

# Supplementary table S1. Standard-MPI

## 1. ACTIVITIES OF DAILY LIVING (ADL) \*

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

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

**TOTAL** \_\_\_\_\_

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

**Are you able to perform the following activities completely independently?**

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

### 3.b EXTON-SMITH SCALE (ESS) \*

(evaluation of pressure sores risk)

<b>General Condition</b>		<b>Incontinence</b>	
Bad	1	Doubly incontinent	1
Poor	2	Usually of urine	2
Fair	3	Occasional	3
Good	4	Not	4
<b>Mental State</b>		<b>Mobility in Bed</b>	
Stuporous	1	Immobile	1
Confused	2	Very limited	2
Apathetic	3	Slightly limited	3
Alert	4	Full	4
<b>Activity</b>		<b>TOTAL</b> _____	
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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<b>Screening</b>	
<p><b>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)</b></p> <p>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</p>	
<p><b>B Weight loss (&lt;3 months)</b></p> <p>0 = wieght loss&gt; 3 kg          1 = he/she does not know          2 = weight loss between 1 and 3 kg          3 = no weight loss</p>	
<p><b>C Mobility</b></p> <p>0 = bed or chair bound          1 = able to get out of bed/chair but does not go out          2 = goes out</p>	
<p><b>D Has suffered psychological stress or acute disease in the past 3 months</b></p> <p>0 = yes          2 = no</p>	
<p><b>E Neuropsychological problems</b></p> <p>0 = severe dementia or depression          1 = mild dementia          2 = no psychological problems</p>	
<p><b>F1 Body Mass Index (BMI) = weight in kg / (height in m)<sup>2</sup></b></p> <p>0 = BMI&lt;19          1 = 19 ≤ BMI &lt; 21          2 = 21 ≤ BMI &lt; 23          3 = BMI ≥ 23</p>	
<p>IF BMI IS NOT AVAILABLE, REPLACE QUESTION F1 WITH QUESTION F2.          DO NOT ANSWER QUESTION F2 IF QUESTION F1 HAS ALREADY BEEN COMPLETED.</p>	
<p><b>F2 Calf Circumference (CC in cm)</b></p> <p>0 = CP less than 31          3 = CP 31 or superior</p>	

<b>Screening Evaluation</b>	<input style="width: 80%; height: 20px;" type="text"/>	
(maximum 14 points)		
<b>12- 14 punti</b>	<b>Well-nourished</b>	
<b>8-11 punti</b>	<b>At risk of malnutrition</b>	
<b>0-7 punti</b>	<b>Malnourished</b>	

## 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
<b>ILLNESS SEVERITY SCORE (CIRS-IS)</b> mean of all single item (excluded the psychiatric item)	<b>COMORBIDITY INDEX (CIRS-CI)</b> 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

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

Legend:

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

## 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.	<p style="text-align: center;">Body Mass Index (BMI) =</p> $\frac{\text{Weight (Kg)}}{\text{Height}^2 \text{ (in metres)}} = \frac{\text{-----}}{\text{-----}}$ <p>My total BMI value is between 21 and 29,9</p>	<p style="text-align: center;">0= Yes 1= No</p>	_____
		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 Ibs)	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="checkbox"/> I live with family / husband / wife / caregiver  <input type="checkbox"/> I live in a residential home for elderly people  <input type="checkbox"/> I live alone	//

SELFY-BRIEF-MPI : SCORING

<b>SELFY-BRIEF-MPI (Multidimensional Prognostic Index)</b>				
	Score assigned to each domain			Value of the corresponding column <b>(0- 0.5- 1)</b>
	Low <b>(Value = 0)</b>	Moderate <b>(Value = 0.5)</b>	High <b>(Value = 1)</b>	
<b>ADL</b>	3	2	1 or 0	
<b>IADL</b>	3	2	1 or 0	
<b>MOBILITY</b>	3-2	1	0	
<b>Cognitive status</b>	0-1	2	3	
<b>Nutritional status</b>	0-1	2	3	
<b>Comorbidity</b>	0	1-2	≥3	
<b>N. of drugs</b>	0-3	4-6	≥7	
<b>Co-habitation status</b>	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			<b>Final score</b> <b>SELFY-Brief-MPI</b>	_____ : 8 = _____

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

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