

MOVING TO OPPORTUNITY FINAL EVALUATION

INTERVIEWER INSTRUCTIONS FOR BLOOD PRESSURE MEASUREMENT

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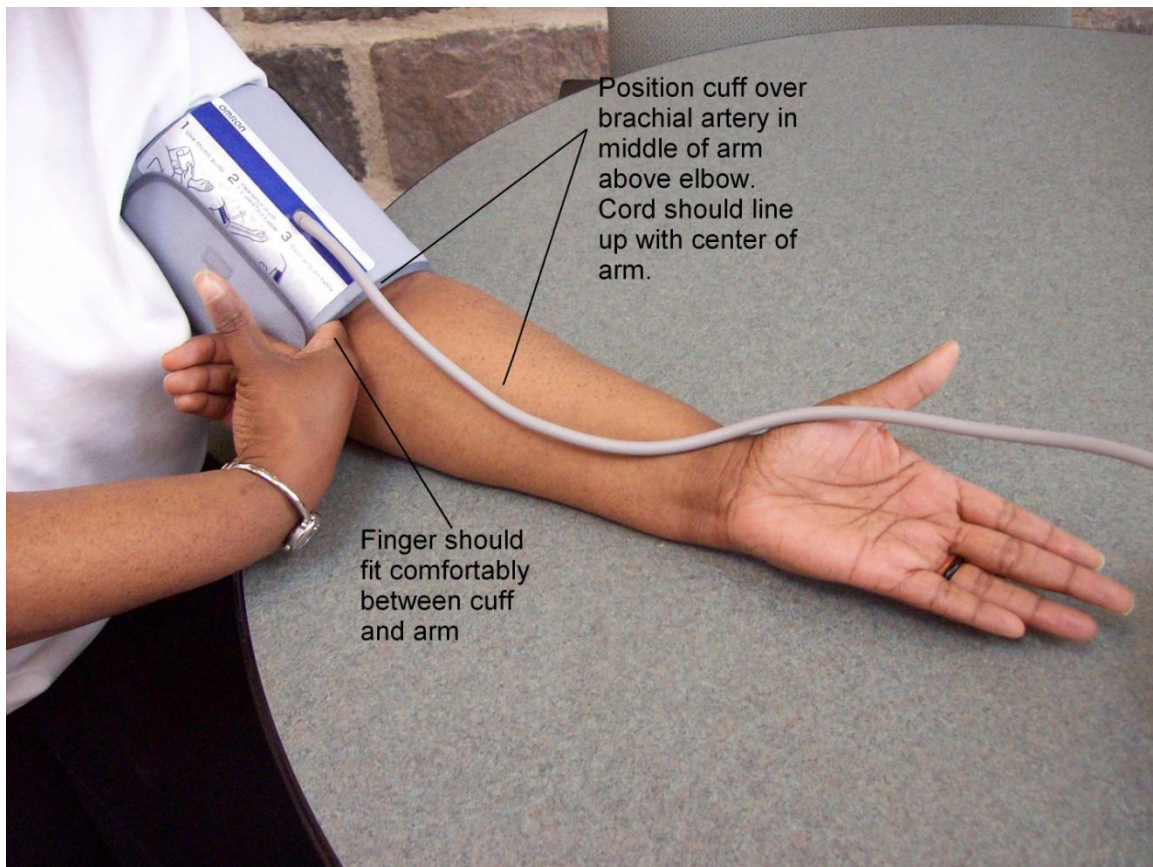
December 9, 2013

As part of the Moving to Opportunity (MTO) final, or long-term, evaluation survey, interviewers measured the blood pressure of adult survey respondents. The information below is an excerpt from the interviewer training manual used by the Institute for Social Research (ISR), which administered the MTO final surveys. The MTO measurement protocols were based on another ISR-administered survey, the [Health and Retirement Survey](#).

Protocol for Measuring Blood Pressure

All Head of Household Respondents are eligible for the blood pressure measure if they understand the directions and do not have a rash, cast, swelling in the arm, sores or wounds or a large bruise where the blood pressure cuff would go. If the Respondent has any of these conditions or feels that it would not be safe to take the measurement, the measure is skipped. The Blaise program will ask you to indicate why the measurement was not taken.

The blood pressure measure is conducted while the Respondent is seated at a table. The Respondent should have both feet flat on the floor resting their arm, palm up, on the table. You should have the blood pressure equipment and your stopwatch ready for this measure. You will take two blood pressure readings, the second at least 45 seconds after the first.



Cuff placement

The blood pressure cuff is placed on the Respondent's upper left arm approximately half an inch above the elbow. The cable leading from the cuff to the monitor should lie in the center of the arm, over the brachial artery. The cuff should fit the arm, but be loose enough so that one finger can be placed between the cuff and the arm. The monitor itself should be turned away from the Respondent so that he/she is not concentrating on the readings. Both readings will be given to the Respondent after you have completed the measures. The first measure tends to be the higher. If

the Respondent is aware of the reading, it may influence the subsequent reading. It is also important that the Respondent remain calm and **not talk** during the readings, as that may influence the results as well.

After the cuff is properly positioned, press the Start button on the monitor to begin the measurement. The monitor will automatically inflate and begin to measure the Respondent's blood pressure. A solid heart symbol with a line will flash off and on with each pulse beat. This is normal during the operation of the monitor.

