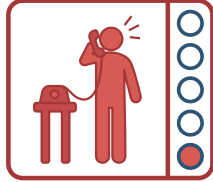


What Can You Do?

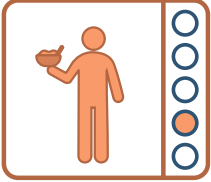
- No difficulty
- Some difficulty
- A lot of difficulty
- Unable to do
- Do not do



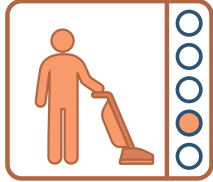
Telephone



Shopping



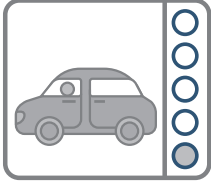
Food preparation



Housework



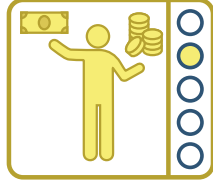
Laundry



Transportation



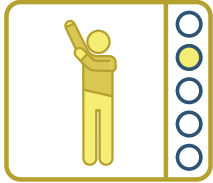
Medication



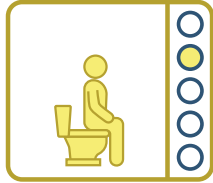
Finances



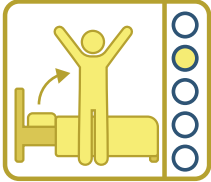
Bathing/showering



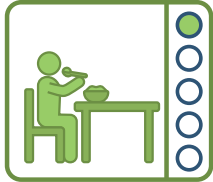
Dressing



Using the toilet



Transferring



Feeding self



Contenance

Do You Fall?

Falls this year: **2**

Needed medical help: **2**

Patient-Reported Fall Factors

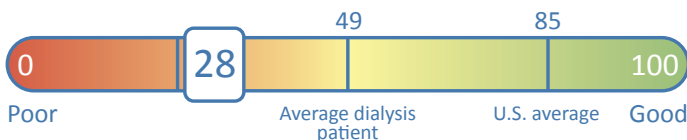
- Heart racing
- Problems with footwear
- Dizziness

Reported fear of falling:

Yes

How Do You Think You Are Doing?

Patient-Reported Physical Functioning Score:

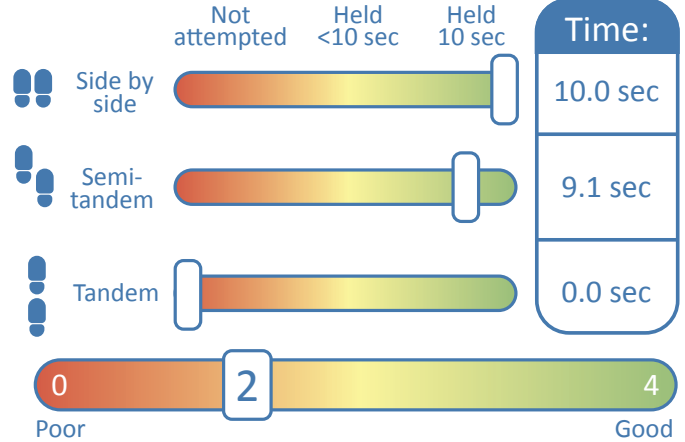


How Do You Move?

