

MRC NSHD MEASUREMENT CARD

ID

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Date:

Appt time:

Researcher:

BLOOD PRESSURE – «Blood pressure 1»

SYS1

--	--	--

DIAS1

--	--	--

Pulse 1

--	--	--

SYS2

--	--	--

DIAS2

--	--	--

Pulse 2

--	--	--

SYS3

--	--	--

DIAS3

--	--	--

Pulse 3

--	--	--

BLOOD PRESSURE – «Blood pressure 2»

SYS1

--	--	--

DIAS1

--	--	--

Pulse 1

--	--	--

SYS2

--	--	--

DIAS2

--	--	--

Pulse 2

--	--	--

SYS2

--	--	--

DIAS2

--	--	--

Pulse 2

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The participant was advised that their **lowest** blood pressure was:

within the normal range

☐

mildly raised (systolic 140-159 or diastolic 85-99 mmHg)
and recommended to visit the GP within 3 months

☐

moderately raised (systolic 160-179 or diastolic 100-114mmHg)
and recommended to visit their GP within 2-3 weeks

☐

severely raised (systolic ≥ 180 or diastolic ≥ 115 mmHg)
and recommended to visit their GP within 5 days

☐

Height:

CM		
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Weight:

		•		KG
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Dominant hand

Left?

Right?

GRIP STRENGTH – «Hand grip 1»

Left 1

• KG

Right 1

• KG

Left 2

• KG

Right 2

• KG

ID

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LUNG FUNCTION - «Lung function 1»

Blow 1

FEV1

	•		
--	---	--	--

FVC

	•		
--	---	--	--

Valid?

Yes / No

Blow 2

FEV1

	•		
--	---	--	--

FVC

	•		
--	---	--	--

Yes / No

Blow 3

FEV1

	•		
--	---	--	--

FVC

	•		
--	---	--	--

Yes / No

Blow 4

FEV1

	•		
--	---	--	--

FVC

	•		
--	---	--	--

Yes / No

Blow 5

FEV1

	•		
--	---	--	--

FVC

	•		
--	---	--	--

Yes / No

GRIP STRENGTH – «Hand grip 2»

Left 1

		•		KG
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Right 1

		•		KG
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Left 2

		•		KG
----------------------	----------------------	---	----------------------	----

Right 2

		•		KG
----------------------	----------------------	---	----------------------	----

10 MINUTE BREAK

QUESTIONNAIRE

GRIP STRENGTH - «Hand grip 3»

Left 1

		•		KG
----------------------	----------------------	---	----------------------	----

Right 1

		•		KG
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Left 2

		•		KG
----------------------	----------------------	---	----------------------	----

Right 2

		•		KG
----------------------	----------------------	---	----------------------	----

ID

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LUNG FUNCTION – «Lung function 2»

Blow 1

FEV1

--

 •

--	--

FVC

--

 •

--	--

Valid?

Yes / No

Blow 2

FEV1

--

 •

--	--

FVC

--

 •

--	--

Yes / No

Blow 3

FEV1

--

 •

--	--

FVC

--

 •

--	--

Yes / No

Blow 4

FEV1

--

 •

--	--

FVC

--

 •

--	--

Yes / No

Blow 5

FEV1

--

 •

--	--

FVC

--

 •

--	--

Yes / No

GRIP STRENGTH - «Hand grip 4»

Left 1

--	--

 •

--

 KG

Right 1

--	--

 •

--

 KG

Left 2

--	--

 •

--

 KG

Right 2

--	--

 •

--

 KG

END OF ASSESSMENT
THANK YOU FOR YOUR TIME

