

The Fenland Study

Actiheart number:

WWA number:

Actiheart Instruction Sheet

Please try and wear the Actiheart sensor from when you leave the study centre for the following 6 days and nights. During this time, please carry on with all your normal activities as usual.

Description:

The Actiheart sensor is a combined heart rate and movement sensor. From the main (circular) piece, a wire runs to a smaller (rectangular) piece. These two pieces clip on to ECG electrodes. The Actiheart sensor and the electrodes are waterproof. They can be worn all the time, including during showering, bathing and swimming.

Placement:

The sensor is held to the skin by two sticky electrodes, which are safe to wear. These will be placed on the left side of your chest during your visit.

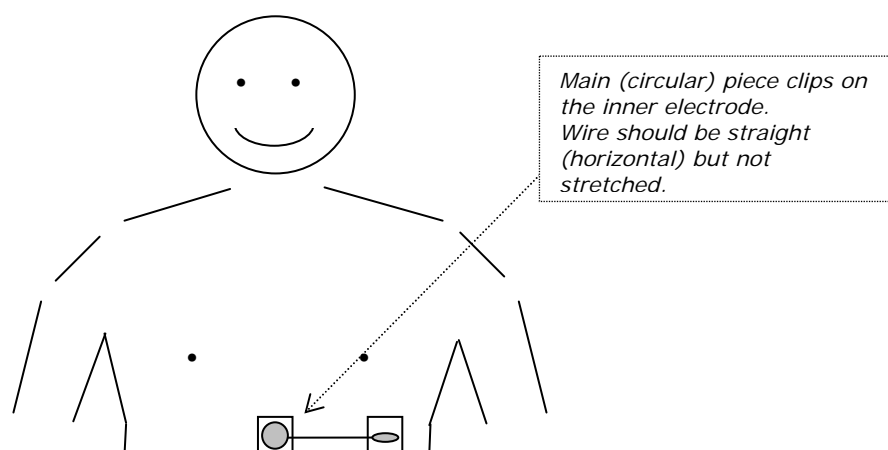
*****Please change the electrodes at least every 2 days to ensure that the Actiheart sticks well to your skin***.**

In addition, should the electrodes, for any reason become loose or detached, please replace them with new electrodes. Put them in the same place, as shown in the diagram below. We suggest that you change the electrodes after you bath, shower or swim and start with fresh, dry electrodes afterwards.

(Please note: if you have been provided with the round electrodes and are a swimmer, please use the square electrodes for the days you are swimming)

Before applying new electrodes, please be sure to prepare your skin in the following manner: Clean the skin and dry thoroughly with a clean towel or paper towel. Please do not apply lotions where the Actiheart will be attached.

To attach the two ends of the Actiheart to the electrodes, you will need to press in the little metal tabs on the edge of each end of the Actiheart sensor and place the Actiheart on the studs on each electrode.



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Questions or problems

If you have any questions or problems, please do not hesitate to contact the testing teams on 01353 652082 (Ely Testing Site), 01945 488125 (Wisbech Testing site) or 01223 769222 (Cambridge Testing Site). Alternatively, contact the study team by email at fenlandstudy@mrc-epid.cam.ac.uk or by telephone on 0800 085 6183. There is an answer phone on this number, and if you leave a message with your name and telephone number we will get back to you promptly.

Return: When you have completed your measurement, please return the monitor(s) in the case(s) provided and either deliver it by hand to the testing centre or use the prepaid envelope provided. This envelope must be taken to a post office for return. Please keep the receipt of postage for at least a month. **Please return the monitor(s) within 5 days of completion of measurement to ensure that the data is not lost.** Thank you.

In the event of any problem or damage to the monitor(s), please return it to us regardless. Your data may be able to be retrieved and the monitor can usually be repaired.

In some instances, individuals may experience minor skin irritation or develop a localised rash from wearing the electrodes. Leaving the monitor and electrodes off for one night, or alternatively re-positioning the monitor slightly, should alleviate this. However, if the irritation persists, please remove the monitor and return it to us. If the irritation does not resolve on its own a small amount of proprietary HC45 cream (E45 moisturiser plus 1% hydrocortisone cream) may be applied to the affected area. This can be obtained without prescription from a pharmacist.

Actiheart and Wrist Worn Diary Sheet

| | day | | day | | day | | day | | day | | day | |
|------------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| | Actiheart | Wrist ACC | Actiheart | Wrist ACC | Actiheart | Wrist ACC | Actiheart | Wrist ACC | Actiheart | Wrist ACC | Actiheart | Wrist ACC |
| Time taken off | | | | | | | | | | | | |
| Time put back on | | | | | | | | | | | | |
| Other Issues | | | | | | | | | | | | |

| | | | |
|----------------|-----|------------|----------------|
| Final time off | day | Actiheart: | Wrist monitor: |
|----------------|-----|------------|----------------|

Thank you very much for taking part in this study.

Instructions for GPS receiver

The GPS receiver is a matchbox-sized device that fits around your waist. It is used to provide us with an accurate record of your movements.

Wearing the GPS receiver



When worn round your waist the lights on the GPS receiver should be at the bottom and the receiver logo at the top.



You should start wearing the GPS receiver at the start of each day when you wake up, turning it on straight away, and you should remove it and switch it off when you go to bed at the end of the day.

To turn the GPS receiver on, slide the switch to LOG on the side of the unit. The orange/yellow receiver light will come on and the GPS receiver will start recording data. The GPS receiver does not require any further attention during the day.

If the GPS receiver loses signal the orange/yellow light will stop flashing and be on constantly until a signal is restored. Please IGNORE this.

At the end of the day, before you go to bed, please turn the GPS receiver off by sliding the switch to OFF on the side of the unit.

If you slide the switch accidentally, simply turn the GPS receiver back to LOG if being worn, or to OFF when being removed at the end of the day. If you accidentally switch the GPS to NAV at any time, please make a note of this on the reverse of this sheet, as the device will not record any data while it is switched to NAV.

You will need to charge the battery EVERY NIGHT. When the battery is low a red battery light will appear. Please charge the receiver each night to reduce the chance of this happening. To charge the battery, attach the receiver to the power supply lead and plug it into the mains. When the GPS receiver is charging it will display a green battery light, and when it is full the green battery light will turn off. Do not worry if you forget to charge the battery one evening, please continue to wear the GPS receiver and charge the battery the following night.

The GPS receiver is not waterproof. Please remove it when you take a bath or shower or go swimming. Whenever you need to remove the GPS receiver, please re-attach it as soon as you can, and record the times using the physical activity monitor diary sheet.

The Fenland Study



GPS Diary Sheet

| | day | day | day | day | day | day | Final time off day |
|----------------------|-----|-----|-----|-----|-----|-----|--------------------------|
| Time taken off | | | | | | | Time: |
| Time put back on | | | | | | | |
| Other Issues | | | | | | | |

****Please charge the GPS every night****

Wrist Worn Accelerometer Monitor Instructions

You have been provided with a wrist worn monitor. Please try and wear the monitor **continuously** for 6 days. During this time, please carry on with all your activities as usual. If for any reason you need to remove the sensor, please replace it when you can and note down on the physical activity monitor diary sheet when it was taken off and put back on.

Description:

The monitor is a movement and temperature sensor. The monitor and the wrist strap are waterproof, so you can wear them all the time, including during showering, bathing and swimming.

Placement on the Wrist: The monitor should be positioned on the **non-dominant** wrist just above the joint so that when the joint is flexed, the monitor neither inhibits joint movement nor is uncomfortable. The monitor should be positioned with the gold buttons facing towards the hand. The monitor should remain in the position in which it was placed in the clinic, and should retain a snug fit and not allowed to rotate.

Please fill in the diary sheet on the previous page with any time the monitor is removed