

Long-term outcomes after critical illness: recent insights

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Online Supplementary material

Table S1. Suggested core outcome set in relation to the expanded definition of PICS, and non-exhaustive list of measurement tools that are commonly used in the published studies, with their normal value or range if available.

Post-ICU outcomes		Common measurement tools	Normal values where available
Physical disabilities	Muscle mass	Quadriceps ultrasonography, computerized tomography at lumbar level	
	Muscle strength	Medical Research Council (MRC) Manual Muscle Test Hand grip strength Quadriceps strength	>48 > 11 kg in males, > 7 kg in females
	Muscle function	2- or 6-min walking test (2MWT or 6MWT) Time up and go test (TUG) Physical Function in Intensive Care Test scored (PFIT-s) Chelsea Critical Care Physical Assessment tool (CPAx) Short Physical Performance Battery (SPPB) Physical activity questionnaires	depends on age and sex < 13.5 sec, depending on age
	Respiratory function	Modified Medical Research Council Dyspnea Scale Dyspnea-12 questionnaire Diaphragm ultrasonography Maximal inspiratory and expiratory pressures Pulmonary function tests	≥ 10 depends on age, sex, anthropometrics
	Autonomy	Barthel Index Instrumental Activities of Daily Living (IADL) Functional Independence Measure (FIM)	

	Swallowing disorders	Eating Assessment Tool (EAT-10) Water swallow test Bedside swallow evaluation Oropharyngo-esophageal scintigraphy or flexible endoscopic evaluation	< 3
	Osteopenia	Bone mineral density (dual-energy X-ray absorptiometry) Bone turnover biomarkers	
	Metabolic disorders	Biomarkers Body weight	
	Endocrine dysfunction	Biomarkers	
	Vulnerability	Clinical Frailty Scale	
	Mental disorders	Hospital Anxiety and Depression Scale (HADS) Impact of Event Scale – revised (IES-R) Generalized Anxiety Disorder scale (GAD) Patient health questionnaires	<7 in each subscale <22, 1 month after trauma, <36, 3 months after trauma
	Cognitive disorders	Montreal Cognitive Assessment (MoCA) Repeatable Battery for the Assessment of Neuropsychological Status (RBANS)	≥ 26
	Fatigue	Numeric rating scale Multidimensional Fatigue Inventory (MFI-20) Functional Assessment Chronic Illness Therapy-Fatigue scale (FACIT-F)	depends on age and sex
	Sleep disorders	Pittsburg Sleep Quality Index (PSQI) Epworth Sleepiness Scale	< 5 0-6
	Chronic pain	Numeric rating scale Brief Pain Inventory – Short Form (BPI-SF) Pain Self-Efficacy Questionnaire (PSEQ) Leads assessment of neuropathic symptoms and signs (LANSS)	
	Quality of life	The Short Form (36) Health Survey (SF-36) EQ-5D instrument	