLAG TMBDAY TMREGIS TMREVERS TMRECALL TMTEMPOR TMSPACE TMNAMING TM4LEG TMMSCORE

## TMM1SSCR



Draft

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MoOS ID\# Acrostic Trails B Staff ID\#

(1) Was the participant able to complete the Sample Response Sheet?


## TBSAMP

Why not? 1 b Unable due to physical problems (hand tremor, cast, etc.)
2 Participant did not understand directions
3 Other
4P Participant Refused
(2) What time was the Trails B test administered (start time)?


O AM.
TBTIMEM
PM.
(3) Number of circles connected (maximu m=25):
 made by participant:

(4) Is the hand being used to complete Trails B the participant's usual or dominant hand for writing?

TBAFFECT

- Yes O No
(5) Are there any peripheral injuries (e.g., crushed or missing fingers, broken bones in the hand) or other things that have occurred in the participant's life history that would adversely affect their ability to do the test?
(6) Did the participant have a hand tremor (dominant hand)?

00 No 10 Mild 2 Marked TBTREM

## Digit Vigilance Test

$\square$

NOTE: If both pages completed record TOTAL time and errors.(1) Did participant complete the sample vigilance test?
(2) Did participant complete page 1 in <400 seconds ( 6 minutes 40 seconds)?

DVTMSCOR
DVTIME
(3) Total Time: $\square$ seconds
(4) Omission Errors:


O Yes $\mathrm{ONo} \longrightarrow$ DVVIGIL DVVIGPG1
O Yes O No

If NO, Do NOT have participant complete page 2. Record time and errors for page 1 ONLY below.


10 Unable
20 Did not understand directions
3 Other

## Why not?

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| :--- |
|       |

## Exclusion Criteria:

1 Has any pain or arthritis in your hands gotten worse recently?


2 Have you had any surgery on your hands or wrists in the past 3 months (12 weeks)?


3


O Refused
O Unable, did not attempt

Trial 2
 kg
o Refused
O Unable, did not attempt

## GSGRPRAV


 kg

O Refused
O Unable, did not attempt

GSGRPAVG GSGRPMAX GS1SAVGS GSDSA VGS GS1SGSPC GSDSGSPC

## INTRODUCTION/SCREENING QUESTIONS

1 Ask the participant: Do you use any walking aids, such as a cane? NFAIDS 1 O No aids 20 Cane or quad cane 30 Walker, wheelchair, leg brace, crutches

2 Does the participant have any of the following? If you are uncertain about one of following conditions, ask the NFOR participant. (Mark all that apply)


NFLIMB
NFPROTHE
NFPARALY
POrthosis
Q Missing limbs
P Prosthesis
9 Paralysis of extremity or side of body
3 Ask the participant: Do you have any problems from recent surgery, injury or other health conditions that might prevent you from standing straight up from a chair or walking quickly?

| NFPROB |
| :--- | :--- |
| O Yes <br> O No$\longrightarrow$Tell the participant: "Before we do each test, I'll describe it to <br> you. Please tell me if you think that you shouldn't attempt the <br> test because of the problems you described." |

## SINGLE CHAIR STAND

4 Could the participant stand up one time unassisted? NFSTAND1
10 Yes 00 No, unable to stand $\quad 30$ No, rises using arms



7 O Did not attempt/Refused


Do NOT perform Repeat Chair Stands. Go on to Six Meter Usual Pace

## REPEATED CHAIR STANDS

5 Did the participant complete all 5 stands?

|  | O Yes |  |
| :---: | :---: | :---: |
| Time to complete stands? | NFTM, E5 | seconds |
| Record arm use: O Did not use arms |  |  |
| $20 \begin{aligned} & \text { Used arms part } \\ & \text { of the time }\end{aligned}$3 O$\begin{aligned} & \text { Used arms all } \\ & \text { of the time }\end{aligned}$ |  |  |

NFARMU5A
NFTIME5A
NF5STAND
O No


Why weren't 5 chair stands completed?
40 Attempted, but unable to stand once without help 50 Completed at least 1 stand, but unable to complete 5 without help
70 Did not attempt/refused
NFARMU5B

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| :--- |
|  Staff ID\#     <br>       |

