

Supplemental Online Material S1. Demographic characteristics and factors, shown per hospital ward

	Gastrointestinal surgery #1 n = 24	Gastrointestinal surgery #2 n = 20	Haematology n = 22	Infectious diseases n = 23	Cardiology n = 25
Demographic characteristics					
Age (years), median (IQR)	59 (46-66)	59 (42-73)	56.5 (33-68)	62 (47-71)	70 (54.5-76.5)
Length of Stay (days), median (IQR)	7.5 (5.25-16.75)	10 (8-18)	25 (20-38)	12 (8-19)	12 (9.25-37.75)
Female n (%)	6 (25%)	4 (20%)	10 (45.5%)	12 (52.2%)	10 (40%)
Pre-admission living situation, n (%)					
<i>Alone</i>	6 (25%)	4 (20%)	9 (40.9%)	11 (47.8%)	12 (48%)
<i>Partner</i>	17 (70.8%)	14 (70%)	13 (59.1%)	12 (52.2%)	11 (44%)
<i>Caregiver</i>	1 (4.2%)	0	0	0	0
<i>Rehab center</i>	0	1 (5%)	0	0	0
<i>Nursing home</i>	0	1 (5%)	0	0	0
<i>Missing</i>	0	0	0	0	2 (8%)
Discharge destination, n (%)					
<i>Home</i>	23 (95.8%)	17 (85%)	20 (90.9%)	20 (87%)	21 (84%)
<i>Rehab center</i>	0	1 (5%)	0	2 (8.7%)	1 (4%)
<i>Nursing home</i>	0	0	0	1 (4.3%)	0
<i>Secondary hospital</i>	1 (4.2%)	1 (5%)	1 (4.5%)	0	2 (8%)
<i>End-of-life care center</i>	0	0	1 (4.5%)	0	0

<i>Died</i>	0	1 (5%)	0	0	1 (4%)
Unplanned readmission <3 months, n (%)	6 (25%)	7 (35%)	8 (36.4%)	8 (34.8%)	5 (20%)
Factors					
Admission-day of observations ¹ , median (IQR)	4 (2.25-7.50)	6 (3-12)	9.5 (4.5-22.5)	8 (4-12)	10 (4-18)
Acute admission, n (%)	6 (25%)	4 (20%)	11 (50%)	23 (100%)	24 (96%)
Surgery during admission, n (%)	21 (87.5%)	18 (90%)	1 (4.5%)	3 (13%)	5 (20%)
Charlson Comorbidity Index, median (IQR)	2 (0.25-4)	3 (1.25-6)	3 (2-5)	5 (0-8)	4 (1.5-5)
Preadmission ADL-impairment ² , n (%)	3 (13.6%)	1 (5%)	2 (9.1%)	5 (22.7%)	5 (21.7%)
	(missing n=2)			(missing n=1)	(missing n=2)
Muscle strength (kg) ³ , mean (SD)	35.75 (17.27)	33.01 (10.43)	28.98 (14.86)	25.17 (11.88)	31.48 (13.67)
			(missing n=1)	(missing n=1)	(missing n=1)
AM-PAC Basic Mobility ⁴ , median (IQR)	23 (22-24)	23 (19.25-24)	24 (23-24)	24 (22-24)	24 (22-24)
Independent in basic mobility ⁵ , n (%)	14 (58.3%)	11 (55%)	16 (72.7%)	14 (60.9%)	19 (76%)
AM-PAC Daily activity ⁶ , median (IQR)	22 (19-24)	21.50 (20-23.75)	24 (23.25-24)	24 (21-24)	24 (23-24)
			(missing n=1)		
Mobility-related self-efficacy score ⁷ , median (IQR)	24 (19.25-28)	22 (19-28)	25 (18-27)	21 (16-26)	22 (19.25-25.75)
	(missing n=2)		(missing n=3)		(missing n=1)
IV-lines, n (%)					
0	1 (4.2%)	1 (5%)	2 (9.1%)	5 (21.7%)	3 (12%)
1	9 (37.5%)	6 (30%)	17 (77.3%)	14 (60.9%)	22 (88%)
2	9 (37.5%)	8 (40%)	1 (4.5%)	3 (13%)	0

3	3 (12.5%)	4 (20%)	2 (9.1%)	1 (4.3%)	0
4	2 (8.3%)	1 (5%)	0	0	0
Drains, n (%)					
0	8 (33.3%)	5 (25%)	21 (95.5%)	21 (91.3%)	24 (96%)
1	7 (29.2%)	8 (40%)	1 (4.5%)	2 (8.7%)	1 (4%)
2	7 (29.2%)	5 (25%)	0	0	0
3	2 (8.3%)	1 (5%)	0	0	0
4	0	1 (5%)	0	0	0
Presence of a urine catheter, n (%)					
	10 (41.7%)	11 (55%)	3 (13.6%)	2 (8.7%)	4 (16%)
Hospital isolation precautions, n (%)					
<i>None</i>	24 (100%)	16 (80%)	17 (77.3%)	19 (82.6%)	23 (92%)
<i>Contact</i>	0	3 (15%)	4 (18.2%)	3 (13%)	2 (8%)
<i>Contact + airborne</i>	0	1 (5%)	1 (4.5%)	1 (4.3%)	0

IQR = interquartile range; SD = standard deviation; kg = kilograms; ¹ = number of days between the day of admission and day of observation; ² = measured using the Katz-ADL; ³ = hand-held dynamometer; ⁴ = Activity Measure for Post-Acute Care “6-clicks” Basic mobility score; ⁵ = using question 1 to 5 AM-PAC Basic Mobility short form; ⁶ = Activity Measure for Post-Acute Care “6-clicks” Daily Activity short form; ⁷ = maximal self-efficacy score = 28