

Additional File 1: assessments at all visits

ASSESSMEN	TVERFAHREN								9	STUDY	PHAS	E							
			I	II	ı	II							IV						
Category	Measured data	V0	V2	V3	V4	V5	V6	V7	V8	V9	V10	V11	V12	V13	V14	V15	V16	V17	V18
Sociodemographic Data	Height	Х																	
	Weight	Х				Х	Х			Х									Х
	ВМІ	Х				Х	Х			Х									Х
	Sex	Х																	
	Smoking (FAGERSTROM)		Х							Х									Х
	Alcohol consumption (AUDIT-C)		х							Х									х
	Life situation		Х																
Anamnesis	Daily medication		Х				Х			Х			Х			Х			Х
	Pain medication		Х				Х			Х			Х			Х			Х
	Charlson Comorbidity Index (CCI)		Х							Х									Х

ASSESSM	ENTVERFAHREN							9	STUDY	PHAS	E				
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Anämie	Blood Count (from Routine)		х												
Muscle strength	Handgrip strength	Х				Х			Х						Х
Endurance	2-minute-step-test (2-M-ST)		х			х			х						х
	Expiratory Peak-Flow		Х						Х						Х
Mobility	Timed Up&Go (TUG)		Х			Х			Х						Х
	CHARMI		Х				Х		Х						Х
	Gait speed over 15 ft.	Х				Х	Х		Х						Х
	Metabolic Equivalents (MET)		Х			Х			Х						х
	Stair climbing speed (SCS)		х		Х	Х			Х						х
	Subjective fatigue	Х				Х	Х		Х						Х
	Life-Space-Assessment (LSA)		х						Х						Х

ASSESSMEN	ITVERFAHREN								9	STUDY	PHAS	E							
			ı	Ш	II	I							IV						
Pain	Numeric Rating Scale (NRS)		Х			Х	Х	Х	Х	х	Х	Х	Х	Х	Х	Х	Х	Х	х
Nutrition	Weight Loss	Х				Х	Х			Х									Х
	Albumin		Х				Х												Х
	Mini Nutritional Assessment, SF		х							Х									х
	Calf circumference		Х							Х									Х
	Upper Arm circumference		Х							Х									х
Cognition	Mini Cog	Х								Х									Х
	MOCA		Х							Х									Х
	CANTAB Test battery		Х							Х									Х
	Multifactorial Memory Questionnaire (MMQ)		Х							Х									Х
	Trail making Test A and B		Х							Х									Х

ASSESSMEN [*]	TVERFAHREN								9	STUDY	PHAS	E							
		ı		Ш	ı	II							IV						
	Informant Questionnaire on Cognitive Decline in the Elderly (IQCODE)		x							x									х
	Screening / diagnosis of Neurocognitive Disorders		x							x									х
Fall risk	Falls in the past year Fall incidence		X			Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х
	ABC-6-Scale		Х			Х				Х									Х
Quality of Life	Quality of Life (EQ-5D-5L)		Х			Х				Х			Х			Х			Х
	Anxiety (GAD-7)		Х							Х									Х
	Subj. Health (PHQ-8)		Х							Х									Х
	CarerQol			Х						Х									Х
Subjective Health	WHODAS 2.0, 12 Items		Х							Х									Х
Evaluation of the Intervention	Expectation for pending Intervention		Х	х		Х													

ASSESSMEN [®]	TVERFAHREN						5	STUDY	PHAS	E					
		1	Ш	1							IV				
	Satisfaction with Intervention (ZUF-8)				Х										Х
	Satisfaction with process					Х									Х
Social	Activities of Daily Living (ADL/iADL)	Х						Х			Х		Х		Х
	Social Situation according to Nikolaus (SOS), Subscale 1 and 2	х						x							х
	Loneliness (3-Item- Loneliness Scale)	х						Х							
Perception	Hearing Impairment	Х						Х							Х
	Seeing impairment	Х						Х							Х
Shared-Decision-Making	Autonomy Preference Index (API)		х												
	9-item Shared Decision Making Questionnaire (SDM-Q-9), medical doctor			х											

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		ı	Ш	ı	II							IV				
	SDM-Q-9, Patient			Х												
	SDM-Q-9, informal carer			Х												
Prehabilitation	Defined goals (primary, secondary) for prehabilitation		х													
	Performed therapies during prehabilitation				Х											
	Patient diary für independent exercises				Х											
Care dependency	Level of care dependency (NBA)	Х							Х							х
	Current level of care dependency	х							Х							х
	Barthel Index (BI)	Х				Х			Х							Х
Health Care Utilization	Visits medical doctor / hospital						х		х			х		х		х
	LOS hospital						Х		Х			Х		Х		Х

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		ı	Ш	ı	II							IV				
	Onset of new medical conditions						Х		Х			Х		Х		Х
	Mortality						Χ									Х
	FIMA	Х							Х			Х		Х		Х
Documentation in	ASA-Score	Х														
patient file	Surgical risk, Type	Х				Х										
	Duration of surgery and anaesthesy					X										
	Level of severity of surgical procedure (Possum-Score)					Х										
	Anesthesiology procedure					Х										
	Duration ICU (if any)					Х										
	Surgical procedure (OPS-Code)					Х										

ASSESSMEN	TVERFAHREN						S	STUDY	PHAS	E				
		١	Ш	II							IV			
	LOS in hospital after surgical procedure					Х								
	Complications during Hospital stay					Х								
	Time until first mobilization					Х								
	Time until Standing					Х								
	Time until walking (without help)					Х								
	Patient diary in hospital					Х								
	Duration of treatment in recovery room or ICU					Х								
Ergänzende Angaben	Reason for transferal on ICU, Intervention					Х								
	Intensive Care scores (SAPS II, SOFA, APACHE II, TISS-28)	Inte ns				х								

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	Beatmungs- einstellungen und -dauer der invasiven- und nicht invasiven Beatmung Routinelabor concomitant medication during hospital stay					x x												
	Analgesic needs during surgical procedure (pre-, peri, post-surgical) Survival					X	Х	Х	Х	Х	Х	Х	Х	X	Х	Х	Х	х