
RESEARCH RESULTS

tutkimuslomake7.doc 20.8.2001

Study group

Date of visit 200

Time of arrival
Meals and medication before the visit

1. Has the subject fasted for at least 12 hours?
   1 yes
   2 no, s/he ate/drank something at o’clock

   ________ ______

   What did s/he eat/drink? __________

   __________________________

   __________________________

   __________________________

2. Has the subject taken some medication during the past 24 hours?
   1 no
   2 yes, medication? concentration? When did s/he take it?

   __________________________

   __________________________

   __________________________

3. Has the subject smoked during the past 4 hours?
   1 no
   2 yes

Blood samples

Nurse ________ Time ________ . ________

4. Have samples been taken?
   1 yes
   2 no, why not?

   __________________________

   __________________________

5. Note this about taking blood samples:

   __________________________

   __________________________

   __________________________
6. Blood pressure
   measurement was unsuccessful
   1) [ ] [ ] [ ] / [ ] [ ] [ ] [ ]
      pulse [ ] [ ] [ ]
      meter nr [ ] [ ]
   2) [ ] [ ] [ ] / [ ] [ ] [ ] [ ]
      pulse [ ] [ ] [ ]
      meter nr [ ] [ ]
   3) [ ] [ ] [ ] / [ ] [ ] [ ] [ ]
      pulse [ ] [ ] [ ]
      meter nr [ ] [ ]

9. Was spirometry successful?
   1 yes
   2 no, why not? ________________

10. Weight _______ kg
   1 in underwear
   2 in normal clothing, specify clothing?
      ____________________________
      ____________________________
      scale nr [ ] [ ] [ ]

11. Waist girth _______ cm

12. Hip girth _______ cm
     tape measure nr [ ] [ ] [ ]

13. Height _______ cm

14. Sitting height _______ cm
    height meter nr [ ] [ ] [ ]
    Height of chair _______ cm
    stool nr [ ] [ ] [ ]

15. Also note this (give the number of the item you refer to specifically):
    ____________________________
    ____________________________
    ____________________________
16. Can a skin prick test be done?
   1 no, rash or skin abrasion in the test area
   2 no, systemic reaction after a previous skin test
   3 no, pregnant
   4 no, some other reason, what?
   5 yes

17. Has the subject been taking antihistamine within 2 days before the test?
   1 no
   2 yes

18. Prick test results
   Test made by [ ]
   Test made at (time) [ ]
   Test read by [ ]
   Test read at (time) [ ]
   Test measured by [ ]

<table>
<thead>
<tr>
<th>ALLERGEN TESTED</th>
<th>TAPE</th>
<th>NO.</th>
<th>MEASUREMENT</th>
<th>MEASUREMENT</th>
<th>PS +</th>
</tr>
</thead>
<tbody>
<tr>
<td>POSITIVE CONTROL</td>
<td>1</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>NEGATIVE CONTROL</td>
<td>2</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BIRCH</td>
<td>3</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TIMOTHY</td>
<td>4</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CAT</td>
<td>5</td>
<td>5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>D.PTERONYSS.</td>
<td>6</td>
<td>6</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Positive repeat control</td>
<td>7</td>
<td>7</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

19. Is there erythema around the positive control?
   1 yes
   2 no
20. Was skin test successful?
   1  yes
   2  no, why not?

21. Questions concerning health before a physical fitness test:

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you have an infectious disease right now or are you recovering from such disease?</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Do you have a cardiac defect or disease?</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Have you had any of the following symptoms: chest pain, shortness of breath, arrhythmia or dizziness, and does physical exercise cause them to occur?</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Do you have symptoms or conditions that restrict biking?</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Has your doctor advised you to avoid physical exertion?</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Have you been diagnosed for elevated blood pressure?</td>
<td>1</td>
<td>2</td>
</tr>
</tbody>
</table>

22. Can a bicycle ergometer test be done?
   1  yes
   2  no, why not?

   ____________________________
23. Bicycle ergometer test, girls and boys, pedalling rhythm 60 rpm 6.8.2001/TT

<table>
<thead>
<tr>
<th>Weight (kg)</th>
<th>I load, 4 min (0-4')</th>
<th>II load, 4 min (4-8')</th>
</tr>
</thead>
<tbody>
<tr>
<td>under 45.0 kg</td>
<td>60 W - 1.0 kg</td>
<td>HR 140 or more</td>
</tr>
<tr>
<td></td>
<td>SY3' ___</td>
<td>SY8'___</td>
</tr>
<tr>
<td></td>
<td>RPE8'___</td>
<td>HR 139 or less</td>
</tr>
<tr>
<td></td>
<td>90 W - 1.5 kg</td>
<td>SY7'___</td>
</tr>
<tr>
<td></td>
<td>SY8'___</td>
<td></td>
</tr>
<tr>
<td></td>
<td>RPE8'___</td>
<td></td>
</tr>
<tr>
<td>45.0 - 65.0 kg</td>
<td>90 W - 1.5 kg</td>
<td>HR 140 or more</td>
</tr>
<tr>
<td></td>
<td>SY3' ___</td>
<td>SY8'___</td>
</tr>
<tr>
<td></td>
<td>RPE8'___</td>
<td>HR 139 or less</td>
</tr>
<tr>
<td></td>
<td>120 W - 2.0 kg</td>
<td>SY7'___</td>
</tr>
<tr>
<td></td>
<td>SY8'___</td>
<td></td>
</tr>
<tr>
<td></td>
<td>RPE8'___</td>
<td></td>
</tr>
<tr>
<td>over 65.0 kg</td>
<td>120 W - 2.0 kg</td>
<td>HR 140 or more</td>
</tr>
<tr>
<td></td>
<td>SY3' ___</td>
<td>SY8'___</td>
</tr>
<tr>
<td></td>
<td>RPE8'___</td>
<td>HR 139 or less</td>
</tr>
<tr>
<td></td>
<td>150 W - 2.5 kg</td>
<td>SY7'___</td>
</tr>
<tr>
<td></td>
<td>SY8'___</td>
<td></td>
</tr>
<tr>
<td></td>
<td>RPE8'___</td>
<td></td>
</tr>
<tr>
<td></td>
<td>180 W - 3.0 kg</td>
<td>SY7'___</td>
</tr>
<tr>
<td></td>
<td>SY8'___</td>
<td></td>
</tr>
<tr>
<td></td>
<td>RPE8'___</td>
<td></td>
</tr>
</tbody>
</table>

- if heart rate is 170 or more at load I, the subject is asked to pedal the remaining time with that load, but the load is not increased after that.

Should something special be noted about the interpretation of the results?
1 no
2 yes, what? _______________________

Maximum load (W) ————

Maximum oxygen uptake (ml/kg/min) ————
24. QUESTIONS TO GIRLS

Question 1
- Look at the following pictures about the stages of puberty.
- Mark with a cross the picture that applies to you best at the time.

1. The breasts are flat.

2. The breasts are slightly bulging.

3. The breasts are bigger than in picture 2.

4. The nipple and the surrounding areola form a bulge that protrudes from the breast.

5. Only the nipple protrudes from the

Question 2
- Look at the following pictures about the development of puberty.
- Mark with a cross the picture that applies to you best.

1. No hair.

2. Very little hair.

3. Quite a lot of hair.

4. No hair on the thighs.

5. The hair has spread to the thighs.
Final check

25. Have the following things been seen to?

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
<th>Note:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Consent form, subject</td>
<td>1</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Consent form, parents</td>
<td>1</td>
<td>2</td>
<td></td>
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<tr>
<td>Spirometry form</td>
<td>1</td>
<td>2</td>
<td></td>
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<tr>
<td>Supplementary questions form</td>
<td>1</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Feedback</td>
<td>1</td>
<td>2</td>
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<tr>
<td>Certificate about visit</td>
<td>1</td>
<td>2</td>
<td></td>
</tr>
</tbody>
</table>

26. Note:

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

Time of departure   [ ] [ ]