

Supplementary table S1. Standard-MPI

1. ACTIVITIES OF DAILY LIVING (ADL) *

Is the patient able to perform the following activities completely independently?

A) BATHING (either sponge bath, tub bath, or shower)	
- YES	1
- NO	0
B) DRESSING	
- YES	1
- NO	0
C) TOILETING (going to the "toilet room" for bowel and urine elimination, cleaning self after elimination, and arranging clothes)	
- YES	1
- NO	0
D) TRANSFER	
- YES	1
- NO	0
E) CONTINENCE	
- YES	1
- NO	0
F) FEEDING	
- YES	1
- NO	0

TOTAL _____

2. INSTRUMENTAL ACTIVITIES OF DAILY LIVING SCALE (IADL)*

Are you able to perform the following activities completely independently?

A) ABILITY TO USE TELEPHONE (at least answer the phone)	
Yes	1
No	0
B) SHOPPING	
Yes	1
No	0
C) FOOD PREPARATION	
Yes	1
No	0
D) HOUSEKEEPING	
Yes	1
No	0
E) LAUNDRY	
Yes	1
No	0
F) MOVE INDEPENDENTLY THROUGH PUBLIC TRANSPORT / OWN CAR	
Yes	1
No	0
G) RESPONSIBILITY FOR OWN MEDICATIONS	
Yes	1
No	0
H) ABILITY TO HANDLE FINANCES housekeeping, paying rent and other expenses, going to the bank/post office)	
Yes	1
No	0
TOTAL	

3.b EXTON-SMITH SCALE (ESS) *

(evaluation of pressure sores risk)

General Condition		Incontinence	
Bad	1	Doubly incontinent	1
Poor	2	Usually of urine	2
Fair	3	Occasional	3
Good	4	Not	4
Mental State		Mobility in Bed	
Stuporososous	1	Immobile	1
Confused	2	Very limited	2
Apathetic	3	Slightly limited	3
Alert	4	Full	4
Activity		TOTAL _____	
Lying down		<i>Score 16-20: minimum risk</i>	
Sitting		<i>Score 10-15: medium risk</i>	
Walk with help		<i>Score 5-9: high risk</i>	
Walk			

4. SHORT PORTABLE MENTAL STATUS
QUESTIONNAIRE (SPMSQ)

	Correct	Wrong
What is the date today? (Correct only when the month, date, and year are all correct)	0	1
What day of the week is it?	0	1
What is the name of this place? (Correct if any of the description of the location is given)	0	1
What is your street address?	0	1
How old are you?	0	1
When were you born?	0	1
Who is the president (or the Pope) now? (Requires only the correct last name)	0	1
Who was president (or the Pope) just before him?	0	1
What was your mother's maiden name?	0	1
Subtract 3 from 20 and keep subtracting 3 from each new number at least for 3 times (The entire series must be performed correctly to be scored as correct)	0	1

TOTAL: _____

5. MINI NUTRITIONAL ASSESSMENT Short Form (MNA - SF)

Weight: _____ kg	Height: _____ cm
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Screening	
A Does the patient present with a loss of appetite? Have he/she eaten less in the past 3 months? (loss of appetite, digestive problems, difficulty chewing or swallowing) 2= No, his/her food intake hasn't decreased 1 = Yes, his/her food intake decreased moderately 0= Yes, his/her food intake decreased severely	
B Weight loss (<3 months) 0 = weight loss > 3 kg 1 = he/she does not know 2 = weight loss between 1 and 3 kg 3 = no weight loss	
C Mobility 0 = bed or chair bound 1 = able to get out of bed/chair but does not go out 2 = goes out	
D Has suffered psychological stress or acute disease in the past 3 months 0 = yes 2 = no	
E Neuropsychological problems 0 = severe dementia or depression 1 = mild dementia 2 = no psychological problems	
F1 Body Mass Index (BMI) = weight in kg / (height in m)² 0 = BMI < 19 1 = 19 ≤ BMI < 21 2 = 21 ≤ BMI < 23 3 = BMI ≥ 23	
IF BMI IS NOT AVAILABLE, REPLACE QUESTION F1 WITH QUESTION F2. DO NOT ANSWER QUESTION F2 IF QUESTION F1 HAS ALREADY BEEN COMPLETED.	
F2 Calf Circumference (CC in cm) 0 = CP less than 31 3 = CP 31 or superior	

Screening Evaluation		
(maximum 14 points)	<div style="border: 1px solid black; width: 60px; height: 20px; margin: 0 auto;"></div>	
12- 14 punti	Well-nourished	
8-11 punti	At risk of malnutrition	
0-7 punti	Malnourished	

6. CUMULATIVE ILLNESS RATING SCALE (C.I.R.S.)

	NONE	MILD	MODERATE	SEVERE	EXTREMELY SEVERE
1. Cardiac (heart only)	1	2	3	4	5
2. Hypertension (rating is based on severity)	1	2	3	4	5
3. Vascular (arteries, veins, lymphatics)	1	2	3	4	5
4. Respiratory (lungs, bronchi, trachea)	1	2	3	4	5
5. EENT (eye, ear, nose, throat, larynx)	1	2	3	4	5
6. Upper GI (esophagus, stomach, duodenum, biliary and pancreatic trees)	1	2	3	4	5
7. Lower GI (intestines, hernias)	1	2	3	4	5
8. Hepatic (liver only)	1	2	3	4	5
9. Renal (kidneys only)	1	2	3	4	5
10. Other GU (ureters, bladder, urethra, prostate, genitals)	1	2	3	4	5
11. Musculo-skeletal-integumentary (muscles, bone, skin)	1	2	3	4	5
12. Neurological (brain, spinal cord, nerves)	1	2	3	4	5
13. Endocrine-metabolic (including diabetes, hyperlipidemia, infections, toxicity)	1	2	3	4	5
14. Psychiatric (dementia, depression, anxiety, agitation, psychosis)	1	2	3	4	5
ILLNESS SEVERITY SCORE (CIRS-IS) mean of all single item (excluded the psychiatric item)	COMORBIDITY INDEX (CIRS-CI) number of items with a score of 3 or greater (excluded the psychiatric item)				

