



SLEEP HEART HEALTH STUDY

**ANKLE ARM INDEX
CERTIFICATION CHECKLIST**

Instructions: Submit this form along with completed PM and PC forms to the Certification Coordinator at the SHHS Coordinating Center.

A. Field Site information

1. Field Site (*check one*):

- Framingham
- Johns Hopkins
- Minnesota
- NYU/Cornell
- Sacramento
- Pittsburgh
- Strong Heart - Dakota
- Strong Heart - Phoenix
- Strong Heart - Oklahoma
- Tucson

2. Name of technician requesting certification (*please print*):

3. Certification # (PIN) of technician requesting certification (*record "n" if not previously certified for a SHHS Follow-Up 2 function*):

____ _

4. Name of certification examiner (*please print*):

5. Certification # (PIN) of certification examiner:

____ _

6. Date form completed:

__ __ - __ __ - 2 0 0 __
month day year

B. Certification requirements

The following certification requirements were completed satisfactorily. Indicate by checking the appropriate box.

7. Training requirements:

- Read and study manual
- Attend group training or observe administration by SHHS certified examiner
- Practice on volunteers
- Compare measurements with those made by experienced colleagues
(Should be within 2 mm Hg of that observed by trainer)
- Discuss problems and questions with local expert

8. Recited AAI exclusion criteria:

- Open wounds
- Bilateral amputation of legs
- Unable to reach occlusion blood pressure
- Conduct three readings of systolic measurements according to protocol on each of two volunteers while being observed by SHHS certified AAI examiner listening with Dopplers. Systolic measurements recorded by trainee should agree with those of the certified observer within 4 mm Hg, with the average of the three reading within 3 mm Hg.

C. Quality Assurance checklist

The following certification requirements were completed satisfactorily. Indicate by checking the appropriate box .

9. Right Arm Systolic BP Measurement:

- Explains procedure to participant
- Determines cuff size according to protocol
- Five minute rest period before measurement
- Determines maximal inflation level
- Turns unit on
- Palpates brachial artery
- Applies ultrasound jelly over brachial artery
- Locates brachial artery using Doppler
- Measures systolic blood pressure using Doppler and standard manometer
- Inflates cuff quickly to maximum inflation level
- Deflates at 2 to 3 mm Hg/second to 10mm Hg below the appearance of systolic pressure
- Deflates cuff quickly and completely

10. Ankle Systolic BP Measurements:

- Places manometer between participant's ankles

11. Right ankle:

- Places blood pressure cuff (appropriate size) on right ankle
- Locates posterior tibial artery by palpation
- Applies ultrasound jelly over posterior tibial artery
- Locates posterior artery using Doppler
- Measures systolic blood pressure using Doppler and standard manometer:
 - Inflates cuff quickly to maximal inflation level
 - Inflates further by 30 mm Hg increments if sounds are still present
 - Deflates at 2 to 3 mm Hg/second to 10 mm Hg below appearance of systolic pressure
 - Deflates cuff quickly and completely

12. Left ankle:

- Places blood pressure cuff (appropriate size) on left ankle
- Locates posterior tibial artery by palpation
- Applies ultrasound jelly over posterior tibial artery
- Locates posterior artery using Doppler
- Measures systolic blood pressure using Doppler and standard manometer:
 - Inflates cuff quickly to maximal inflation level
 - Inflates further by 30 mm Hg increments if sounds are still present
 - Deflates at 2 to 3 mm Hg/second to 10 mm Hg below appearance of systolic pressure
 - Deflates cuff quickly and completely

13. Repeat of Ankle-Arm measurements:

- Repeats sequence of measures in reverse order
 - Left ankle
 - Right ankle
 - Right arm

14. Completion:

- Removes cuffs and conducting jelly
- Turns Doppler unit off immediately
- Correctly completes form
- Reviews form for completeness

D. Administrative information

15. Date of Coordinating Center review:

__ __ - __ __ - 2 0 0 __
month day year

16. Coordinating Center reviewer (*please print*):
