CSS PHYSICAL ASSESSMENT

Date ..... G222_PA_DAT
IDNumber ..... ID
Name .....
Date of Birth ..... DOB

☐ Consent	☐ Blood Pressure	☐ Urine, shower
Blood ☐ yes ☐ No	☐ Cogstate *Stanford Pre, Stanford Post*	

☐ Height	☐ Weight	☐ Skinfolds	
☐ Neck Circumference	☐ Pharyngeal grade	☐ Mallampati Class	
☐ Back muscle	☐ Squat	☐ PPT	☐ CTP
☐ Moles	☐ Skin Impression		
☐ 3 D Photos	☐ Intra-oral photos	☐ Sleep Portrait photo	

☐ Allergy Test	☐ Spirometry
☐ Asthma eNO	

☐ Sleep set up	☐ Actigraph
☐ Blood pressure pre-sleep	

☐ Blood pressure morning	☐ Urine morning
☐ Blood sample	☐ DNA consent

☐ Mannitol Challenge	☐ Sputum	☐ Nasal Swab

Questionnaires

☐ Sleep	☐ Participant	☐ Medical	☐ FFQ No_____ Bar Code _____

Follow up before leaving

☐ Work Loss (mobile number)		☐ Actigraph Diary, RPE
☐ Follow up	☐ Sleep Feedback	☐ 3-D photo

HIP ACTIGRAPH	☐ **YES** ☐ **NO**	Accelerometer No	
WRIST ACTIGRAPH	☐ **YES** ☐ **NO**	Accelerometer No.	
Dominant handedness		☐ **RIGHT**	☐ **LEFT**
Actigraph placed on wrist (non dominant)		☐ **RIGHT**	☐ **LEFT**

Entered ☐ by .....
Entered ☐ by .....

BLOOD PRESSURE (5 mins rest) RA

……

Time G222_BPtm **……..** **Arm Cuff size** G222_A6 **SA** ☐ **A** ☐ **LA** ☐ **Temp**G222_BPtp**……..**

Min	**BP**	**HR/Pulse**
0.	Sys G222_46 _____ /Dia G222_47 _____	G222_48 _____
2.	Sys G222_49 _____ /Dia G222_50 _____	G222_51 _____
4	Sys G222_52 _____ /Dia G222_53 _____	G222_54 _____
6	Sys G222_55 _____ / Dia G222_56 _____	G222_57 _____
8	Sys G222_58 _____ / Dia G222_59 _____	G222_60 _____
10	Sys G222_61 _____ / Dia G222_62 _____	G222_63 _____

ADDITIONAL DERIVED VARIABLES:
G222_CBP9 (AVERAGE SYSTOLIC BP 2-6)
G222_CBP10 (AVERAGE DIASTOLIC BP 2-6)
G222_CBP11 (AVERAGE HR 2-6)
G222_CBP6 (AVERAGE SYSTOLIC BP 2-3)
G222_CBP7 (AVERAGE DIASTOLIC BP 2-3)
G222_CBP8 (AVERAGE HR 2-3)

COGSTATE : G222_COGS ☐ **YES** ☐ **NO** For the TEST**, SEE OK ? Y/N** G222_COK **HEAR OK? Y/N** G222_HOK **RA ……**
(if N, explain in comments)

TIME STARTED G222_COGT **……** *24hr clock* **TIME COMPLETED** G222_COGTF **……** *24hr clock*

Time since last COFFEE G222_COFE **……..** G222_COFN ☐**NONE** **TEA** G222_TEA **……..** G222_TEAN ☐**NONE**

In the last 24 hours? **Drugs** G222_DGS ☐**YES** ☐**NO** **Alcohol** G222_AHL ☐**YES** ☐**NO** **Medications** G222_MED ☐**YES** ☐**NO**

Smoker ? G222_SMK ☐**YES** ☐**NO if YES, time since last Cigarette** G222_SMKT **……**

STANFORD SLEEPINESS SCALE Current Rating (1-7) G222_BSSS **(before** COGSTATE)

STANFORD SLEEPINESS SCALE Current Rating (1-7) G222_ASSS **(after** COGSTATE)

