 <b>clsa élcV</b> Canadian Longitudinal Study on Aging Étude longitudinale canadienne sur le vieillissement	<b>Title:</b>	<b>Timed Get Up and Go Test</b>		
	<b>Version Date:</b>	2014-JUL-10	<b>Document Number:</b>	SOP_DCS_0022
	<b>Effective Date:</b>	2014-OCT-15		
<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 and measuring the Timed Get Up and Go Test.

### 2.0 Scope:

This document is to be used by the DCS staff during the administration and measurement of the Timed Get Up and Go 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 device:** instruments, devices, or aids that help a person to be more mobile and independent

### 6.0 Equipment:

Not applicable

### 7.0 Supplies:


- Chair with arm rests;
- Stopwatch; and
- An area of floor that has been marked to specify the test's walking distance in meters.

### 8.0 Procedure Steps:

#### Contraindications:

- The participant is unable to stand without the assistance of another person (Contraindications Questionnaire);
- The participant is unable to rise from a chair without the assistance of another person (Contraindications Questionnaire); or,
- The participant is unable to walk without the assistance of another person (Contraindications Questionnaire).

**NOTE:** The participant may use an assistive device (e.g., cane, walker, etc.), if s/he uses it in their normal day-to-day routine. Make a note in the comments section of the Case Report Form (CRF) regarding the type of assistive device.

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



Set up the chair to ensure that the participant's feet (when seated) are just behind the starting line for the test.

**Step 1:** At the *Interview Tab* in Onyx, look for the "Timed Get Up and Go Test" in the list of stages. Then select **Start** in that row.

**Step 2:** The "Timed Get Up and Go: 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.

**Step 5:** Staff may allow the participant one practice trial before conducting the test if necessary.

**Step 6:** Seat the participant in a chair with their arms resting on the chair's arm rests.

**Step 7:** Ask the participant to stand up and walk a distance of 3 metres, which is marked on the floor, turn around, walk back to the chair, and sit down again.

**Step 8:** Start the stopwatch immediately after speaking the command "**Ready, Set, Go**".  End the timing when the participant returns to the chair and sits back down (has come to a complete rest in the chair). If the participant has visual problems, give verbal commands to "Turn" and inform them when they have arrived back at the chair.

**Step 9:** Complete and **Record** results for one trial in Onyx (i.e., do not record results from the practice trial).

**Step 10:** Click **Next**. The conclusion screen will appear indicating that you have completed the measurements.

**Step 11:** Click **Finish**. The "Timed Get Up and Go: Finish" window will pop up.

**Step 12:** Indicate in the **comment** field in Onyx if there was anything that may have affected or influenced the measurement (including the use of assistive devices). Ensure that comments do not contain any personally identifying information.

**Step 13:** Click **Continue** to return to the status page.

## 9.0 Documentation and Forms:

- CRF\_DCS\_0022 - Timed Get Up and Go CRF

## 10.0 References:

- Timed Get Up and Go Test [Internet]. Hamilton County Fall Prevention Task Force; 2004 May 25. Available from: <http://www.fallprevention.ri.gov/Module3/sld006.htm>
- Shumway-Cook A, Brauer S, Woollacott M. Timed Up and Go Test (TUG) [Internet]. Dartmouth-Hitchcock; 2011. Available from: [http://www.dhmc.org/dhmc-internet-upload/file\\_collection/tug\\_0109.pdf](http://www.dhmc.org/dhmc-internet-upload/file_collection/tug_0109.pdf)
- The Role of Physical Activity in Healthy Ageing [Internet]. World Health Organization (WHO). Ageing and Health Programme. WHO/HPR/AHE/98.1. Available from: <http://www.imsersomayores.csic.es/documentos/documentos/oms-role-01.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 Step 8.			
New Version #	Revision Date	Revision Author	Content Approval
1.1	2012-DEC-17	Lorraine Moss	Mark Oremus
<b>Summary of Revisions</b>			
Added a blank line between <b>step 1 &amp; step 2</b> in section <b>6.0 Procedure Steps</b>			
In Section <b>6.0 Procedure steps</b> – added “Ensure that the chair is set up to ensure that the participant’s feet are just behind the starting line for the three meter mark when seated.” Under the first paragraph			
Added CRF number to section <b>7.0</b>			
Various formatting throughout the document to comply with CLSA standards.			
<b>Step 8</b> re-worded to read “Start the stopwatch immediately after speaking the command <b>“Ready, Set, Go”.....</b> ”			
First paragraph under section 6.0 moved to Contraindications section <b>“NOTE: The participant may use an assistive device (e.g., cane, walker, etc.), if s/he uses it in their normal day-to-day routine. Make a note in the comments section of the CRF regarding the type of assistive device.”</b>			
Second paragraph under section 6.0 “re-worded to read “Set up the chair to ensure that the participant’s feet (when seated) are just behind the starting line for the test.”			
<b>Step 12</b> re-worded to read <b>“Step 12 – Indicate in the comment field in Onyx if there was anything that may have affected or influenced the measurement (including the use of assistive devices). Ensure that comments do not contain any personally identifying information.”</b>			
Multiple spelling and grammatical correction throughout document.			

Baseline