

Pre Physical Activity Monitoring Form Instructions
BPA Version A, 10/09/2000
QxQ Date 02/23/2001

I. GENERAL INSTRUCTIONS

The Pre Physical Activity Monitoring (BPA) form is completed during the participant's baseline clinic visit to document the process of applying the 24-hour physical CSA monitor and step counter to be worn in concert with the Ambulatory Blood Pressure Monitor (ABPM) by the participant for 24 hours following the baseline clinic visit. The technician must be certified with training in the procedures for operation and application of the physical activity monitor (PAM). The technician should have a working knowledge of the PAM procedures. The technician should be familiar with the data entry procedures for electronic form versions and understand the document titled "General Instructions for Completing Paper Forms" prior to completing this form. ID Number, Contact Year and Name should be completed as described in that document. Initiate the process by providing the participant with PAM instructions.

II. SPECIFIC INSTRUCTIONS

1. Record the date of application of the monitor using leading zeroes as needed. This should be the same date as the baseline clinic exam unless the participant is unable to complete this procedure in the following 24 hours. The participant may request that this procedure be performed within the next 30 days.
2. Give the participant the handouts: Participant Information: Physical Activity Monitor and Instructions for Wearing Step Counter. Circle Y to indicate that the information handouts were given to the participant.
3. Provide verbal instructions for wearing, removing and repositioning the PAM. Stress that the CSA monitor and step counter should be worn for the entire 24-hour period without removal except while bathing or swimming.

Open the pouch containing the CSA monitor and take it out to show the participant. Also open the step counter so the participant can see the display. Briefly review the procedure with the participant, allowing her or him to look at the handout. Say to the participant, "In order to get more accurate information about your physical activity and how your activity is related to your health, we are asking you to wear this activity monitor and the step counter at your waist for the next 24 hours. You will wear both the step counter and the activity monitor on this belt. The activity monitor contains electronic

equipment that detects vibrations from your movement. It will store a number every minute indicating the time of day and how much vibration it detects. It does not detect or store any other information. You need to wear it snugly at your waist so it can detect your movement. Do you have any questions about the activity monitor?" Give the participant an opportunity to ask any questions s/he may have.

Then say to the participant, "The step counter detects movement when you are walking around and displays a total count of all the steps it detects. You also need to wear it snugly at your waist so it can detect your movement accurately. Do you have any questions about the step counter?"

Then say to the participant, "This equipment does not require any special attention from you." Review the instructions at the lower part of the handout with the participant. Emphasize that it is very important not to open the activity monitor because the electronics can be easily damaged.

Some participants may ask about what will be done with the data or how active they should try to be. Except for any restrictions due to ABPM, the participant should do their usual activities. The belt with the monitor can be removed when the participant goes to sleep, bathes, or if s/he wants to swim or be involved in another activity that would likely cause the monitor to get wet. Explain that the data in the monitor will be downloaded to a computer when it is returned to the clinic. If the participant asks, you can tell her or him that s/he will not be able to see the results of the monitoring from this visit. The information about his or her activity will be combined with all the other health information.

If the participant asks how many steps are healthy or "good," explain that the number of steps will be different for people depending on how much walking they do. This part of the JHS will help researchers learn if a certain number of steps by men and women of different ages and body types seems to be related to better health.

Circle Y to indicate this instruction was provided.

4. The intent of this item is to obtain commitment from the participant to wear the CSA activity monitor according to the instructions.

5. The intent of this item is to obtain commitment from the participant to wear the

step counter according to the directions.

6. Record the CSA monitor number (engraved on the monitor and may be printed on a small label) in the boxes. There is a notch on one end on the CSA monitor. Place the monitor in the pouch so the notch (and monitor number) is at the top.

7. Record the step counter identification number in the boxes.

8. The CSA monitor must be initialized to start a new data collection file. The staff member who initialized the will have placed a colored dot on the CSA monitor marked with the date and time the monitor will start collecting data. If the colored dot is not on the monitor, look in the protective pouch in case it fell off. If you have confirmed that the monitor was initialized, circle "Y" for item 8. If you can not confirm that the monitor has been initialized for the time and date that you need it, choose a different monitor that is properly marked or have the monitor initialized by a trained staff member before giving it to the participant.

9. This item confirms that the participant is wearing an ABPM at the same time as the CSA and step counter. If the participant is wearing both the ABPM and the PAM devices, synchronize the time between the monitors. Having the computers used to initialize the different monitors set to the same time does this. Circle "Y" if this synchronization procedure was completed.

10. This item confirms that the step counter was started at 0 prior to placing it on the participant. Press the button to set the step counter to 0.

11. Record the time of starting the PAM in hours and minutes, circling AM or PM.

Place the CSA monitor in its protective pouch and make sure it is securely attached to the belt. Close the step counter and attach it securely to the other side of the front of the belt. Fit the belt to the participant and check that the CSA counter and step counter fit against the torso when the participant stands up and walks around. Explain to the participant, "Please do not remove the step counter and activity monitor from the belt. If they should come off, please put them back on. Use the pins to secure them to the belt. If the activity monitor comes out of its case, please replace it so that the notch will be at the top end (toward your head) in the pouch."

Administrative Information

12. Enter the date of data collection.

13. Record "C" if the form was completed on the computerized data entry system, or "P" if the paper form was used. If the form was partially completed on the computer, code as "P."

14. Enter the 3-digit JHS code of the clinic person completing this form.