



Volunteer ID

Date

\_\_\_ / \_\_\_ / \_\_\_

*Participant sticker*

# The Fenland Study

## Measurement Questionnaire

**To be completed by a  
member of the  
research team**

*This study is supported by the Medical Research Council*

Volunteer ID

## 1. Clinical Measurements

Name of Volunteer surgery  
Name of volunteer GP  
Does the Surgery **differ** from CRF? yes/no (If yes notify study office)

### Blood Pressure

Arm circumference  .  cms.

Cuff size Small  Medium  Large

	<u>First</u>	<u>Second</u>	<u>Third</u>	
Systolic	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>	mmHg
Diastolic	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>	mmHg
Pulse Rate	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>	bpm

### Waist and hip measurements

**Waist circumference** (If the first two differ by >3cms complete a 3<sup>rd</sup> measure)

1.  .  2.  .  3.  .  cms

**Hip circumference** (If the first two differ by >3cms complete a 3<sup>rd</sup> measure)

1.  .  2.  .  3.  .  cms

### Anthropometric measurements

**Pacemaker exclusion check**

Segmental impedance (STANDARD):

Height:  .  cm

Right Leg:   $\Omega$

Weight, TANITA:  .  kg

Left Leg:   $\Omega$

Body fat%, TANITA:  .  %

Right Arm:   $\Omega$

Impedance, whole:   $\Omega$

Left Arm:   $\Omega$

\*\*\* Staple the TANITA and BP printouts to this form \*\*\*

ECG Completed by

Measurement Completed by

## 2. DEXA measurements

Volunteer ID

**Pregnancy exclusion check**

☐

DEXA weight  .  Kg

Lean Mass  ,  gms

Fat Mass  ,  gms

% Body Fat (region)  .  %

Total Bone Mineral Content  ,  gms

Bone mineral Density  .  (g/cm<sup>2</sup>)

T score  .  Z score  .

2 copies of report printed please tick ☐

Completed by:

.....

Dose administered:

.....  $\mu$ Gy

Comments:

## 3. Ultrasound Results

Medial  .  cms

Subcutaneous  .  cms

Liver scan done **Yes / No**

Liver score  **OR** Unable to score

**Measurement Completed by**

**Abdominal:**

**Liver:**

## 4. Blood Sample

**Fasting Venous sample obtained?**

Yes ☐ No ☐ If Biochemistry samples not obtained, please take capillary  mmol/l sample and enter hemocue:

(If the first value is greater than 11.0 mmol/l repeat to clarify average measure)

**120 min Venous sample obtained?**

Yes ☐ No ☐ If Biochemistry samples not obtained, please take capillary  mmol/l sample and enter hemocue:

**120 Minute** (If capillary sample taken and value is  $\leq 2.7$  mmol/l offer a snack prior to exercise)

Details of snack given

## 5. Oxygen consumption/heart rate data

Volunteer ID

Sex  DOB

Max HR

90% HR  80% HR

Age

REST TEST Start, real time: : :	VO <sub>2</sub> (ml·min <sup>-1</sup> ·kg <sup>-1</sup> )	HR From Polar (BPM)
04:00		
05:00		
06:00		

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

Tick to confirm that the medical check has been completed ☐

**TREADMILL** – Real time start:  :  :

STAGE Km/h Slope %	RAMP TEST Start, real time: : :	VO <sub>2</sub> (ml·min <sup>-1</sup> ·kg <sup>-1</sup> )	HR From Polar (BPM)
	02:00		
	04:00		
4.2 km/h 0%	06:00		
	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		
5.8 km/h 10.2%	15:00		
9.0 km/h 0 %	16:00		
9.8 km/h	17:00		
10.6 km/h	18:00		
11.4 km/h	19:00		
12.2 km/h	20:00		
12.6 km/h	20:30		

RECOVERY TEST Start, real time: : :	VO <sub>2</sub> (ml·min <sup>-1</sup> ·kg <sup>-1</sup> )	HR From Polar (BPM)
00:30		
01:00		
01:30		
02:00		

### Actiheart record:

Top- Bottom-  
Database used-  
Vane number used-  
Twin tube used-

### GPS

Issued? yes / no  
Monitor number:

### Wrist accelerometer

Issued? yes / no  
Monitor number:  
Wrist: Left / Right

### Comments:

Fasted for rest yes / no  
Fasted for treadmill yes / no

Measurement Completed by