



ARIC-NCS Visit 11 – Clinic Exam Checklist - ACHIEVE[†]

ID NUMBER:		DOB:		NAME:		PROXY NAME:	
Transportation: Drive <input type="checkbox"/> Taxi Pick-up Time:				Participant wants forms read to them? YES NO			
Implanted medical devices? Y N		Diabetic? Y N		Will need medications? Y N		Medical support needed? Y N	
Able to walk? Y N		Tanita Exclude? Y N					
DAY 1 Date/Time:		DAY 2 Date/Time:		Other Information:			
Procedure/Form				Staff ID			
DAY 1	Welcome	Consent <input type="checkbox"/> LAR Consent <input type="checkbox"/> HIPAA <input type="checkbox"/> ¹					
		Update/IC tracking: CIU <input type="checkbox"/> , ICT <input type="checkbox"/> , LAR <input type="checkbox"/> ¹					
		Participant Safety/Exclusions: PSA <input type="checkbox"/> ¹					
		Imaging Recruitment <input type="checkbox"/> ¹					
	Visit 11 core	Medication Survey (MSR) <input type="checkbox"/> ¹					
		Sitting Blood Pressure (SBP) <input type="checkbox"/> ^{1β}					
		Blood/ urine collection: Fasting not required (BIO) <input type="checkbox"/> ¹					
	Echo	Echocardiogram <input type="checkbox"/> ² / Physical Exam Form (PEX)*** <input type="checkbox"/> ²					
	Physical function	4 Meter Walk (PFX) <input type="checkbox"/> ^{1‡} / Physical Function (PFX) <input type="checkbox"/> ^{2‡}					
		Two Minute Walk Eligibility (TME) <input type="checkbox"/> ^{2§}					
		Two Minute Walk (TMW) <input type="checkbox"/> ^{2§}					
	Clinic interview	Epworth Sleepiness Scale (ESS) ² <input type="checkbox"/> / Jenkins Sleep Evaluation Questionnaire (JSQ) ² <input type="checkbox"/>					
		Respiratory Questionnaire (RSX) ² <input type="checkbox"/>					
	Sleep	Sleep Devices: Sleep Profiler ² <input type="checkbox"/> / WatchPAT ³ <input type="checkbox"/>					
	End of visit	Sleep devices wear and return instructions <input type="checkbox"/>					
		Go over Summary of Results report <input type="checkbox"/>					
		Participant confirms receipt of medication bag <input type="checkbox"/>					
		Recruit for Day 2 <input type="checkbox"/>					
DAY 2	Welcome	Welcome and Device Return (as needed) <input type="checkbox"/>					
		Sitting Blood Pressure (SBPA)** <input type="checkbox"/>					
	Clinic interviews	Hearing and Noise Exposure-Short Form (HNES) <input type="checkbox"/> ²					
		Mini Nutritional Assessment (MNA + Circumferences) <input type="checkbox"/> ⁴					
	Take home devices	Wearable Tech (Fitbit) <input type="checkbox"/> ³					
		ECG Patch* (EIO) <input type="checkbox"/> ³					
		Continuous Glucose Monitoring* (CGMR) <input type="checkbox"/> ³					
	End of visit	Fitbit wear and return instructions <input type="checkbox"/>					
		ECG Patch/CGM sensor wear and return instructions* <input type="checkbox"/>					
		Go over Summary of Results report <input type="checkbox"/>					

Priority listing is a guide. Particularly within a priority, participant preference matters.
 Lunch/Snack can take place at any point during visit, or not at all.
 * CGM and ECG patch do **NOT** need to be worn concurrently at V11.
 ** SBPA is collected on a day 2 visit and does not need to be collected if all measures are completed in one day.
 *** PEX is only collected for participants completing the Echocardiogram and may be completed at any time during the Day 1 visit.

Summary of PSA safety screening exclusions below. Review MOPs and initialization forms for other exclusion criteria.

	Is adhesive allergy (PSA4) an exclusion?	Implantable Device Exclusions (PSA3 and PSA5)?
Fitbit	no	YES. Pacemaker only
CGM	YES	YES. Pacemaker, defibrillator
ECG Patch	YES	YES. Pacemaker, neurostimulator
Sleep Profiler	YES	no
WatchPat	YES	YES. Pacemaker, Inspire Sleep Device

Guidance for ARIC-ACHIEVE participants
[†]The ACHIEVE team will contact the ARIC team about upcoming ACHIEVE annual visits so that the ARIC in-clinic visit may be coordinated. Optimally, both visits may be scheduled on the same day. In that event, transportation to the clinic may be planned by the ACHIEVE team. If the visit cannot be scheduled as the same day as the ACHIEVE visit, attempt to schedule the participant to come to the clinic within 2 weeks following the ACHIEVE visit.

[‡] The 4 Meter Walk **must** take place prior to the TME/TMW and on the same day as the TME/TMW for safety concerns. The rules for PFX are:

- When the ARIC visit is on the same day as the ACHIEVE annual exam (and the ACHIEVE exam occurs first), the ACHIEVE staff should share the 4 Meter Walk results with the ARIC visit staff. The ARIC visit staff will unlock the TME item 2 and answer the 4 Meter Walk question.
- When ARIC V11 is collected at **any time other than** the ACHIEVE annual visit, Trial 1 and Trial 2 of the 4 Meter Walk must be conducted during ARIC visit 11. The PFX form in the "V11 / NCS" form group should be partially completed for items 0a, 0b, 0c, 7-8d.

[§] Must take place at any point after the 4 Meter Walk (PFX).
^βThe ARIC technician enters the SBP form in CDART ARIC "V11 / NCS" every time they see a shared cohort participant to collect the non-shared components (listed above) according to the following rules:

- When the visit 11 is on the same day as the ACHIEVE annual exam, the ARIC visit staff will need to open the SBP in the "V11 / NCS" form group and enter **only the date of the visit**, in order for reports to run correctly.
- When the visit 11 is collected at **any time other than** the ACHIEVE annual visit, the ARIC visit staff will need to collect blood pressure and record in the "V11 / NCS" form group.

Notes: