### ARIC-NCS Visit 11 – Clinic Exam Checklist - ACHIEVE†

**Procedure/Form** | **Staff ID**
--- | ---
Consent | HIPAA |
LAR Consent | 1 |
Update/IC tracking: CIU, ICT, LAR | 1 |
Participant Safety/Exclusions: PSA | 1 |
Imaging Recruitment | 1 |
Medication Survey (MSR) | 1 |
Sitting Blood Pressure (SBP) | 18 |
Blood/urine collection: Fasting not required (BIO) | 1 |
Echocardiogram / Physical Exam Form (PEX)*** | 2 |
4 Meter Walk (PFX) / Physical Function (PFX) | 22 |
Two Minute Walk Eligibility (TME) | 26 |
Two Minute Walk (TMW) | 26 |
Epworth Sleepiness Scale (ESS) / Jenkins Sleep Evaluation Questionnaire (JSQ) | 2 |
Respiratory Questionnaire (RSX) | 2 |
Sleep Devices: Sleep Profiler / WatchPAT | 3 |
Sleep devices wear and return instructions |  |
Go over Summary of Results report |  |
Participant confirms receipt of medication bag |  |
Recruit for Day 2 |  |
GO TO CLINIC |  |
Welcome and Device Return (as needed) |  |
Sitting Blood Pressure (SBP)** |  |
Hearing and Noise Exposure-Short Form (HNES) | 2 |
Mini Nutritional Assessment (MNA + Circumferences) | 4 |
Wearable Tech (Fitbit) | 3 |
ECG Patch* (EIO) | 3 |
Continuous Glucose Monitoring* (CGMR) | 3 |
ECG Patch/CGM sensor wear and return instructions* |  |
Go over Summary of Results report |  |

**DAY 1 Date/Time:** | **DAY 2 Date/Time:**
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**Other Information:**

- **Is adhesive allergy (PSA4) an exclusion?**
- **Implantable Device Exclusions (PSA3 and PSA5)?**

<table>
<thead>
<tr>
<th>Fitbit</th>
<th>no</th>
</tr>
</thead>
<tbody>
<tr>
<td>CGM</td>
<td>yes</td>
</tr>
<tr>
<td>ECG Patch</td>
<td>yes</td>
</tr>
<tr>
<td>Sleep Profiler</td>
<td>yes</td>
</tr>
<tr>
<td>WatchPat</td>
<td>yes</td>
</tr>
<tr>
<td>PSA</td>
<td>no</td>
</tr>
<tr>
<td>Pacemaker only</td>
<td>yes</td>
</tr>
<tr>
<td>All implantable devices</td>
<td>yes</td>
</tr>
<tr>
<td>Pacemaker, neurostimulator</td>
<td>yes</td>
</tr>
<tr>
<td>YES</td>
<td>yes</td>
</tr>
<tr>
<td>NO</td>
<td>yes</td>
</tr>
</tbody>
</table>

#### 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:

1. 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.
2. 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).

β The 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:

1. 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.
2. 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:

1. 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 results with the ARIC visit staff. The ARIC visit staff will unlock the TME item 2 and answer the 4 Meter Walk question.

2. 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.

3. Must take place at any point after the 4 Meter Walk (PFX).

4. The 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:

   1. 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.

   2. 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.