

WHI Long Life Study: Table of Data Collection Activities

Order	Name of Activity	Procedure	Equipment/Supplies	Time est. (min.)
1	Introduction	Introduce self, ensure correct participant, etc.; Offer consented participants a brief explanation of data collection activities and confirm it is okay to continue; Identify a location and set up data collection station.	ID Card/Badge; WHI Business Card	5
3	Pulse	Measure the radial (or brachial) pulse for 30 seconds and record the number of beats. Then, multiply that number by two and record that result as well.	Watch with second hand	1
2	Blood Pressure	Measure over brachial artery using stethoscope bell. Determine cuff size by standardized arm circumference measurement. Determine maximal inflation level and take two blood pressure measurements with 30-second rest in between. Record systolic value (Phase I) at the 1st of 2 or more Korotkoff sounds; record diastolic (Phase V) when the last rhythmic sound heard. Record in mmHg to nearest even digit, rounding up. Record both measurements.	Aneroid sphygmomanometer, variety of cuff sizes (at minimum: small & large)	8
4	Blood Draw	Fasting: 5 vials, ~31 ml; butterfly w/21 or 23 gauge needle. Time estimate includes preparation for draw, up to two draw attempts in an antecubital vein, and participant recovery with a light snack. Serum separator vial to clot at RT 30 minutes. All but the PAXgene vial transported at 4 degrees C prior to initial processing. All but the PAXgene vial shipped to central lab at 4 degrees C. Initial processing within 2 hours of draw includes centrifugation (unregulated temp, 15 minutes at 1000 – 1300 rcf) of the two separator vials, packing for shipment to central lab for receipt within 24-30 hours of draw. Central lab processing within 36 hours of draw includes plasma/serum/rbc aliquotting, CBC, storage of DNA and RNA for extraction within ~ 1 month, and preparation of an aliquot for CVD biomarkers to be assayed within ~3 months.	Blood draw kit (including snack); blood transport and shipping supplies.	20
5	Height	Measure at end-inspiration with shoes removed. Record number of inches to nearest <i>half inch</i> .	Tape measure and ruler; EMSI standard procedures	2
6	Weight	Measure without shoes, heavy clothing, and pocket contents removed. Record in pounds to the nearest pound.	Calibrated analog bathroom scale; EMSI standard procedures	2
7	Waist Circumference	Measure with extra layers of clothes removed at horizontal plane: waist at level of natural waist (narrowest part of torso, between the ribs and iliac crest) at the end of a normal expiration. Record to nearest half-inch.	Inelastic plastic tape measure	2
11	Grip Strength	Demonstrate; Participant does a sub-maximal trial followed by two measurements in both arms (if appropriate) with coaching for maximal performance. Record to nearest kilogram.	Calibrated Jamar hand-grip dynamometer (in Equipment Kit)	3

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8	Balance Test [SPPB*]	Assess the participant's ability to hold 4 standing positions (side-by-side, semi-tandem, tandem, one leg) with the eyes open (10 seconds for side-by-side; 30 seconds for other positions). Describe and then demonstrate the stand. Participants taking this test must be able to stand unassisted without using a cane or a walker.	Stopwatch (in Equipment Kit)	5
9	Timed Walk (Gait speed) [SPPB*]	Test participant's ability to walk 4 meters (two attempts). Instruct participants to start with their toes touching the start line and when instructed to begin, walk at their usual walking pace. Timing starts when participant steps over the starting line and stops when first foot completely crosses the 4- meter mark. A cane or walker may be used during the walk, but if people with such devices can walk short distances without them, they should be encouraged to do so. Time estimate includes marking out the course. [If a 4-meter space is not available, the course may be shortened to 3 meters – and noted on the form.]	Stopwatch, 4 and 3 meter measuring ribbons; Masking tape to mark course (in Equipment Kit)	10
10	Chair Stand [SPPB*]	Participants first fold their arms across their chest and to try to stand up one time from an armless chair placed against a wall. If successful, they are then asked to stand up and sit down 5 times as quickly as possible. Timing begins as soon as the command to stand is given and continues until participant straightens at the end of the fifth stand.	Stopwatch (in Equipment Kit); straight-backed armless chair w/hard seat, 17-18 in. high; 18-19 in. deep (from RA or participant's home).	5
12	Physical Activity Monitor	For OPACH participants, provide monitor and packet of self-explanatory information to participant. Offer very brief explanation and fitting of the accelerometer.	Accelerometer; postage paid return envelope	2
13	Surveys	For OPACH participants, provide Physical Activity Questionnaire(s), Falls/Injury Calendar/Reporting Postcards, and self-explanatory information to participant. Offer very brief explanation.	Questionnaires; Postage paid return envelope; Falls/Injuries reporting postcards	1
14	Departure	Pack blood samples for transport per protocol; Pack supplies; Replace anything that was moved to enable the data collection; write participant's height, weight, pulse, blood pressure, and date on the Physical Measurement Result Card that has the WHI CCC number to call with questions; thank participant; depart	Blood collection/ transport supplies; Participant Measurement; Result Card	5
71 MINUTES				

* SPPB: Short Physical Performance Battery (per Look AHEAD protocol)