Cogstate Comments G222_COGC ……
Note anything that happened during test, eg phone went off

ANTHROPOMORPHIC MEASURES …… RA

Height G222_A2 m (0.00) Weight G222_A1 kg BMI = G222_BMI

Waist G222_A12A cm G222_A12B cm AVERAGE = G222_A12

WAIST/HIP RATIO = G222_A14

Hip G222_13A cm G222_13B cm AVERAGE = G222_A13

SKINFOLDS…… RA

Triceps G222_A7A mm G222_A7B mm AVERAGE = G222_A7C

Subscapular G222_A8A mm G222_A8B mm AVERAGE = G222_A8C

Abdominal G222_A10A mm G222_A10B mm AVERAGE = G222_A10C

Suprailiac G222_A9A mm G222_A9B mm AVERAGE = G222_A9C

SLEEP PHYSIOLOGY Measurements……RA

Neck Circumference: *Measured at level of cricoid cartilage.*

G222_NEC _____cm _____G222_NEC2 _____cm

Subject seated with head neutral, mouth fully open and tongue maximally protruded. Subject instructed not to talk. Oropharynx viewed from patient's eye level and classified as follows

Pharyngeal Grade

G222_PGG

Class 1: Palatopharyngeal arch intersects at the edge of the tongue
Class 2: Palatopharyngeal arch intersects at 25% or more of the tongue diameter.
Class 3: Palatopharyngeal arch intersects at 50% or more of the tongue diameter.
Class 4: Palatopharyngeal arch intersects at 75% or more of the tongue diameter.

I II III IV

Depressed Tongue
☐ **yes** ☐ **no** G222_PGDE

Mallampati Class

G222_MPC

Class I:soft palate, fauces, uvula and tonsillar pillars visible
Class 2:soft palate, fauces and uvula visible
Class 3:soft palate and base of uvula visible
Class 4:soft palate not visible

I II III IV

Depressed Tongue
☐ **yes** ☐ **no** G222_MDE

3-D Facial Photograph	☐ **yes** ☐ **no**	G222_3D
Intra-oral Photograph	☐ **yes** ☐ **no**	G222_IOP
Sleep Portrait Photograph	☐ **yes** ☐ **no**	G222_SPP

MUSCULOSKELETAL DATA

Back Muscle Endurance [RA]

Hold duration (max time 6 minutes)	Mins …… Seconds …… G222_XBME

PRESSURE PAIN THRESHOLD (PPT) [RA]

Site	Normal Sensation at test site? (Y/N)	Pressure Sensation (Y/N)	Trial 1 PPT	Trial 2 PPT	Trial 3 PPT	Trial 4 PPT
Wrist	G222_NSW	G222_PSW	G222_PPW1	G222_PPW2	G222_PPW3	G222_PPW4
Leg	G222_NSL	G222_PSL	G222_PPL1	G222_PPL2	G222_PPL3	G222_PPL4
Neck	G222_NSN	G222_PSN	G222_PPN1	G222_PPN2	G222_PPN3	G222_PPN4
Back	G222_NSB	G222_PSBCK	G222_PPB1	G222_PPB2	G222_PPB3	G222_PPB4

Squat Endurance Test [RA]

Hold duration (max time 6 minutes)	Mins …… Seconds …… G222_XS

COLD PAIN THRESHOLD (CPT) [RA]

Site	Cold threshold	Trial 1 CPT	Trial 2 CPT	Trial 3 CPT	Trial 4 CPT
Wrist	G222_CPT	G222_CPT1	G222_CPT2	G222_CPT3	G222_CPT4

CURRENT PAIN

In the past week, have you had pain over any one of these test sites?

Site	Pain (Y/N)
Wrist	G222_PW
Lower Leg	G222_PL
Neck	G222_PN
Back	G222_PB

If yes, ⇨

Comment (musculo skeletal)
G222_PCOM

MOLE COUNTS (RA) ……..