At the end of the reading, the blood pressure cuff will automatically deflate and display the Respondent's systolic and diastolic blood pressure as well as their pulse. Start the stopwatch as soon as the reading displays, and wait at least 45 seconds before taking the next reading. While you are waiting, record the results displayed on the monitor on the Physical Measures Report Form. Leave the cuff on the Respondent's arm until after the second reading. Stop the monitor, and restart to take the second reading. After 45 seconds has elapsed, press the start button to conduct the second reading. Once again, be sure the Respondent remains relaxed with both feet flat on the floor and does not talk during the reading. When the cuff has deflated, write the results displayed on the monitor on the Physical Measures Report Form. Remove the cuff from the Respondent's arm and put the blood pressure monitor away. Finally, copy the results from the Physical Measures Report form into Blaise, and answer the questions about the circumstances under which the measurement was taken.

This photo is an example of what a reading on the blood pressure machine looks like. Systolic pressure is shown on the top, diastolic is shown next, and the pulse rate is shown on the bottom. The machine also gives you the time of the reading (if you have set the time on the machine).



Blood pressure display

Heart Symbols. As mentioned above, a solid heart symbol will flash off and on during the blood pressure reading. This is part of the normal operation of the monitor. There are two instances where heart symbols may be displayed with the results of the blood pressure reading.



A solid heart symbol with a line (like the red heart in the photo above) will display on the monitor if the systolic blood pressure is over 135 and/or the diastolic reading is over 85. These numbers represent the American Heart Association guidelines for the upper limit of normal for home blood pressure readings. We give this information to the Respondent on their Results Sheet, so you do not need to do anything with this information.



A heart outline shape will appear if the monitor detected an irregular heartbeat rhythm more than two times during the blood pressure reading. An irregular heartbeat rhythm is defined as a rhythm that is more than 25% slower or 25% faster from the average rhythm detected while the monitor was measuring blood pressure.

Irregular heartbeats can occur in normal hearts. Having this symbol show during the blood pressure reading does not necessarily signal a problem. However, to be safe, we report this on the Respondent Report Form and in Blaise. The Respondent Report Form includes a note that we encourage the Respondent to discuss the reading with their doctor.



Moving to Opportunity Adult Health Assessment

As part of the Moving to Opportunity final evaluation, your interviewer has been trained and certified to do in-home physical health measurements. You will be asked to stand to have your height, weight and waist measured. Your interviewer will also ask to measure your blood pressure and collect a few drops of blood to measure cholesterol and a few other health indicators. This page tells you a little more about the measures.

Preparing for the measures:

Your interviewer will ask you to take off any outer clothing such as your shoes or big jackets that might get in the way of taking your measurements.

The Measures

Height, weight and waist size

When height is put together with other measurements such as weight or waist size, estimates of being either overweight or underweight can be created.

Blood Pressure

Blood pressure is an important indicator of heart health. While low blood pressure can be a problem for some adults, high blood pressure happens more often. A healthy diet and exercise can help keep your blood pressure at a good level. We will be measuring your blood pressure two times using an automated blood pressure cuff that fits over your upper arm. The American Heart Association suggests keeping your blood pressure at 120 / 80 or lower.

Blood Analysis

We would like to take a small amount of blood by finger prick. Your interviewer will first clean your finger with alcohol and then will prick your finger. The blood that forms will be dropped onto a small card and mailed to a laboratory. The blood spots will be analyzed for total cholesterol, HDL-cholesterol, and Hemoglobin A1c (a measure related to blood sugar), and C-reactive protein (a measure of inflammation related to heart disease). The following levels are recommended by the American Heart Association:

- Total cholesterol < 240 ml
- HDL cholesterol > 40 ml
- HgA1c <7 mg/dl
- CRP < 3mg/L

Your results

Your interviewer will give you the results of your measurements if you would like them. We will make your blood test results available to you at a later date.

More information

You can get more information on diabetes or heart disease from the American Diabetes Association (1-800-342-2383, <http://www.diabetes.org>) or the American Heart Association (1-800-242-8721, <http://www.americanheart.org>).

Moving to Opportunity Adult Physical Measures Report Form

Below are the results of your physical measurements, taken by the University of Michigan interviewer for the Moving to Opportunity project. We encourage you to keep these for your records and share them with your doctor on your next visit.

Date of measurement: _____, Time: _____ am / pm

Height: _____ feet, _____ inches **Weight:** _____ pounds **Waist:** _____ inches

Blood pressure measurements

Measurement	1 st Measurement	2 nd Measurement
Systolic Reading	mmHg	mmHg
Diastolic Reading	mmHg	mmHg
Pulse	P	P
Irregular Heartbeat Indicator*	<input type="checkbox"/> Yes* <input type="checkbox"/> No	<input type="checkbox"/> Yes* <input type="checkbox"/> No

*If the Irregular heart beat indicator is marked “yes”, it means the blood pressure machine indicates some irregularity in your heartbeat. Although this can be normal, if you have not already talked about this with your doctor, we suggest that you do so.

If you gave a blood sample, your results will be ready in about four weeks. To get your results, call the number below and ask to speak with Customer Service. When you give them your ID number, the operator will tell you your blood test results and the normal range for each test.

Your blood sample ID number is: _____

Results for blood tests will be made available to you when the lab work has been completed.

When you receive your results, write your results in the spaces below. We encourage you to share the information with your doctor on your next visit.

Total cholesterol: _____ ml HgA1c: _____ mg/dl

HDL cholesterol: _____ ml C-Reactive Protein: _____ mg/L

Thank you for your participation in the Moving to Opportunity project!
University of Michigan toll free lines: 1-877-647-2122 (English) 1-800-643-7605 (Spanish)