 <b>CLSA ÉLCV</b> Canadian Longitudinal Study on Aging Étude longitudinale canadienne sur le vieillissement	<b>Title:</b>	<b>Timed (4-metre) Walk Test</b>		
	<b>Version Date:</b>	2014-JUL-10	<b>Document Number:</b>	SOP_DCS_0021
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<b>Data Collection Site (DCS)</b>	<b>Version:</b>	1.2	<b>Number of Pages:</b>	3

**1.0 Purpose:**

The purpose of this document is to describe the standardized procedure for administering the 4-metre walk test.

**2.0 Scope:**

This document is to be used by the DCS staff when administering and measuring the 4-metre walk test for a study participant.

**3.0 Responsibilities:**

It is the responsibility of the DCS staff to perform the procedures as described in the current and approved version of the standard operating procedure.

**4.0 Related Documents:**

Not applicable

**5.0 Definitions:**

- **Assistive devices:** instruments, devices, or aids that help a person to be more mobile or independent (i.e., cane, walker).

**6.0 Equipment:**

Not applicable

**7.0 Supplies:**


- Validated stopwatch; and,
- An area of floor that has been marked to specify the distance in meters.

**8.0 Procedure Steps:**

**Contraindications:**

- The participant is unable to stand or walk without the assistance of another person (Contraindications Questionnaire).

**Note:** The participant may use an assistive device to stand (make a note of the assistive device in the comments section in Onyx).

**Important:** Positioning/placement of the participant is critical to the reproducibility and comparison, between visits, for this test. Critical steps marked with 

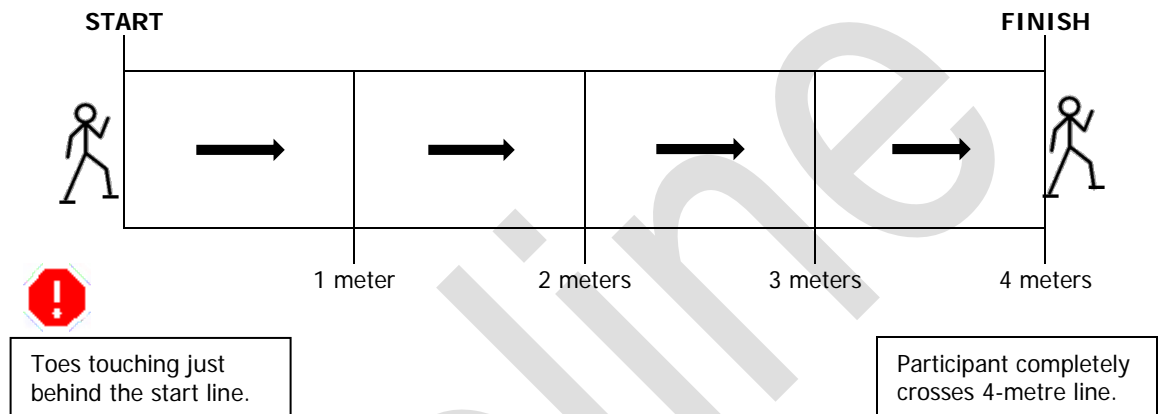
**Step 1:** At the *Interview Tab* in Onyx, look for 'Timed Walk' measurement in the list of stages. Then select **Start** in the "Actions" in that row.

**Step 2:** The "Timed Walk: Start" window will pop up.

**Step 3:** Scan the Interview ID barcode then click on **Continue**.

**Step 4:** Explain the procedure in full and demonstrate the test to the participant. Demonstrate the test by walking at your typical pace from the start position (i.e., toes touching but just behind the start line) and crossing the finish line 4 meters from the start position. The proper start and finish positions are also illustrated in Figure 1.0 below. Click next in Onyx.

**Figure 1.0: Start and Finish Positions**




**Note:** If a participant has a walker, it can be placed anywhere in front of them even if it is over the line. The important thing is that their feet are just behind the start line.

**Step 5:** Allow the participant one practice trial before conducting the test.

**Step 6:** Ask the participant to return to the starting position. Inform the participant that the timed assessment will begin on the command, "**Ready, Set, Go.**" The DCS research staff member's position is at the finish line.

**Step 7:** The DCS research staff member will begin timing by starting the stopwatch immediately after speaking the command "Ready, Set, Go." Do not wait for the participant to begin walking before starting the stopwatch.

**Step 8:**  **Stop** the stopwatch when the participant is completely across the finish line.

**Step 9:** Instruct the participant to stop walking once s/he has walked a few steps past the finish line.

**Step 10:** **Record** the measurement seconds:milliseconds in Onyx. Complete the remaining questions in Onyx.

**Step 11:** Click **Next**. The conclusion screen will appear indicating that you have completed the measurements.

**Step 12:** Click **Finish**. The "Timed Walk: Finish" window will pop up.

**Step 13:** Indicate in the **comment** field in Onyx if there was anything that may have affected or influenced the measurement. Ensure that comments do not contain any personally identifying information.

**Step 14:** Click **Continue** to return to the status page.

**9.0 Documentation and Forms:**

- **CRF\_DCS\_0021** - 4-Metre Walk Test Case Report Form

**10.0 References:**

- Multicenter AIDS Cohort Study (MACS) [Internet]. Timed walk and hand grip strength protocol; [updated 2008 Oct 30]. Available from: <http://www.statepi.jhsph.edu/macs/Questionnaires/Guidelines/v50guide-frailty.pdf>
- Ávila-Funes JA, Gray-Donald K, Payette H. Association of nutritional risk and depressive symptoms with psychical performance in the elderly: The Quebec Longitudinal Study of Nutrition as a Determinant of Successful Aging (NuAge). J Am Coll Nutr. 2008; 27(4):492-8.

**Baseline Revision History:**

New Version #	Revision Date	Revision Author	Content Approval
1.2	2014-JUL-10	Lorraine Moss	Mark Oremus
<b>Summary of Revisions</b>			
SOP formatting updated.			
Wording of Scope, Purpose and Responsibilities updated and clarified.			
Added 'stop' symbols to emphasize point in C1 and Steps 4 and 8.			
New Version #	Revision Date	Revision Author	Content Approval
1.2	2012-Nov-09	Lorraine Moss	Mark Oremus
<b>Summary of Revisions</b>			
Added CRF document number to section 7.0			