Supporting Information

Supplementary methods and results

This appendix was part of the submitted manuscript and has been peer reviewed. It is posted as supplied by the authors.

Figure 1. Flow diagram for selection of participating patients

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┌─────────────────────────────┐
│ All patients admitted to    │
│   geriatric                 │
│ rehabilitation wards:       │        ┌──────────────────────────────────┐
│   995 patients              │        │ Excluded: 302                      │
└──────────────┬──────────────┘   ───► │   • No consent provided: 152       │
               │                        │   • Refused participation: 150     │
               ▼                        └──────────────────────────────────┘
┌─────────────────────────────┐
│ Consented to participate:   │
│   693 patients              │        ┌──────────────────────────────────┐
│                             │        │ Excluded: 75                       │
└──────────────┬──────────────┘   ───► │   • Died in hospital: 11           │
               │                        │   • Died before 3-month follow-up: │
               ▼                        │     64                             │
┌─────────────────────────────┐        └──────────────────────────────────┘
│ Included in our analysis:   │
│   618 patients              │
│                             │
└─────────────────────────────┘
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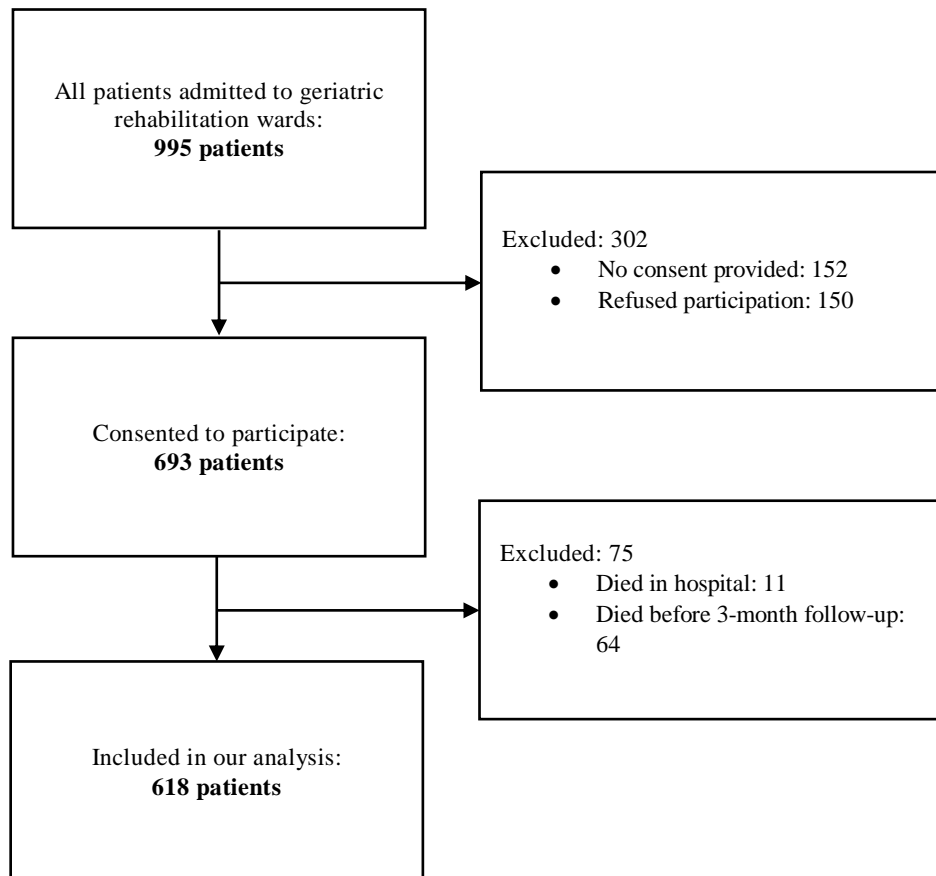
Table 1. Patients' characteristics by Activities of Daily Living (ADL) (deterioration and recovery) and Instrumental Activities of Daily Living (IADL) trajectory