7. Number of drugs used: _____

8. Co-habitation status:

Does the patient live:

☐ Alone

☐ With relatives/nurse

☐ In institution

MPI - Multidimensional Prognostic Index			
	Punteggio assegnato a ogni dominio		
	Low (Value = 0)	Mild (Value = 0.5)	High (Value = 1)
1. ADL	6-5	4-3	2-0
2. IADL	8-6	5-4	3-0
3. BARTHEL MOB	3-2	1	0
4. SPMSQ	0-3	4-7	8-10
5. MNA-SF	12-14	8-11	0-7
6. CIRS	0	1-2	≥ 3
7. Number of drugs	0-3	4-6	≥ 7
8. Social status	Lives with family	Institutionalized	Living alone
Add up the scores assigned to each domain, and then divide the sum by 8		TOTAL SCORE MPI OUTPATIENT VERSION	

Legend:

RISK	Mild (MPI 1)	Moderate (MPI 2)	Severe (MPI 3)
RANGE	0.00 - 0.33	0.34-0.66	0.67-1.0

Supplementary Table S2. SELFY-BRIEF-MPI

SELFY-BRIEF-MPI (Multidimensional Prognostic Index)				
Domain	Source	Item	Score	Summed score by domain
Basic Activities of Daily Living	ADL	I am able to eat on my own, without needing any assistance	0= No 1= Yes	_____
		I am able to get dressed by myself without needing any assistance	0= No 1= Yes	
		I have complete bowel and bladder control	0= No 1= Yes	
Instrumental Activities of Daily Living	IADL	I can use the telephone by myself	0= No 1= Yes	_____
		I take my medication by myself in the correct dosage and at the correct time	0= No 1= Yes	
		I can take care of grocery shopping by myself, without needing any assistance	0= No 1= Yes	
Mobility	MPI-InChianti	I can get in and out of bed or chair by myself without needing any assistance	0= No 1= Yes	_____
		I am able to walk by myself for more than 50 meters on a flat ground (even using walking aids such as walking stick, walker, etc..)	0= No 1= Yes	
		I am able to walk up and down stair without needing any assistance	0= No 1= Yes	
Cognitive status	CCI	I find it more difficult to remember recent events than I used to	0= No 1= Yes	_____
		I find it more difficult to complete a task than I used to	0= No 1= Yes	
		I find it more difficult to follow a conversation than I used to	0= No 1= Yes	
Nutrition	MNA mod.	Body Mass Index (BMI) = Weight (Kg) _____ = _____ Height ² (in metres)	0= Yes 1= No	_____
		My total BMI value is between 21 and 29,9		
		In the last 3 months, my food intake decreased severely due to a loss of appetite, digestive problems, chewing or swallowing difficulties	0= No 1= Yes	

		In the last 3 months, I lost more than 3 Kg (6.6 lbs)	0= No 1= Yes	
Comorbidity	CIRS Selfy-MPI	Please, indicate the number of health problems for which you need medication (extended over time)	_____(from 0 to 13)	//
N. of drugs	Selfy-MPI	How many different medications do you take a day?	_____	//
Co-habitation status	Selfy-MPI	What is your household composition?	<input type="radio"/> I live with family / husband / wife / caregiver <input type="radio"/> I live in a residential home for elderly people <input type="radio"/> I live alone	//

SELFY-BRIEF-MPI : SCORING

SELFY-BRIEF-MPI (Multidimensional Prognostic Index)				
	Score assigned to each domain			Value of the corresponding column (0- 0.5- 1)
	Low (Value = 0)	Moderate (Value = 0.5)	High (Value = 1)	
ADL	3	2	1 or 0	
IADL	3	2	1 or 0	
MOBILITY	3-2	1	0	
Cognitive status	0-1	2	3	
Nutritional status	0-1	2	3	
Comorbidity	0	1-2	≥ 3	
N. of drugs	0-3	4-6	≥ 7	
Co-habitation status	With family / husband / wife / caregiver	In residential home	Alone	
Add up the scores obtained in the last column on the right				Tot. _____
Divide the total score by 8			Final score SELFY-Brief-MPI	_____ : 8 = _____

Supplementary Table S3. Basic features of the participants divided by each recruitment center.

Center	Gender (n. of males)	Enrollment Setting	Age (M \pmSD)	Standard-MPI (M \pmSD)	SELFY-BRIEF-MPI (M \pmSD)
Bari (n=20)	13	4 outpatients and 16 hospitalized	80.3 \pm 9.0	0.39 \pm 0.23	0.38 \pm 0.18
Catanzaro (n=20)	12	20 outpatients	73.9 \pm 3.6	0.35 \pm 0.16	0.38 \pm 0.17
Genoa (n=41)	12	26 outpatients and 15 hospitalized	81.5 \pm 6.4	0.47 \pm 0.20	0.45 \pm 0.19
Palermo (n=24)	12	24 hospitalized	76.9 \pm 5.8	0.44 \pm 0.14	0.37 \pm 0.16