Right Upper Arm

	Front				Back	
	Total	**Raised**			**Total**	**Raised**
< 2mm	G222_MC1	G222_MC4		**< 2mm**	G222_MC8	G222_MC11
2-5mm	G222_MC3	G222_MC6		**2-5mm**	G222_MC10	G222_MC13
>5mm	G222_MC2	G222_MC5		**>5mm**	G222_MC9	G222_MC12
Atypical	G222_MC7			**Atypical**	G222_MC14	

1 or more of the following = Atypical: Discoloured, irregular border, ill defined border.

Right Lower Arm

	Front				Backl	
	Total	**Raised**			**Total**	**Raised**
< 2mm	G222_MC15	G222_MC18		**< 2mm**	G222_MC22	G222_MC25
2-5mm	G222_MC17	G222_MC20		**2-5mm**	G222_MC24	G222_MC27
>5mm	G222_MC16	G222_MC19		**>5mm**	G222_MC23	G222_MC26
Atypical	G222_MC21			**Atypical**	G222_MC28	

Right Hand

	Palm				Back	
	Total	**Raised**			**Total**	**Raised**
< 2mm	G222_MC29	G222_MC32		**< 2mm**	G222_MC36	G222_MC39
2-5mm	G222_MC31	G222_MC33		**2-5mm**	G222_MC38	G222_MC41
>5mm	G222_MC30	G222_MC34		**>5mm**	G222_MC37	G222_MC40
Atypical	G222_MC35			**Atypical**	G222_MC42	

Date entry – zero if no moles

G222_MC43

IMPRESSION taken off back of right hand ☐ yes ☐ no

ADDITIONAL IMPRESSION VARIABLES:
G222_SIDT (DATE)
G222_SIGRD (GRADE)
G222_SIQU (QUALITY)

SKIN PRICK TEST **RA……..**

Allergins		Egg White	Grass Mix #7	Cat Hair	Dog Hair	Cockroach	-VE control
weal (mm) L		G222_AL6	G222_AL14	G222_AL4	G222_AL18	G222_AL20	G222_AL9
width	Grass Pollen Rye	G222_AL6A	G222_AL14A	G222_AL4A	G222_AL18A	G222_AL20A	G222_AL9A
	G222_AL7						
Allergin	G222_AL7A	Mould	Dust mite **DF**	Cows Milk	Dust Mite **DP**	Fungus	+VE control
weal (mm) L		G222_AL8	G222_AL16	G222_AL19	G222_AL15	G222_AL17	G222_AL10
width		G222_AL8A	G222_AL16A	G222_AL19A	G222_AL15A	G222_AL17A	G222_AL10A

Date entry – zero if no weal

G222_ALTM

Time finished prick test ……*24 hr clock*

Comments

G222_ALCM

ADDITIONAL DERIVED VARIABLES:

G222_AL4B and G222_AL4C
G222_AL6B and G222_AL6C
G222_AL7B and G222_AL7C
G222_AL8B and G222_AL8C
G222_AL9B and G222_AL9C
G222_AL10B and G222_AL10C
G222_AL14B and G222_AL14C
G222_AL15B and G222_AL15C
G222_AL16B and G222_AL16C
G222_AL17B and G222_AL17C
G222_AL18B and G222_AL18C
G222_AL19B and G222_AL19C
G222_AL20B and G222_AL20C
G222_SPTANY

ASTHMA TESTING (RA).....

eNO_1	eNO_2	eNO_3
G222_ENO1C	G222_ENO2C	G222_ENO3C

AVERAGE: G222_FENO

G222_SPRA

SPIROMETRY	Test1	Test2	Test3	Predicted	
FVC	G222_FVC1	G222_FVC2	G222_FVC3	G222_FVCP	*largest value
FEV1	G222_FEV1	G222_FEV2	G222_FEV3	G222_FEVP	*largest value
FEV1/FVC	G222_FEV_FVC1	G222_FEV_FVC2	G222_FEV_FVC3	G222_FEV_FVCP	*from best test
FEF_{25-75}	G222_FEF1	G222_FEF2	G222_FEF3	G222_FEFP	*from best test