## SIX METER USUAL PACE



## 20 cm NARROW WALK

3 Did the participant successfully stay within the lines on Trial 1 (have 2 or less deviations)?


## Perform trial 3 only if trial 1 or trial 2 were marked 'No, 3 or more deviations/Unable to complete'

5 Did the participant successfully stay within the lines on Trial 3 (have 2 or less deviations)? 10 Yes 00 No, 3 or more deviations/Unable to complete 20 No, trial not attempted NFNWKNA3

Record time:


|  | NFNWLKA3 |  |
| :---: | :---: | :---: |
|  | Aid used: | 00 No aid |
| seconds | D Straight cane | 4O Crutch |
|  | D Quad cane | 30 Walker |

DXA
Bone Density Form

1 Was a bone density measurement obtained for the whole body?
$1^{\circ}$ Yes $\quad 0^{\text {O No, unable }} \quad 7^{\circ}$ No, refused $\quad D X W B$
Last 2 characters of scan ID \#:


2 Which hip was scanned at the baseline visit?
O Right O Left
3 Which hip was scanned at this visit?
O Right O Left O Hip not scanned
4 Was the same hip scanned at this visit as the baseline visit?



Record reason:
1o Refused radiation
20 Unable to lie on table
30 Bilateral hip replacement 50 Other $\qquad$
DXNOSCAN

5 Date of $\operatorname{scan}(\mathrm{s})$ : $\square$
$\square$
$\square$

6 Temperature of room during scan: DXQDTEMP
$\square$ degrees Celsius

| Office Use Only-MrOS ID\# |  |  |  | Acrostic |  |  |  |  |  | Staff ID\# |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |

1) Was any blood drawn? OYes ONo

2) Was a fasting sample collected? O Yes o No SCFAST

3 Time of blood draw:

$\square$ O am Opm

4 Date of Lab Processing:


Month


Day


5 Was a blood blotter collected?
OYes ONo
6 Was a second blood blotter collected?

Vial \#1:(Clear/1.0 mL serum) O Complete O Hemolyzed O Partial O Hemolyzed/partial O Not filled
Vial \#2:(Clear/ 1.0 mL serum) ○ Complete ○ Hemolyzed ○ Partial ○ Hemolyzed/partial ○ Not filled
Vial \#3:(Clear/ 1.0 mL serum) ○ Complete O Hemolyzed O Partial O Hemolyzed/partial O Not filled Vial \#4:(Clear/ 1.0 mL serum) ○ Complete ○ Hemolyzed ○ Partial ○ Hemolyzed/partial ○ Not filled Vial \#5:(Brown/4.0 mL serum) ○ Complete ○ Hemolyzed ○ Partial ○ Hemolyzed/partial ○ Not filled

7 Ending time of laboratory processing:


8 Enter ID from bar code label:


1 Was urine collected?

A. Date of specimen collection:

B. Time participant collected specimen:

C. What void was this?

O 1st O2nd O>2nd

## Date of Lab Processing:



Month


Day


Year

Start time of lab processing:


O am
O pm
Hours Minutes
Vial \#6:(Yellow/4.0mL urine) O Complete O Partial O Not filled
Vial \#7:(Yellow/4.0mL urine) O Complete O Partial O Not filled
Enter ID from bar code label:


Portland Only: Did participant complete 24 hr urine collection? SC24UACT

A. Date of specimen collection:
B. Time participant started collection:


Month


Hours
SC24U24H

D. Were all voids collected?
C. Did collection last 24 hours?

O Yes
O No

Date of Lab Processing:


Year
Month

Start time of lab processing:


Hours

$\circ \mathrm{am}$
$\bigcirc \mathrm{pm}$
Minutes

Vial \#8:(Green/4.0mL urine, central storage) O Complete O Partial O Not filled Vial \#10: (4.0mL urine)

O Complete O Partial O Not filled
Vial \#12: (4.0mL urine)
O Complete O Partial O Not filled

Vial \#9: (Green/4.0mL urine, central storage) O Complete O Partial O Not filled Vial \#11: (4.0mL urine)

> O Complete O Partial O Not filled

Vial \#13: (4.0mL urine)
O Complete O Partial O Not filled

