

HEALTH CHECK HANDBOOK



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Introduction	1
Blood Pressure	2-4
Body Composition scales	5-7
Cholesterol Glucose testing	8-11
Diagnostic	12
Peak Flow	13-14
Grip Strength test	15

TABLE OF **CONTENTS**



INTRODUCTION



Early Intervention & Prevention

To identify any health and wellbeing concerns

Lifestyle Advice and signposting onwards for a healthy and active life.

BLOOD PRESSURE

Why do we take blood pressure reading? To obtain an accurate reading to identify a person's risk of heart disease and stroke.

- Ask person to sit on a chair with their back straight.
- Make sure that their feet are flat on the ground, no crossed legs
- Check with client which arm is preferable (due to some medical conditions)
- Ask them to place their arm on a table. Make sure that the upper arm is at the heart's level.
- Put the cuff snugly on their bare arm – it shouldn't be too tight, but also not loose. You should only be able to insert two fingers on the top edge of the cuff.
- The bottom of the cuff should be about 1 inch above the elbow bend, and the tube must sit directly in the front centre of the arm.



- Wait a moment before pressing the start button. Once you press it, the cuff will inflate and then deflate to get your reading. Your blood pressure result (along with your pulse rate) will be displayed on the panel.

UNDERSTANDING YOUR BLOOD PRESSURE READING

Blood pressure is measured in millimetres of mercury (mmHg) and is given as 2 numbers:

- **systolic pressure** – the pressure when your heart pushes blood out
- **diastolic pressure** – the pressure when your heart rests between beats

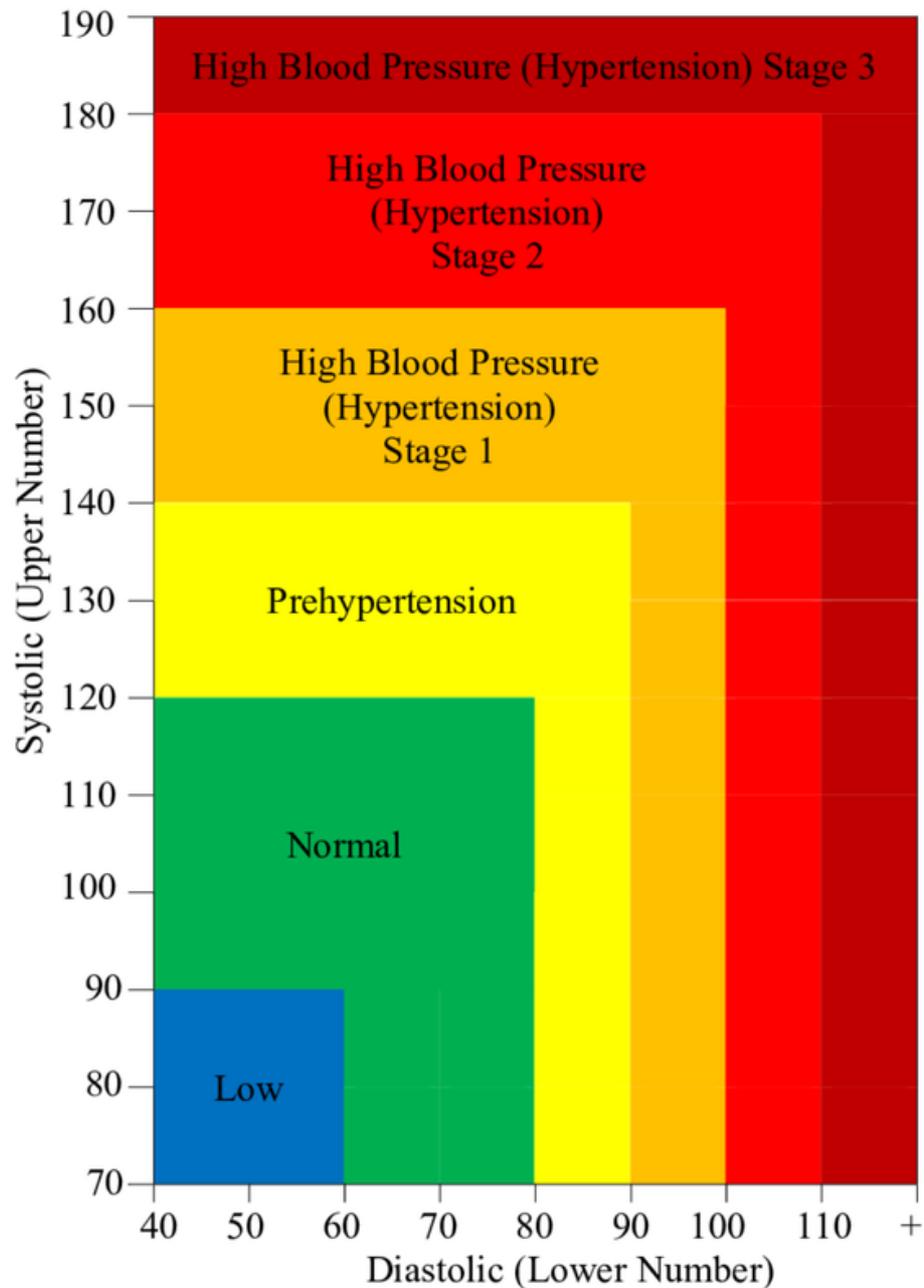
The highest number is always the systolic pressure and it's always given first. For example, a blood pressure given as "120 over 80" or 120/80mmHg means a systolic pressure of 120mmHg and a diastolic pressure of 80mmHg.

