

Release 1 Module A: Physiological Measurements

Although we have finished the interview, we would like to have you do a few simple tests for us. We are interested in how these relate to some of the medical conditions we have asked you about in the interview. One is a breathing test, and the other is a test of hand strength.

[LUNG FUNCTION]

MA1. First, I'm going to ask you to perform a simple test that will measure how fast you can expel air from your lungs. When you blow into this instrument [SHOW INSTRUMENT] the value of the biggest, fastest "huff" of air that you can expel will be recorded. It is important that you blow as hard and as fast as you can. I would like you to perform the test three times.

I'll ask you to stand up. Take as deep a breath as possible. Open your mouth and close your lips firmly around the outside of the mouthpiece, and then blow as hard and as fast as you can into the mouthpiece. Like this...

[DEMONSTRATE, THEN CHANGE TO A CLEAN MOUTHPIECE AND HAND INSTRUMENT TO R. BE SURE R HOLDS THE INSTRUMENT **LIGHTLY**. THE SLOT SHOULD FACE AWAY FROM THE HAND SO THAT R'S FINGERS DO NOT OBSTRUCT THE SLOT.]

[ONCE R HAS COMPLETED THE PROCEDURE, RECORD THE VALUE INDICATED BY THE MARKER. RESET THE MARKER AND ASK R TO REPEAT THE PROCEDURE. **EMPHASIZE THAT R IS TO BLOW AS HARD AND AS FAST AS HE/SHE CAN.**]

[ALLOW 30 SECONDS BETWEEN TRIES.]

IF READING IS LESS THAN 60, BUT GREATER THAN 0,
RECORD AS 030.

MA1a. FIRST READING: _____ 993. TRIED, UNABLE

MA1b. SECOND READING: _____ 993. TRIED, UNABLE 996. STOPPED

MA1c. THIRD READING: _____ 993. TRIED, UNABLE 996. STOPPED

MA2. RECORD METER SERIAL NUMBER: _____

MA3. INTERVIEWER QUESTIONS:

MA3a. INTERVIEWER OPINION OF UNDERSTANDING OF LUNG TEST				
1. EXCELLENT	2. GOOD	3. FAIR	4. POOR	6. NOT DONE
MA3b. INTERVIEWER OPINION OF COMPLIANCE WITH LUNG TEST				
1.	EXCELLENT			
2.	PREVENTED FROM FULL EFFORT BY ILLNESS, PAIN, OR OTHER SYMPTOMS OR DISCOMFORT			
3.	DID NOT APPEAR TO GIVE FULL EFFORT, BUT NO OBVIOUS REASON FOR THIS			
6.	NOT DONE			
MA3c. POSITION FOR LUNG TEST				
1. STANDING	2. SITTING	3. LYING	6. NOT DONE	

[HAND STRENGTH]

MA4. For the second exercise, I am going to use this instrument (SHOW DYNAMOMETER) to test the strength of the hand that you feel is strongest.

However, if you have had any surgery on your arm or hand in the last 3 months, you should not do this exercise. Have you had any such surgery in the last three months? [IF DK, TRY TO CLARIFY BEFORE MARKING DK BOX.]

1. YES

TURN TO COVER-SHEET, P. 4

5. NO



8. DON'T KNOW

TURN TO COVER-SHEET, P. 4

MA5. Also, do you have pain or arthritis in your hand or wrist that would prevent you from giving a full effort? (If so, we'll skip this test.) [IF DK, TRY TO CLARIFY BEFORE MARKING DK BOX.]

1. YES

TURN TO COVER-SHEET, P. 4

5. NO



8. DON'T KNOW

TURN TO COVER-SHEET, P. 4

MA6. [READ SLOWLY.] I'd like you to hold this instrument in the hand that you think is stronger, grabbing both pieces of metal together. Hold your forearm parallel to the floor, like this.

When I say squeeze, squeeze as hard as you can. You don't have to keep on squeezing. The two pieces of metal will not move, but the dial will show the force of your grip. [DEMONSTRATE.]

I will ask you to do this three times, stopping in between to reset the instrument. If you feel any pain or discomfort, tell me and we will stop.

Are you ready to try it? [HAVE R STAND; HAND INSTRUMENT TO R. LIGHTLY HOLD IT AT BOTTOM OF DIAL.]

[REMEMBER TO TURN BACK RED NEEDLE BETWEEN TRIES.]

MA6a. FIRST TRY: _____ # POUNDS

MA6b. SECOND TRY: _____ # POUNDS

996. STOPPED

MA6c. THIRD TRY: _____ # POUNDS

996. STOPPED

Thank you, that is the end of this test.

MA7. INTERVIEWER QUESTIONS

MA7a. HAND USED

1. RIGHT	2. LEFT	6. NOT DONE
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MA7b. GRIP POSITION:

2.	3.
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MA7c. R's POSITION

1. STANDING	2. SITTING	6. NOT DONE
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MA7d. R's ARM/WRIST POSITION

1. AS INSTRUCTED	2. OTHER	6. NOT DONE
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TURN TO COVERSHEET, P. 4