

Modification of Diet in Renal Disease Study

Instructions for completing Form 65

ANTHROPOMETRY FORM

PURPOSE: To record anthropometric measurements.

COMPLETED BY: Dietitian at Baseline 0A and 2, Follow-Up 6 and every four months thereafter.

Following are general guidelines for completing Form 65. Specific questions are not addressed as the form is self-explanatory.

Measurement Guidelines

As a means of quality control and to monitor intra-examiner reliability, all measures are taken and recorded twice. The mean of the two measures is calculated and entered by the Data Coordinating Center (DCC). If the first two measures taken are not within 4.0 mm of each other, two additional measures are taken and all four measures are recorded. The DCC then calculates and records the mean of these measures.

All measurements are collected by the examiner and then repeated before limits are computed. That is, avoid taking two measures in a row at the same body site.

If only one pair of measures must be repeated, wait 30 to 60 seconds between each measure to avoid excessive compression.

Make a note of any unusual conditions of which you feel those analyzing the data should be aware.

Special Codes

60.0 The code 60.0 should be entered when a measure cannot be taken due to "tight skin", the condition in which the patient's skin and subcutaneous adipose tissue cannot be separated from the lean muscle tissue. The code should be entered in the recording space for that skinfold.

70.0 If a skinfold exceeds the measurable limits of the calipers, for example in an obese patient, the code 70.0 should be entered in the recording space for that skinfold.

2.236

Quality Control Procedure

Quality control procedures using Form 65 will be initiated in May 1989.

Measures are to be taken by two examiners (dietitians) on one patient each month as a quality control procedure and in order to monitor reliability of measures between examiners.

The DCC will provide a list, determined by random assignment, of three patients on whom measures may be taken. The first patient listed is the preferred one on whom measures should be taken. However, patient #2, then #3 may be used for this procedure should circumstances prevent patient #1 from participating.

Procedure:

1. Data are recorded on Form 65, Pages 1 through 3.
2. Each examiner/dietitian records data on a separate form; that is, a single form is not to be shared.
3. One copy of Form 65 will be labeled with the Patient ID number; the other will be labeled with the center's quality control number.
4. Form 22, the Central Lab QC ID Matching Form, will be completed by the dietitian (this identifies for the DCC the patient whose measures were taken).
5. All measures are taken and recorded twice by each examiner.
6. If the first two measures fall outside the acceptable limits listed below, two additional measures are taken and recorded.

Acceptable Limits

Arm circumference:	Within 0.4 cm
Skinfolds:	Within 4.0 mm
Weight:	Within 0.2 kilograms (200 grams)
Stature:	Within 1.0 cm
Elbow breadth:	Within 0.2 cm (2.0 mm)

If necessary, the code for "tight skin" (60.0) should be entered in the appropriate space for skinfold measurements. If the measure exceeds the limits of the calipers the code 70.0 should be entered in the appropriate space.

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There are occasionally large discrepancies between measures (height and/or elbow breadth) at Screening and B0. Specific limits have now been set by the Quality Control Committee. If those limits are exceeded, a third measurement is to be done at the B0A visit. The Form 4 data (that which is discrepant from Form 3) will reject and a query will be written explaining the need for either a correction to incorrectly recorded data or the need for a third measurement. DO NOT RESPOND TO THE QUERY UNTIL THE B0A IS COMPLETE. The third measurement of height and elbow breadth (used to calculate standard weight should be recorded on page 3 (otherwise it is only used for QC purposes) of Form 65 at the B0A visit. These 3rd measures will be the ones which determine the standard weight for the patient. It will overwrite previously collected data. Complete Form 65, answer the query and then the DCC will recalculate and store the correct standard weight. It will appear on future reports for your records (flowsheets, etc.)

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For DCC Use Only
Rev. 4 12/1/90

E ___
V ___
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Page 1 of 3



Modification of Diet in Renal Disease Study Anthropometry Form

Purpose: To record anthropometric measurements.

