

Volunteer ID

MRC | Epidemiology Unit

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

First

Second

Third

Systolic                         mmHg

Diastolic                         mmHg

Pulse Rate                         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:     Ω

Weight, TANITA:    .  kg      Left Leg:     Ω

Body fat%, TANITA:   .  %      Right Arm:     Ω

Impedance, whole:     Ω      Left Arm:     Ω

**\*\*\* 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

**Measurement Completed by**

Subcutaneous

.  cms

**Abdominal:**

Liver scan done **Yes / No**

Liver score

OR Unable to score

**Liver:**

## 4. Blood Sample

Fasting Venous sample obtained?

Yes

No

If Biochemistry samples not obtained, please take capillary sample and enter hemocue:

mmol/l

(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 sample and enter hemocue:

mmol/l

**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: : : 04:00	VO <sub>2</sub> (ml·min <sup>-1</sup> ·kg <sup>-1</sup> )	HR From Polar (BPM)
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: : : 02:00	VO <sub>2</sub> (ml·min <sup>-1</sup> ·kg <sup>-1</sup> )	HR From Polar (BPM)
	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: : : 00:30	VO <sub>2</sub> (ml·min <sup>-1</sup> ·kg <sup>-1</sup> )	HR From Polar (BPM)
01:00		
01:30		
02:00		

### Actiheart record:

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

### GPS

Issued? yes / no  
Monitor number:

### Comments:

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

### Wrist accelerometer

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

Measurement Completed by