

APPENDIX - II

PHASE: II –Parameters studied on elderly anemic women before and after Iron Folic Acid supplementation for 6 weeks

1. HEMOGLOBIN LEVELS: Pre Intervention _____ gm/dl
Post Intervention _____ gm/dl

2. 24 HOUR DIETARY RECALL: PRE AND POST

Meal	Food items	Ingredients	Cooked (ml)	Raw (gm)

Nutrient Calculation:

Ingredient	Raw amount	Energy (kcal)	Protein (gm)	Fat (gm)	Calcium (mg)	Iron (mg)	β-carotene (μg)	Vit.C (mg)
Total								
RDA								
Deficit								

Tools (1) Measuring cups, spoons and glass (2) Cooked to raw conversion table.

3. PHYSICAL PERFORMANCE TEST: PRE AND POST

Standing Balance :

- a. Side by side (10 sec.) Able / Not able
- b. Semi – Tandem (10 sec), full tandem (≤ 2 sec) Able / Not able
- c. Semi – Tandem (10 sec), full tandem (< 9 sec) Able / Not able
- d. Full tandem (10 sec) Able / Not able

Walking Speed:
seconds

Time duration in

- a. Walking 2.4 meters
- b. Walking 2.4 meters

Rise From A Chair:
seconds

Time duration in

- a. Five rises from a chair with arm
across the chest

4. COGNITIVE FUNCTION TEST: PRE AND POST

Attention and Concentration test:

List down the numbers

Score: _____/15

- ✓ 1 mark for correctly struck off
- ✓ 1 mark deducted for incorrectly struck off

Memory Test:

List down the objects:

Score: _____/15

- ✓ 1 mark for correct entry
- ✓ 1 mark deducted for incorrect entry