As a general guide:

- normal blood pressure is considered to be between 90/60mmHg and 120/80mmHg
- high blood pressure is considered to be 140/90mmHg or higher
- low blood pressure is considered to be 90/60mmHg or lower

If your reading is between 120/80mmHg and 140/90mmHg, you may be at risk of developing high blood pressure.

Blood Pressure Range Chart



If it is a high reading take 2 or 3 readings one to two minutes apart. This is to check if the reading is accurate. Please note that the results need not be the same, but they should be close to one another (i.e., 112/68 mmHg, 110/66 mmHg).

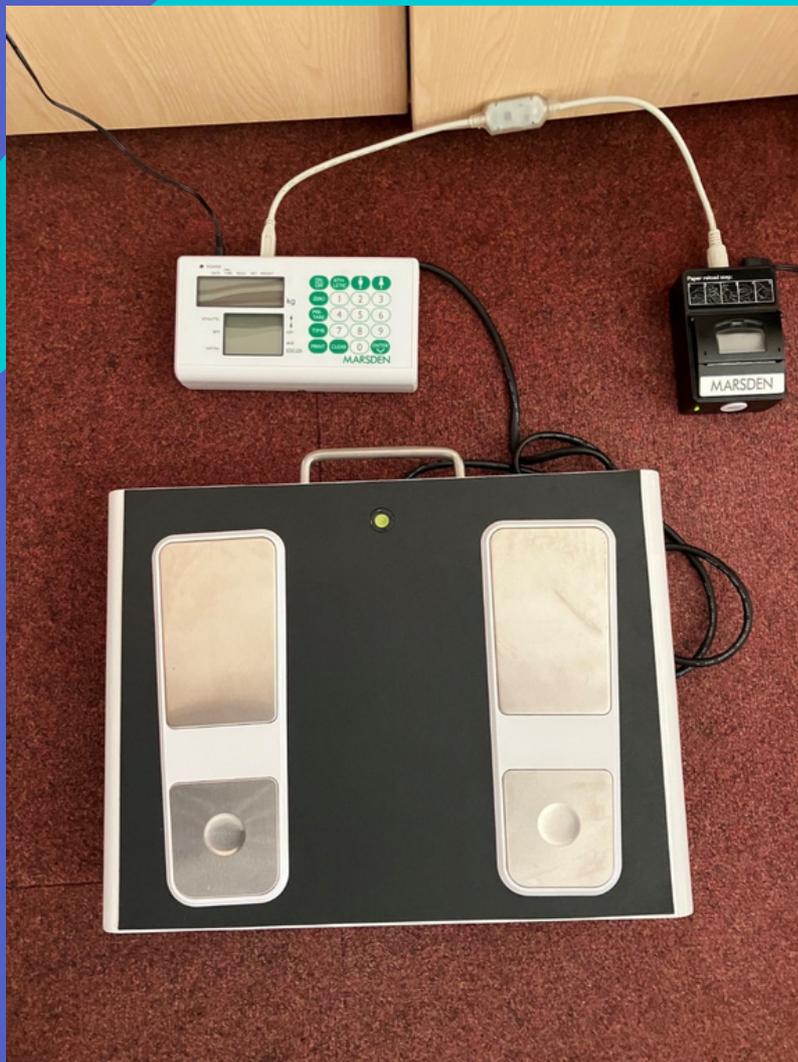
If results are too high, do not alarm client but give advice to contact GP ASAP



BODY FAT SCALES

Why take reading? Taking body composition to identify at risk of health conditions

Set up scales according to picture. Plug scales in then plug the printer in, connect printer to scales (power cables labelled for correct device)

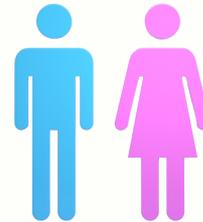


**PLEASE NOTE: CLIENT
MUST NOT USE IF THE
THEY HAVE A
PACEMAKER OR
INTERNAL DEFIB**

TO USE



- Ask client to remove socks/tights
- Press on button
- Press athletic or not then enter
- PRESS male or female then enter
- Enter height in cm then enter
- Then age then enter
- Light will flash to ask client to step on

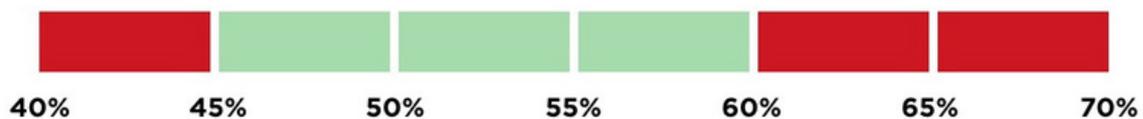


- Ask client to step on and wait until it beeps
- Ask client to step off
- Press print on the display screen

