 clsa élcv Canadian Longitudinal Study on Aging Étude longitudinale canadienne sur le vieillissement	Title:	Measuring Standing Balance		
	Version Date:	2017-FEB-15	Document Number:	SOP_DCS_0023
	Effective Date:	2017-MAY-15		
Data Collection Site (DCS)	Version:	2.2	Number of Pages:	3

1.0 Purpose:

The purpose of this document is to describe the standardized procedure for measuring participants' standing balance.

2.0 Scope:

This document is to be used by the DCS staff when administering the test for standing balance to participants.

3.0 Responsibilities:

DCS staff are responsible for performing the procedures as described in the current and approved version of the standard operating procedure.

4.0 Related Documents:

Not applicable

5.0 Definitions:

Not applicable

6.0 Equipment:

Not applicable


7.0 Supplies:

- Stopwatch; and
- An area where a mark has been made one metre from a wall.

8.0 Procedure Steps:

Contraindications:

- The participant is unable to stand unassisted (Contraindications Questionnaire).

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

Step 1: At the *Interview Tab* in Onyx, look for Standing Balance in the list of stages. Then select **Start** in that row.


Step 2: The “Standing Balance: Start” window will pop up.

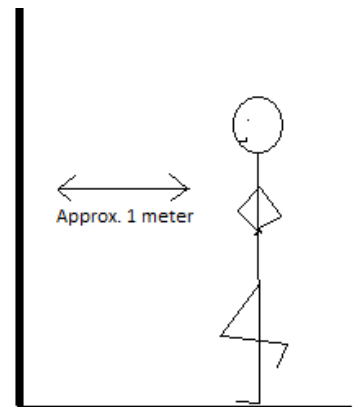
Step 3: **Scan** the Interview ID barcode then click on **Continue**.

Step 4: Have the participant remove their shoes.

Step 5: The DCS research staff member should:


- Explain the procedure to the participant.

- Should demonstrate the procedure for a few seconds, lifting the left leg to calf level.
- Should tell the participant to keep their leg in the raised position for as long as possible.
-  Remind the participant to lift the left leg to the calf, bending the knee of the raised leg while placing their hands on their waist. (See picture).



Step 6: Click **Next** in Onyx.

Step 7: Allow the participant to practice the procedure. When they are ready, have them stand one metre (at least an arm span) from the wall, facing the wall.

Step 8:  Start the timer when the foot leaves the ground and stop when the foot touches the ground or when the participant loses balance and/or touches the wall. Stop the participant once they reach 60 seconds.

NOTE: Stop the timer if the participant starts to hop.

Step 9: In Onyx, **record** if the test was done for the **right leg** and enter the time achieved (in seconds:milliseconds). Click **Next**.

Step 10: Repeat the test with the left leg. **Record** the time achieved (in seconds:milliseconds) in Onyx. Click **Next**.

Step 11: **Record** any comments.

Step 12: Click **Next** and then click **Finish** in Onyx.

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_0022** – Standing Balance Case Report Form

10.0 References:

- K1-CLSA-CoP- DCS Participant Flow; [updated 2010 Feb].
- 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.

F1 Revision History:

New Version #	Revision Date	Revision Author	Content Approval
2.2	2017-FEB-15	Lorraine Moss	Mark Oremus
Summary of Revisions			
Re-worded step 4 and 5			

FOLLOW-UP 1