

ONLINE SUPPLEMENT:

Table E1 (ONLINE SUPPLEMENT)

Comparisons within groups for all outcome measures.

OUTCOME	GROUPS			
	<i>Week 0</i>		<i>Week 2</i>	
	Estimated Marginal Mean (SEM)		Estimated Marginal Mean (SEM)	
	IMT (n = 34)	Control (n = 36)	IMT (n = 34)	Control (n = 36)
MIP % predicted	44 (5)	40 (5)	61*** (5)	47* (5)
Fatigue resistance index / 1.00	0.86 (0.05)	0.96 (0.05)	0.89 (0.05)	0.98 (0.05)
QOL: SF-36	0.43 (0.02)	0.47 (0.02)	0.51** (0.02)	0.51 (0.02)
QOL: EQ5D	41 (4)	51 (4)	55** (4)	53 (4)
ACIF /1.00	0.36 (0.04)	0.43 (0.04)	0.61*** (0.04)	0.68*** (0.04)
Dyspnoea rest /10	2.0 (0.4)	1.3 (0.4)	1.1 (0.4)	0.9 (0.4)
Dyspnoea exercise /10	3.2 (0.5)	2.4 (0.5)	2.7 (0.5)	2.6 (0.5)

SEM = standard error of the mean, IMT = Inspiratory Muscle Training group, MIP = maximum inspiratory pressure, QOL = Quality of Life (SF-36 or EQ5D tools), ACIF = Acute Care Index of Function. * = p <0.05. ** = p < 0.01. *** = p < 0.001.

Table E2 (ONLINE SUPPLEMENT)

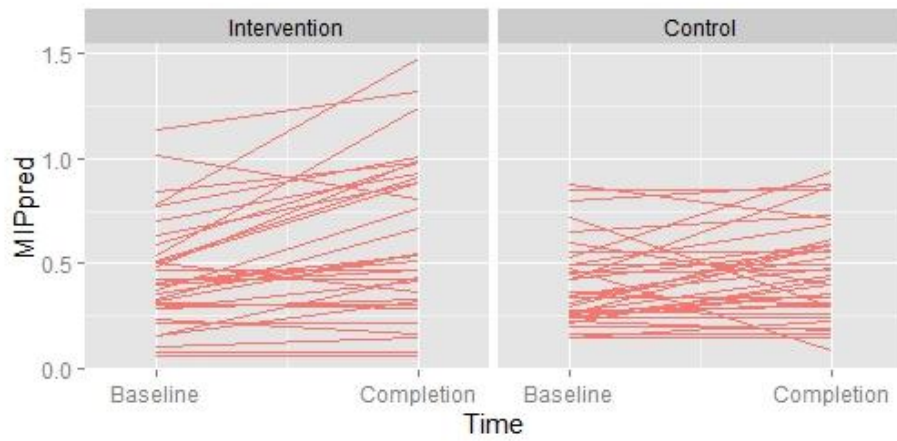
Characteristics of participants who died during hospital admission.

Age, Gender	Main Diagnosis on ICU admission	APACHE II score (Risk of Death)	Cause of Death (during or after intervention period)	Co-morbidities
74, Male	Perforated duodenal ulcer	24 (0.65)	Major hemorrhage secondary to perforated duodenal ulcer (during)	HTN, GORD, dyslipidemia
78, Female	Coronary artery bypass grafting	39 (0.93)	Septic shock, aortic dissection, acute renal failure (during)	IHD, NIDDM, HTN, hyperlipidemia, hypothyroidism, GORD
61, Male	Coronary artery bypass grafting	24 (0.07)	Multiple organ failure, decompensated chronic liver disease & encephalopathy (after)	Alcoholic liver disease, HTN, GORD, AF
40, Male	Hepatorenal syndrome	25 (0.15)	Pleural effusion, renal failure & fluid overload +/- dilated cardiomyopathy (after)	Alcoholic liver cirrhosis, GORD, hypercholesterolemia, recurrent septicemia, recurrent syncopal episodes

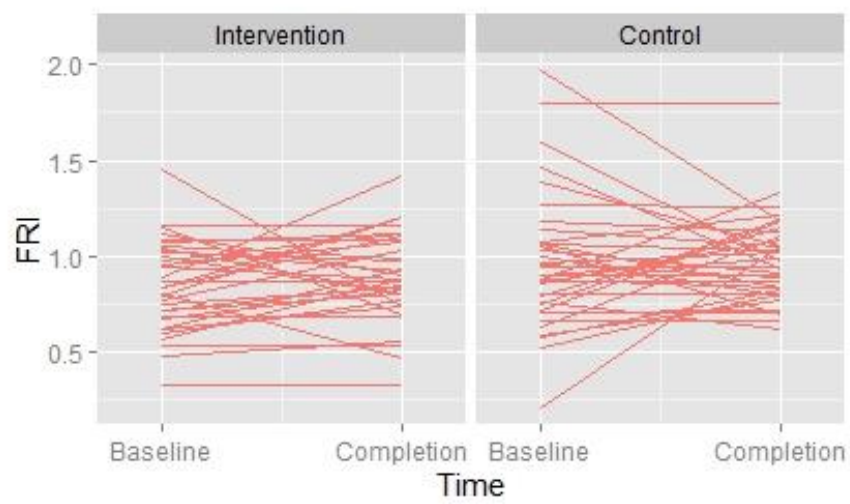
APACHE II = acute physiology and chronic health evaluation score, HTN = hypertension, GORD = gastroesophageal reflux disease, IHD = ischaemic heart disease, NIDDM = non-insulin-dependent diabetes mellitus, AF = atrial fibrillation.

Figure E1 (ONLINE SUPPLEMENT):

E1a)



E1b)



E1c)

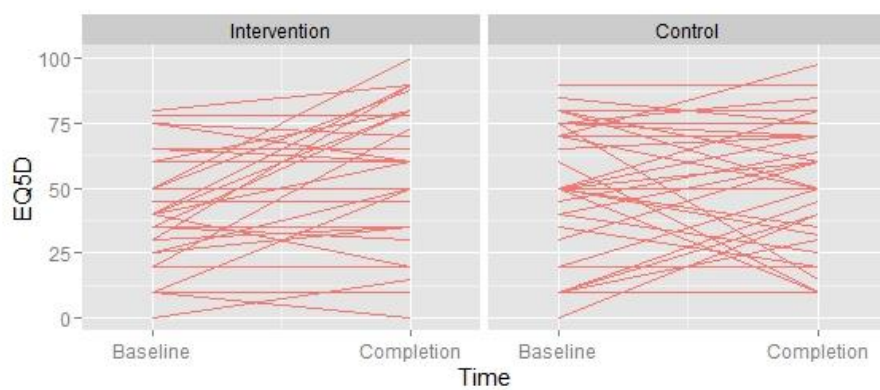


Figure E1: Graphical representation of individual cases for: a) Maximum Inspiratory Pressure (% predicted value); b) Fatigue Resistance Index (/1.00); c) Quality of Life scores (EQ5D) (/100).