

## Peer Review October 28

Peer J

### **Feasibility of progressive sit to stand training among older hospitalized patients.**

The purpose of this paper is to highlight the feasibility of a model for progressive sit to stand training among older hospitalized medical patients.

#### **Abstract**

**Overall Impressions:** Very relevant area of research and an interesting way to evaluate if a full - scale randomized intervention trial will be worthwhile. Good outline of project overall, however initial introduction to STAND was a little difficult to understand. Maybe a little more detail re loaded sit to stand could be added for clarity.

#### **Introduction**

**Overall impressions:** Good use of the literature to support background for project. Identification of the lack of literature available to support effect of cross-continuum training (in-hospital to home) and problems associated with previous studies was good to include.

Is anecdotal, clinical experience appropriate to add in this paper?

**Minor issues:** Spell out acronyms the first time. (STAND, RM).

#### **Methods:**

**Overall impressions:** Good overall description of study procedures and participant exclusion. Sample size would be helpful to know earlier with number of females and males included.

**Minor issues:** Line 176, “municipaliy” should read municipality.

Line 204, “traning” should read training,

Is there evidence to support your choice of 45cm seat height?

#### **Results:**

**Overall impressions:** Good explanation of stratification of participants and Fig 2 is clear and easy to follow. Provides reader with a clear picture of a fairly typical medical unit. Excellent use of the tables and figures to describe the progression of STAND (pictures very clearly provide the reader how each progression is performed).

**Minor issues:** Patient characteristics alone is more appropriate to use in title.

Title in Table 3, “tabel” should read table. In second row, column 2 of table 3, it appears that the font is different from rest of table.

**Discussion:** Comprehensive closing of the paper. It is good to return to compare previous studies to support finding that resistance training is feasible in older hospitalized patients. Explanation of study outcome re feasibility is clear and compelling to the reader to implement this program. Good explanation of limitations and strengths. I agree with the major strength that you’ve identified in your study!

Minor issues: Line 359, “Therfore” should read Therefore.