

STUDY OF OSTEOPOROTIC FRACTURES (V3)

Anthropometry Protocol

Rounding convention: Round up at .5 of smallest unit recorded on exam form.

I. WEIGHT IN KILOGRAMS

1. Equipment:

Weight is measured in kilograms using a standard balance beam scale. Each center should have a 50 kg weight for periodic calibration.

2. Subject preparation:

Weight is measured without shoes and without outer clothing or heavy sweaters.

3. Measurement Procedure:

a) The participant should stand in the center of the scales with her weight equally distributed on both feet and not touch or support herself on anything.

"In order to measure your weight, I would like you to remove your shoes (and any heavy outer clothing) and step forward onto the center of the scale."

b) Some participants may require support while being weighed. A scale with a safety railing would be ideal for this. It may be possible to have the manufacturer of your existing scale install a safety railing at a reasonable cost. Otherwise, weigh yourself with and without the participant's cane, etc., to determine its weight. Subtract the weight of the aid from the participant's weight before recording. In the event that it is necessary for the examiner to support the participant during weighing, provide the minimum support that is safe.

c) Weight is recorded to the nearest 0.1 kg. (If the scale is calibrated in pounds, measure to the nearest 1/4 pound and covert to kilograms.)

2/1/91

II. STATURE (STANDING HEIGHT) WITH A WALL-MOUNTED HARPENDEN STADIOMETER

1. Equipment:

Height is measured in centimeters with a wall-mounted Harpenden Stadiometer.

2. Subject preparation:

Height is measured without shoes.

3. Measurement Procedure:

a) The participant stands with her back against the wall-mounted stadiometer with the heels together and both heels touching the wall plate. The back (scapulae) and buttocks should also be in contact with the wall-plate.

"Please stand against the device which is mounted on this wall. Your heels should be together (as close as possible) and both heels should be touching the wall-plate. Look straight ahead. (Optional: I will position your head so that I can measure your height more accurately.)"

b) Be sure that in this position the participant maintains erect posture, i.e., no slouching. Heels should be together with the weight equally distributed and the head in the "Frankfort Horizontal Plane." The line through the lowest point on the inferior orbital margin (orbitale) and the upper margin of the external auditory meatus (tragion) should be horizontal. The horizontal bar is brought down firmly onto the top of the head. It may be necessary, upon occasion, to remove or alter the hairdress of some of the participants. This is necessary for the horizontal bar to make contact with the top of the scalp.

Occasionally, it will be impossible to position the participant's heels, buttocks, scapulae and the back of the head in one vertical plane against the wall-plate and still have her stand naturally and comfortably. If the back is arched due to large buttocks, move the participant forward and have only one part (usually the buttocks) in contact with the stadiometer. Similarly for participants with severe spinal curvature, if the spine is the part that protrudes the farthest, then that should be the part that is touching the rule.

c) Have the participant inhale deeply, again not altering position by, for example, raising the heels off the floor. Once in position, say:

"Take a deep breath."

d) Stature is measured just before exhaling. Measure height and then say

"Exhale."

e) Record height to the nearest tenth of a centimeter.