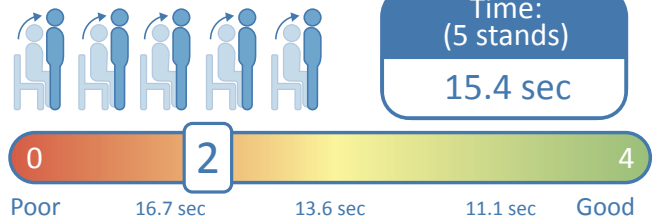
Total Physical Performance Score



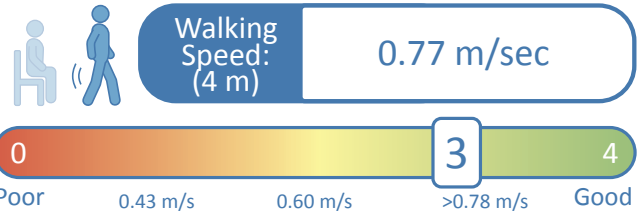
Balance



Chair Stand

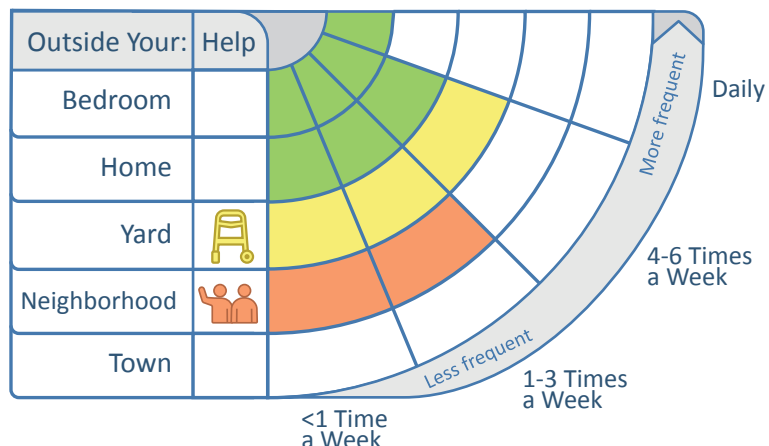


Walking Speed



How Far Do You Go?

- Does not use assistance
- Needs help from device
- Needs help from person



Purpose of the report

This report provides both you and your kidney doctor information about your functioning. Your functioning measures how well you are able to do your usual daily tasks. This report uses a color scale, where red means worse functioning and green means better functioning. Better functioning is related to fewer trips to the hospital, less disability, and better ability to live on your own without help. Talk to your kidney doctor about anything that concerns you about your report.

About the measures shown

What Can You Do?

Scores for **daily activities** measure how well you are currently managing your daily tasks. Scores have a range of 0 (red) to 3 (green). Higher scores mean that that is easier for you to do the task.

Do You Fall?

Shown are the **number of falls** in the past year, whether you needed a doctor's attention, what factors you think contributed to your fall(s), and whether you have a **reported fear of falling** during daily tasks.

How Do You Think You Are Doing?

The **patient reported physical functioning score** measures how well you think you are able to do physical tasks, such as climbing stairs. Scores have a range of 0-100. Higher scores mean that you think you have better abilities.

How Do You Move?

The **total physical performance score** combines your scores for balance, walking speed and strength. This combined score has a range of 0-12. Higher scores mean you have better physical performance.

Balance: The balance score measures how well you can stand in different positions without losing your balance. The score has a range of 0-4. Higher scores mean you have better balance.

Walking Speed: The walking speed score measures how fast you normally walk. The score has a range of 0-4. Higher scores mean you have faster walking speed.

Strength: The strength score measures how strong your lower body is. The score has a range of 0-4. Higher scores mean you are stronger in your lower body.

How Far Do You Go?

Life space measures how far you go, how often, and with how much help. Yellow means that you need a device like a cane or wheelchair and red means that you need another person to help you.

In addition to your kidney doctor, other health professionals may be able to help you with your functioning:

Physical Therapists (PTs): can help patients increase their balance or strength and create exercise plans.

Occupational Therapists (OTs): can help patients manage any difficulties they are having, by helping them change their surroundings or by changing their tasks to make them easier.

Social Workers: can help patients with transportation, social services, and advance care planning (making decisions about the care you would want to receive if you became unable to speak for yourself).

Dietitians: can help patients create and stick to their diet plans.

Palliative Care Providers: can help provide relief from the symptoms and stress of illness. This can include pain management. The goal is to improve quality of life for both the patient and the family.

Ophthalmologists (Eye Doctors): can find and correct problems with patients' ability to see that may be causing problems with functioning.

Neurologists/Psychiatrists: can help patients improve their ability to remember and concentrate. Problems with these abilities can affect daily functioning.

Psychiatrists/Psychologists/Behavioral Therapists: can help patients manage any problems such as depression or anxiety that may be affecting their daily functioning.

For more information:

If you would like more information about our study, about the measures on your report, or about potential resources, visit our website at <http://medicine.emory.edu/renal-medicine/renal-medicine-labs/informed/> or call the principal investigator of this study, **Laura Plantinga**, at **(404) 727-3460**.