ADDITIONAL VARIABLES:
G222_FVC (average)
G222_FEV (average)
G222_FEF (average)
G222_FVC_GLI
G222_FVC_PctPred_GLI
G222_FVC_PERCENTILE_GLI
G222_FVC_Z_GLI
G222_FEV1_PCTILE_GLI
G222_FEV1_PCTPRED_GLI
G222_FEV1_RATIO_PCTILE_GLI
G222_FEV1_FVC_Z_SCORE_GLI

Comments (Spirometry)

G222_SPCOM

Mannitol Challenge Test (RA)

Mannitol	FEV1_M	FOT1			
		R	R_SD	X	X_SD
Baseline	G222_MA_B	G222_MR_B	G222_MS_B	G222_MX_B	G222_MS2_B
0	G222_MA_0	G222_MR_0	G222_MS_0	G222_MX_0	G222_MS2_0
5	G222_MA_5	G222_MR_5	G222_MS_5	G222_MX_5	G222_MS2_5
10	G222_MA_10	G222_MR_10	G222_MS_10	G222_MX_10	G222_MS2_10
20	G222_MA_20	G222_MR_20	G222_MS_20	G222_MX_20	G222_MS2_20
40	G222_MA_40	G222_MR_40	G222_MS_40	G222_MX_40	G222_MS2_40
80	G222_MA_80	G222_MR_80	G222_MS_80	G222_MX_80	G222_MS2_80
160_1	G222_MA_1601	G222_MR_1601	G222_MS_1601	G222_MX_1601	G222_MS2_1601
160_2	G222_MA_1602	G222_MR_1602	G222_MS_1602	G222_MX_1602	G222_MS2_1602
160_3	G222_MA_1603	G222_MR_1603	G222_MS_1603	G222_MX_1603	G222_MS2_1603

Data entry – blank if no readings- for all asthma results

Sputum ☐ **yes** ☐ **no** G222_SPUT **Nasal swab** ☐ **yes** ☐ **no**

Calculate 15% drop: FEV1 at dose 0mg x 0.85 = G222_MA_LIMIT.....

If FEV1 drops below this value, end test, measure FOT and give bronchodilator. This is a positive test result. G222_MA_RES

Comments (Mannitol Challenge Test)

G222_ASTC

SLEEP STUDY - ROOM NUMBER ……

SET UP (RA) ……

TIME set up STARTED G222_SPRAT ……. 24 hr clock

BLOOD PRESSURE READINGS

PRE- SLEEPING : Time G222_BPSL ……. 24 hr clock

Min	**BP**	**HR/Pulse**
0.	G222_BPS1 Sys_____ /Dia G222_BPD1 _____	G222_SHR1 _____
2.	G222_BPS2 Sys_____ /Dia G222_BPD2 _____	G222_SHR2 _____
4	G222_BPS3 Sys_____ /Dia G222_BPD3 _____	G222_SHR3 _____
	AVERAGE: G222_BPS7	AVERAGE: G222_BPD7 AVERAGE: G222_SHR4

WAKING : Time G222_WKBP ……. 24 hr clock

Min	**BP**	**HR/Pulse**
0.	G222_BPS4 Sys_____ /Dia G222_BPD4 _____	G222_SHR5 _____
2.	G222_BPS5 Sys_____ /Dia G222_BPD5 _____	G222_SHR6 _____
4	G222_BPS6 Sys_____ /Dia G222_BPD6 _____	G222_SHR7 _____
	AVERAGE: G222_BPS8	AVERAGE: G222_BPD8 AVERAGE: G222_SHR8

Time lights out G222_SLPT ……. 24 hr clock

Time woke up G222_WKT ……. 24 hr clock

URINE SAMPLE

Before Dinner	☐ **yes**	☐ **no**	G222_PMU
First Wake up	☐ **yes**	☐ **no**	G222_AMU

FFQ	☐ **yes**	☐ **no**
CSS Questionnaire	☐ **yes**	☐ **no**
Participant Questionnaire	☐ **yes**	☐ **no**
Medical Questionnaire	☐ **yes**	☐ **no**

Comment Sleep Study

G222_SCOM