UNIVERSITY OF CAMBRIDGE
Department of Public Health and Primary Care

NHS
National Institute for Health Research

MRC | Epidemiology Unit

ADDITION *Plus* Participant ID number:

DATE: ☐☐ / ☐☐ / ☐☐☐☐

Barcode
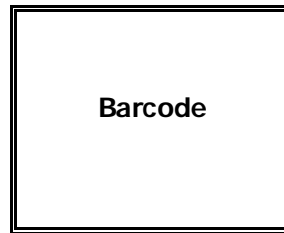
ADDITION *Plus:*
Follow-Up Study
ISRCTN99175498

Treadmill Screening
+
Physical Activity Protocols CRF
version 1.0 15-06-09

Rose Angina – Treadmill Screening Questionnaire

(administered)

	Please ask the participant the questions below and put a tick in the most appropriate box		
1	Has a doctor ever told you that you have heart trouble?	☐ Yes ☐ No	
2	Have you ever had any pain or discomfort in your chest?	☐ Yes ☐ No	**If YES, please answer the next question.** **If NO, please proceed to question A7**
3	Do you get it when you walk uphill or hurry?	☐ Yes ☐ No	
4	Do you get it when you walk at an ordinary pace on the level?	☐ Yes ☐ No	
5	What do you do if you get it while you are walking?	☐ Stop or slow down ☐ Or, carry on	
6	If you stand still, what happens to it?	☐ It goes away ☐ It remains the same or gets worse	
7	Do you often feel faint or have spells of severe dizziness?	☐ Yes ☐ No	
8	Has a doctor ever told you that your blood pressure was too high?	☐ Yes ☐ No	
9	If you <u>have</u> been told that your blood pressure was too high, are you now on treatment?	☐ Yes ☐ No	
10	Has your doctor ever told you that you have a bone or joint problem such as arthritis that has been aggravated by exercise or might be made worse by exercise?	☐ Yes ☐ No	

Oxygen consumption/heart rate data

ADDITION *Plus* TREADMILL PROTOCOL

Today's date ☐☐ ☐☐ ☐☐

2 hours fasted for rest & TM test? ☐

Sex ☐   DOB ☐☐ ☐☐ ☐☐   Max HR ☐☐☐

90% HR ☐☐☐   80% HR ☐☐☐   Age ☐

REST TEST Start, real time: : :	VO$_2$ $(ml \cdot min^{-1} \cdot kg^{-1})$	HR From Polar
01:00		
02:00		
03:00		
04:00		
05:00		
06:00		

Confirm real time with computer real time using Polar heart rate monitor

Sign on checklist & tick to confirm that the medical check has been completed ☐

TREADMILL – Real time start: ☐☐ : ☐☐ : ☐☐

STAGE Km/h Slope %	RAMP TEST Start, real time: : :	VO$_2$	HR From Polar	RECOVERY TEST Start, real time: : :	VO$_2$	HR From Polar
3.2 km/h 0%	01:00			00:30		
	02:00			01:00		
	03:00			01:30		
	04:00			02:00		
	05:00					
4.2 km/h 0%	06:00					
	07:00					
	08:00					
5.2 km/h 0%	09:00					
5.2 km/h 2%	10:00					
5.2 km/h 4%	11:00					
5.2 km/h 6%	12:00					
5.4 km/h 7.4%	13:00					
5.6 km/h 8.8%	14:00					
5.8km/h 10.2%	15:00					

Database used
Actiheart numbers: **Top:** **Bottom:** **(FL = 15sec epoch AH4)**
Vane number used:

COMMENTS: (inc. reason for exclusion where necessary)

Date of Test:

Measurement Completed by:

Walk Test

200m self-paced walk test:

Real time standing:
(stand for 1 min prior
to test start)   [__ | __] : [__ | __] : [__ | __]

Standing HR: [__ | __]

<u>200m SELF PACED WALK</u>

Real time start   [__ | __] : [__ | __] : [__ | __]

Test Finish Real time   [__ | __] : [__ | __] : [__ | __]

200m = 5 laps of
20m course (Tally
completed laps (m))   [   ]   Total no of laps completed: [   ]

If 200m not complete,

Distance on final lap   [m]

2 min SEATED recovery

Real time start   [__ | __] : [__ | __] : [__ | __]

Recovery end time   [__ | __] : [__ | __] : [__ | __]

Walking aid? (Delete as appropriate) **Yes / No**

If yes, type? (Frame / Stick) _____

COMMENTS

Measurements Completed by: