

FORM: 80 - PHYSICAL MEASUREMENTS

Version: 2 - July 8, 1994

Description: Completed by locally-certified clinical staff or Clinic Practitioner (CP); 1-page form; key-entered at Clinical Center (CC).

When used: During screening and specified annual visits.

Purpose: To record data on height, weight, resting pulse, blood pressure, and waist and hip circumference.

GENERAL INSTRUCTIONS

1. Include a form in the screening and appropriate annual visit participant packet.
2. At the visit, affix the participant barcode label to the form.
3. Complete physical measurement procedures and record measurements on the form.
4. Review the form for completeness.
5. File the form in the participant's file and return the file to Data Entry.
6. Data Entry: Review form for completeness and return to responsible clinic staff with any problems or questions. Key-enter when complete or questions have been resolved.
Initial when you complete key-entry.
7. File the key-entered form in the participant's file.

Item Instructions

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| 1. | Date of exam | Date measurements performed at CC. |
| 2. | Performed by | Standard 3-digit WHI employee ID. (See common data items.) |
| 3. | Contact type | Mark appropriate oval or box. (See common data items.) |
| 4. | Visit type | Contact at which physical measurements are taken. Mark appropriate oval or box. Write in visit number as appropriate. (See common data items.) |
| 5. | Resting pulse | <p>Measure and record the resting pulse in 30 seconds, according to directions in <i>Vol. 2 - Procedures, Section 9.1. - Resting Pulse.</i></p> <p>Data Entry: Key-enter the 30 second measurement. Calculated pulse/min is not key-entered.</p> |
| 6. | Blood pressure | <p>Perform two measurements and record both according to directions in <i>Vol. 2 - Procedures, Section 9.2. - Blood Pressure.</i> Measurement should be rounded up to the nearest even mmHg. Mark the cuff size you used (small, regular [adult], large, or thigh) and the arm (left or right) upon which the measurement was taken.</p> <p>Data Entry: Do not key-enter cuff size or arm used.</p> |
| 7. | Height | Participant's height. Measure and record the height in centimeters, rounding up to the nearest tenth of a centimeter, according to directions in <i>Vol. 2 - Procedures, Section 9.3. - Height.</i> Do not measure in inches and convert to centimeters. |
| 8. | Weight | <p>Participant's weight. Measure and record the weight in kilograms, rounding up to the nearest tenth of a kilogram, according to directions in <i>Vol. 2 - Procedures, Section 9.4. - Weight.</i> Do not measure in pounds and convert to kilograms.</p> <p>If desired, record the participant's Body Mass Index (BMI) in the space provided (see <i>Vol. 2 - Procedures, Section 4.2.4.7. - Physical Measurements</i> for procedures for calculating or determining the BMI).</p> <p>Data Entry: Do not key-enter BMI.</p> |
| 9. | Waist circumference | Participant's waist circumference. Measure and record the waist circumference in centimeters, to the nearest half-centimeter, according to directions in <i>Vol. 2 - Procedures, Section 9.5. - Waist Circumference.</i> |
| 10. | Hip circumference | Participant's hip circumference. Measure and record the hip circumference in centimeters, rounding up to the nearest half-centimeter, according to directions in <i>Vol. 2 - Procedures, Section 9.6. - Hip Circumference.</i> |