Physical Examination Procedures in the 2010 Australian National Survey of High Impact Psychosis

Blood Sampling
- For analysis of total cholesterol, high density lipoprotein, triglyceride & plasma glucose levels.
- One authorized pathology service at each site collected, analysed and reported results.
- Participants were asked to fast from midnight the night before the test.
- Participants unable to fast undertook the test with the non fasting time recorded.
- 5.5mls blood were collected.
- Results were recorded in mmol/L to two decimal points.

Waist Circumference
- Perfect waist tape measures were provided to all interviewers.
- It is made of fiberglass fabric which is flexible and won't stretch like cotton fabric does.
- The tape was wrapped around the waist; the peg at the end was secured into the case, and cinched until snug.
- Waist circumference was measured as recommended in the NIH guidelines* by locating the top of the hip bone (iliac crest). The tape measure was placed evenly around the abdomen at the level of this bone. The tape measure was snug without compressing the skin. The participant was asked to breathe out gently & the measurement was taken at end of a normal expiration.
- Measurements were recorded to the nearest centimetre.


Height
- Interviewers used wall mounted height measuring devices or standard tape measures attached to the wall for readings.
- Participants were asked to remove shoes. Each participant was positioned to be standing fully erect with heels, buttocks and shoulders resting lightly against the wall, in front of, the measurement device. Readings were taken to the nearest centimetre.

Weight
- All interviewers used scales provided: Propert maxi weigh glass electronic scales capacity 200kg model 3202
- Scales placed on a firm and even surface
- Scales turned on by pressing the centre of the glass platform with foot. The display showed 0.0
- Participant's shoes were removed.
- The participant was asked to stand on the scales making sure feet were placed evenly and standing still.
- Weight was recorded from digital display on scales and was recorded to the nearest kilogram.

Blood Pressure
- All interviewers used blood pressure monitors provided: AND digital blood pressure monitor model UA-767 plus
- Ideally, the participant should not have consumed caffeine or smoked for at least 2 hours before BP was measured.
- Participants were seated and had been for at least 5-10 minutes before measurement.
- The appropriate cuff size was selected (medium or large). The selected arm (preferably left) was freed of constricting clothing so that the cuff could be wrapped around the upper arm without impediment.
- The cuff was wrapped around the upper arm about 2-3cms above the elbow with the airhose extended towards the hand and in the middle of the arm.
- The START button was pressed.
- If an appropriate pressure was not obtained the machine automatically inflated again.
- When completed the readings were displayed and recorded.

For further information, please contact: Anna Waterreus (email: Anna.Waterreus@uwa.edu.au)
For information on SHIP, please go to: http://www.psychiatry.uwa.edu.au/research/neru/survey/researchers