To be completed by the dietitian at Baseline 0A and 2, Follow-Up 6 and every four months thereafter. (Note: This form should be entered into Datalex)

FORM # 65

- 1. Patient Identification Number.....
- 2. Patient Name Code.....
- 3. Clinical Center
- 4. a. Date of Visit..... / /
- b. Visit Type.....
- c. Visit Number.....

Measurements

Whenever possible, measurements are taken on the right side of the body. Measurements are taken twice and recorded. If the two measures are not within 0.4 cm (4.0 mm) of each other, two additional measurements are taken and all four measures are recorded.

- 5. a. Are arm measurements taken on the right side of the body? (1 = yes, 2 = no)
- If yes, skip to item 6.
- b. If no, code reason.....
 - 1 = Arm casted or injured
 - 2 = Amputation
 - 3 = Other

- 6. Upper arm circumference (cm)
 - a. First measurement.....
 - b. Second measurement.....

Record (c) and (d) only if first 2 measures are not within 0.4 cm.

- c. Third measurement.....
- d. Fourth measurement.....

Modification of Diet in Renal Disease Study Anthropometry Form

Skinfold Measurements:

Code for tight skin = 60.0 "Tight skin" describes the condition in which a patient's skinfold is too tight to pick up to measure (the skin and subcutaneous adipose tissue cannot be separated from the lean muscle tissue). In this situation, the code for tight skin should be entered in the recording space for that skinfold.

Code for skinfold above measurable limits of calipers = 70.0 If a skinfold exceeds the measurable limits of the calipers, the code 70.0 should be entered in the recording space for that skinfold.

7. Triceps (mm)
a. First measurement
b. Second measurement

Record (c) and (d) only if first 2 measures are not within 4.0 mm.

- c. Third measurement.....
d. Fourth measurement

8. Biceps (mm)
a. First measurement
b. Second measurement

Record (c) and (d) only if first 2 measures are not within 4.0 mm.

- c. Third measurement.....
d. Fourth measurement

9. a. Is the subscapular measurement taken on the right side of the body? (1 = yes, 2 = no).....

If yes, skip to item 10.

- b. If no, code reason.....
1 = Area inaccessible due to wound, scarring, etc.
2 = Other

10. Subscapular (mm)
a. First measurement
b. Second measurement

Record (c) and (d) only if first 2 measures are not within 4.0 mm.

- c. Third measurement.....
d. Fourth measurement

Modification of Diet in Renal Disease Study Anthropometry Form

TO BE COMPLETED ONLY WHEN USING THIS FORM FOR QC. WEIGHT MAY BE RECORDED FOR THE B0A VISIT ONLY BELOW IN ITEM 11. WEIGHT AT ALL OTHER VISITS SHOULD BE RECORDED ON FORM 4, 5, 12, OR 47.

ALSO TO BE USED WHEN A THIRD MEASURE OF HEIGHT OR ELBOW WIDTH IS NECESSARY.

11. Weight (kg)
a. First measurement _____ . _____
b. Second measurement _____ . _____
Record (c) and (d) only if first 2 measures are not within 0.2 kilograms.
c. Third measurement _____ . _____
d. Fourth measurement _____ . _____
12. Height (cm)
a. First measurement _____ . _____
b. Second measurement _____ . _____
Record (c) and (d) only if first 2 measures are not within 1.0 cm.
c. Third measurement _____ . _____
d. Fourth measurement _____ . _____
13. Elbow breadth (cm)
a. First measurement _____ . _____
b. Second measurement _____ . _____
Record (c) and (d) only if first 2 measures are not within 0.2 cm.
c. Third measurement _____ . _____
d. Fourth measurement _____ . _____
101. Date this form completed ____/____/____
102. Certification number of dietitian _____
103. Date form entered ____/____/____
104. Certification number of data entry person _____