Supplemental Table 4: Survey of Adults with ESRD undergoing hemodialysis

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| Item | Response Options |
| *Frailty\** | |
| Do you think that patients with ESRD are more or less likely to be frail than other people? | * More likely * Less likely * About the same |
| Which of the following best describes you? | * Not frail * Somewhat frail * Frail * Don’t know |
| Do you think the following things make a person frail?   * Unintentional weight loss * Slowed walking * Low physical activity * Exhaustion * Poor memory | * Yes * No |
| Has a doctor ever told you that you are frail? |
| Do you want to be told by a doctor whether or not you are frail? |
| *Interventions* | |
| A foot peddler is like a bike that you could use while seated in the dialysis chair. Would you want to use a foot peddler while on dialysis? | * Yes * No |
| Do you think that using a foot peddler would make a person undergoing dialysis less frail overall? |
| Do you think that prehabilitation could help people with ESRD before they get a transplant? |
| Do you think that prehabilitation would make a person getting a kidney transplant less frail? |
| Would you be interested in being part of a prehabilitation program up until your kidney transplant? |

\*The survey included the following language to describe the term “frailty:” “Frailty is a syndrome characterized by a loss of physiologic reserve. People who are frail are unable to bounce back after they get sick or hurt”