	ADL deteriorated			ADL recovered		
	IADL: remained poor	**IADL: deteriorated**	**IADL: recovered**	**IADL: remained poor**	**IADL: deteriorated**	**IADL: recovered**
Number of participants	131	63	10	88	79	206
Age (years), median (IQR)	84.7 (79.1–88.4)	84.2 (77.9–87.6)	82.1 (71.3–86.3)	83.5 (75.9–89.3)	84.4 (79.8–88.6)	81.4 (75.4–86.0)
Sex (women)	77 (59%)	33 (52%)	8 (80%)	46 (52%)	42 (53%)	132 (64%)
Charlson Comorbidity Index, median score (IQR)	3 (1–4)	2 (1–3)	4 (3–5)	3 (1–5)	2 (1–4)	2 [1-3]
Cumulative Illness Rating Scale, median score (IQR)	12 (9–17)	10 (8–13)	19 (12–22)	12 (7–15)	12 (9–15)	10 (7–13)
Cognitive impairment	108 (82%)	36 (57%)	5 (50%)	63 (72%)	47 (60%)	100 (48%)
Hospital Anxiety and Depression Scale: anxiety, median score (IQR)	5 (2–10)	5 (3–10)	10 (3–13)	4 (1–9)	6 (2–8)	4 (1–8)
Hospital Anxiety and Depression Scale: depression, median score (IQR)	7 (4–12)	6 (3–10)	10 (6–11)	6 (3–10)	6 (3–9)	5 (2–8)
Clinical Frailty Scale, median score (IQR)	6 (6–7)	6 (5–7)	7 (6–7)	6 (5–6)	6 (5–6)	5 (4–6)
Quality of Life, median score (IQR)	50 (30–70)	50 (30–74)	50 (25–70)	60 (40–75)	50 (37–70)	60 (50–75)
Acute length of stay (days), median (IQR)	7 (4–11)	9 (6–13)	7 (3–19)	6 (3–10)	6 (4–10)	7 (4–11)
Geriatric rehabilitation length of stay (days), median (IQR)	23 (15–33)	29 (18–41)	25 (16–38)	18 (11–29)	21 (13–28)	16 (12–24)
Institutionalised prior to hospital admission	11 (8%)	1 (2%)	1 (10%)	1 (1%)	2 (2%)	2 (1%)
New institutionalisation at 3-month follow-up	59 (45%)	34 (54%)	1 (10%)	28 (32%)	15 (19.)	9 (4%)

IQR = interquartile range.

Table 2. Characteristics that influence functional performance trajectories: univariable analyses, with recovery as reference trajectory

	Activities of Daily Living		Instrumental Activities of Daily Living	
	Remained poor	Deteriorated	Remained poor	Deteriorated
	OR (95% CI)	OR (95% CI)	OR (95% CI)	OR (95% CI)
Age, per year	1.03 (0.99–1.08)	1.02 (1.00–1.05)	1.04 (1.02–1.06)	1.04 (1.01–1.07)
Sex (women *v* men)	0.49 (0.26–0.95)	0.95 (0.68–1.35)	0.63 (0.44–0.92)	0.61 (0.40–0.94)
Charlson Comorbidity Index, per point	1.10 (0.97–1.25)	1.05 (0.97–1.13)	1.16 (1.07–1.26)	1.10 (1.00–1.22)
Cumulative Illness Rating Scale, per point	1.05 (0.98–1.13)	1.06 (1.02–1.10)	1.06 (1.02–1.10)	1.03 (0.98–1.08)
Cognitive impairment	7.18 (2.51–20.6)	2.10 (1.45–3.05)	4.23 (2.82–6.34)	1.49 (0.97–2.28)
Hospital Anxiety and Depression Scale: anxiety, per point	1.05 (0.98–1.13)	1.05 (1.00–1.09)	1.02 (0.98–1.07)	1.02 (0.97–1.07)
Hospital Anxiety and Depression Scale: depression, per point	1.12 (1.03–1.21)	1.07 (1.03–1.11)	1.08 (1.03–1.13)	1.04 (0.98–1.09)
Clinical Frailty Scale, per point	2.55 (1.74–3.73)	1.85 (1.54–2.21)	1.79 (1.51–2.12)	1.72 (1.41–2.09)
Quality of life, per point	0.98 (0.96–0.99)	0.99 (0.98–1.00)	0.99 (0.98–0.999)	0.99 (0.98–1.00)

CI = confidence interval; OR = odds ratio.