

Phase 38 Data Directory

SECTION 3

CARDIOVASCULAR ASSESSMENT

- Anthropometry, Retinal Imaging, Blood Pressure, Endothelial Function, Cardio-respiratory Fitness, & Worksheet

Remove contact lenses please Name: _____ SNum: _____

Clock	Time?
SM	Caffeine?
SM	Nicotine?
SM	Other Drugs?
SM	Exercise?

Time of Questioning? _____

What time did you last drink caffeine (coffee, tea, chocolate, energy drinks)? _____

Number of minutes since Caffeine _____

What time did you last smoke, or use nicotine patches/gum etc? _____

Number of minutes since Nicotine _____

What time did you last take medication? _____

Number of minutes since other drug _____

Drug Name(s) _____

What time did you last exercise enough to make you breathe heavily or puff? _____

Number of minutes since vigorous exercise _____

Height _____ mm

Weight _____ Kg

<u>Tanita</u>	<u>Bike</u>
Height _____ cm	Weight _____ kg
(Please enter carefully)	

Circumference	Measure 1	Measure 2	Measure 3 – if 1 & 2 differ by more 20 mm
Neck			
Waist			
Hip			

Retinal Imaging

ANTH5. Optic Disc

(a) Right eye

(0) No (1) Yes

(b) Left eye

(0) No (1) Yes

ANTH6. Macular

(a) Right eye

(0) No (1) Yes

(b) Left eye

(0) No (1) Yes

Retnotes

Notes _____

BLOOD PRESSURE

Temp: °C	Arm: R L	Small Large	Medium V Large	Room temp: °C
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Blood Pressure	Raw	Zero	Calc BP	Pulse
Systolic				Pulse1:
Diastolic				
Systolic				Pulse2:
Diastolic				
Systolic				Pulse3:
Diastolic				

Endothelial Function

ANTH9.

(a) Blood pressure

(i) Systolic

(ii) Diastolic

(b) Occlusion Arm

(1) Left (2) Right

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Endonotes

Notes _____

Cardio

SNum

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Interviewer ID

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ANTH1. **TIMING:**
Code >8 hours (480 minutes) or never as 999

(a) Time of questioning:

(i) Hours:

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(ii) Minutes:

--	--

Minutes since last :

(b)

Caffeine

--	--	--

(c)

Nicotine

--	--	--

(d)

Blood pressure drugs

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(e)

Exercise

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ANTH2. **Height:**

mm

--	--	--	--

ANTH3. **Weight:**

kg

			.	
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ANTH4. **Circumferences**

(a) Neck: Measurement 1

..... mm

(b) Neck: Measurement 2

..... mm

(c) Waist: Measurement 1

..... mm

(d) Waist: Measurement 2

..... mm

(e) Hip: Measurement 1

..... mm

(f) Hip: Measurement 2

..... mm

Retinal Imaging

ANTH5. Optic Disc

(a) Right eye

(0) No (1) Yes

(b) Left eye

(0) No (1) Yes

ANTH6. Macular

(a) Right eye

(0) No (1) Yes

(b) Left eye

(0) No (1) Yes

Retnotes

(0) No (1) Yes

Notes _____

CRF2. PERCEIVED FITNESS LEVEL [SHOW card EXER2]

Compared to your friends, do you think you are:

- Much more fit = 4
- More fit = 3
- Just as fit = 2
- Less fit = 1
- Much less fit = 0

Module No.

8	0	3
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CARDIO-RESPIRATORY FITNESS – exercise Bike (9 minutes)

Have you ever experienced a fainting episode during/after exercise?

Yes / No

What	What to do	What to say/How to do it/What to Record	
SM	Seat on bike	Adjust seat height so that foot is flat and leg is bent 5 degrees when pedal is at bottom. Adjust handlebars to the same extent	
	Explain task	<i>This is a fitness test. We want you to exercise hard enough to elevate your heart-rate.</i>	
Polar	Attach to handlebar		
Polar	Check Signal		
Polar	Change Polar to EX	Press and holding Up Arrow until it beeps.	
Monark	Press Start		
SM	Say	<i>Please start to pedal at a steady, comfortable rate</i>	
Polar	Start Polar		
SM		RPE 1	
		HR 1	
Bike	If HR < 110 +25	<i>I am going to make it a little harder, but try to keep pedalling steadily</i>	
SM		RPE 2	
		HR2	
Bike	At 2 minutes: If HR>120 no change If HR=110-120 +25W If HR< 110 +50/+75W	<i>I am going to make it a little harder, but try to keep pedalling steadily</i>	
SM		RPE 3	
		HR3	
		75 100 125 150	
SM		RPE 4	
		HR4	
Bike	At 4 minutes If HR <120 +25	<i>I am going to make it a little harder, but try to keep pedalling steadily</i>	
SM		RPE 5	
		HR5	
		75 100 125 150 175	
SM		RPE 6	
		HR6	
SM		RPE 7	
		HR7	
SM		RPE 8	
		HR8	
Polar	Press Stop	Remove strap	

Perceived fitness? Compared to friends do they think they are... **[SHOW card EXER2]**

Much more fit = 4 More fit = 3 Just as fit = 2 Less fit = 1 Much less fit = 0

6	
7	Very very light
8	
9	Very light
10	
11	Fairly light
12	
13	Somewhat hard
14	
15	Hard
16	
17	Very hard
18	
19	
20	Very very hard

Much more fit

More fit

Just as fit

Less fit

Much less fit