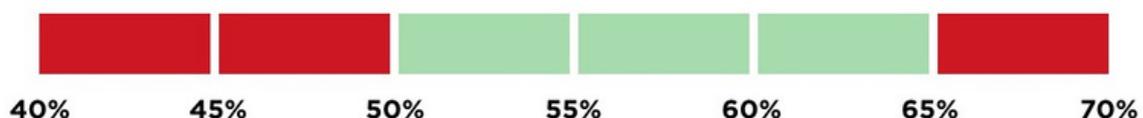
RESULTS

Hydration

Average healthy range for women



Average healthy range for men



BENECHECK 3 IN 1 MONITORING SYSTEM FOR CHOLESTEROL & GLUCOSE TESTING

Why do we take glucose & cholesterol reading?

To identify your cholesterol & glucose readings as these number can indicate a number of health conditions. Early intervention is key to get these conditions under control.

Common conditions identifies are:

High Cholesterol – Heart disease & strokes

High Glucose - diabetes

Calibrate the meter before testing by inserting the memo chip (bottom of box with strips). The code will come on the screen, your meter is now calibrated. Remove the memo chip

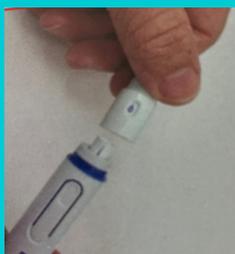


Take a cholesterol/glucose strip and insert into the meter. The meter will turn on and the code will display. On the right hand side of the screen a blood drop symbol will flash indicating that you need to apply a sample.

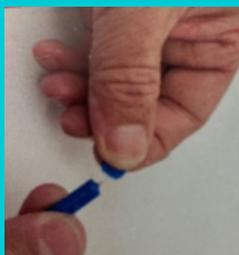
Put the meter down and prepare the blood sample

Put gloves on

Prepare lancet to obtain blood sample:



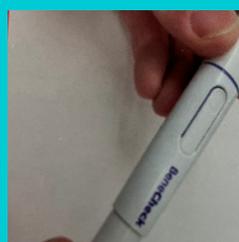
Remove cap off lancing pen, turn cap to display number 6



Take the plastic lancet and twist the end off to reveal the needle BE CAREFUL



Insert the lancet into the cradle of the lancing pen, replace cap by turning the cap half a turn to secure in place



Pull out the bottom of the pen to activate the device



Place on fingertip and press activation button to fire the needle that will draw blood on the fingertip

GETTING RESULTS

With the strip in the meter place the white end of the strip into the blood sample on the finger. The strip will absorb the blood.

Keep the strip in the sample until the countdown starts on the screen, your result will appear in about 30 seconds

Press the middle eject button to remove the needle



Healthy Cholesterol Range				
	Unit	Optimal	Intermediate	High
Total Cholesterol	mg/dL	<200	200 - 239	>239
	mmol/L	<5.2	5.3 - 6.2	>6.2
LDL Cholesterol (calculated)	mg/dL	<130	130 - 159	>159
	mmol/L	<3.36	3.36 - 4.11	>4.11
HDL Cholesterol	mg/dL	>60	40 - 60	<40
	mmol/L	>1.55	1.03 - 1.55	<1.03
Triglycerides	mg/dL	<150	150 - 199	>199
	mmol/L	<1.69	1.69 - 2.25	>2.25
Non-HDL-C (calculated)	mg/dL	<130	130 - 159	>159
	mmol/L	<3.3	3.4 - 4.1	>4.1
TG to HDL ratio (calculated)	mg/dL	<3	3.1 - 3.8	>3.8
	mmol/L	<1.33	1.34 - 1.68	>1.68

What to aim for during the day

Before meals
(including breakfast)



4-7
MMOL/L

2hrs after meals



5-9
MMOL/L

Bedtime



4-7
MMOL/L

Disposal of waste

- Disposal of lancet needle & blood strips Lancet needles should be placed into sharp needle waste bin.
- Blood strips, gloves, wipes & peak flow tubes should go into clinical waste bag (1 per venue/session)
- Sharps waste disposal – full tub should be swapped at Void Hut, Right hand side of entrance gate at Burnside Street Depot
- Clinical Waste bags – placed in large Yellow Bin, Void Hut, Right hand side of entrance gate at Burnside Street Depot



DIAGNOSTICK TESTING

To check for AF (Atrial Fibrillation) -First section of ABCD

Take Diagnostick out of white tube.



To carry out test:

Client holds the stick with both hands

- Orange lights will start flashing
- The reading will take between 30-60 seconds to complete
- The Diagnostick will beep with result
- If result is green then No AF diagnosed
- If result is red then AF suspected
- If AF diagnosed, complete the referral form for client to take to GP



To charge diagnostick, plug in to laptop with lead provided in box.

PEAK FLOW TESTING



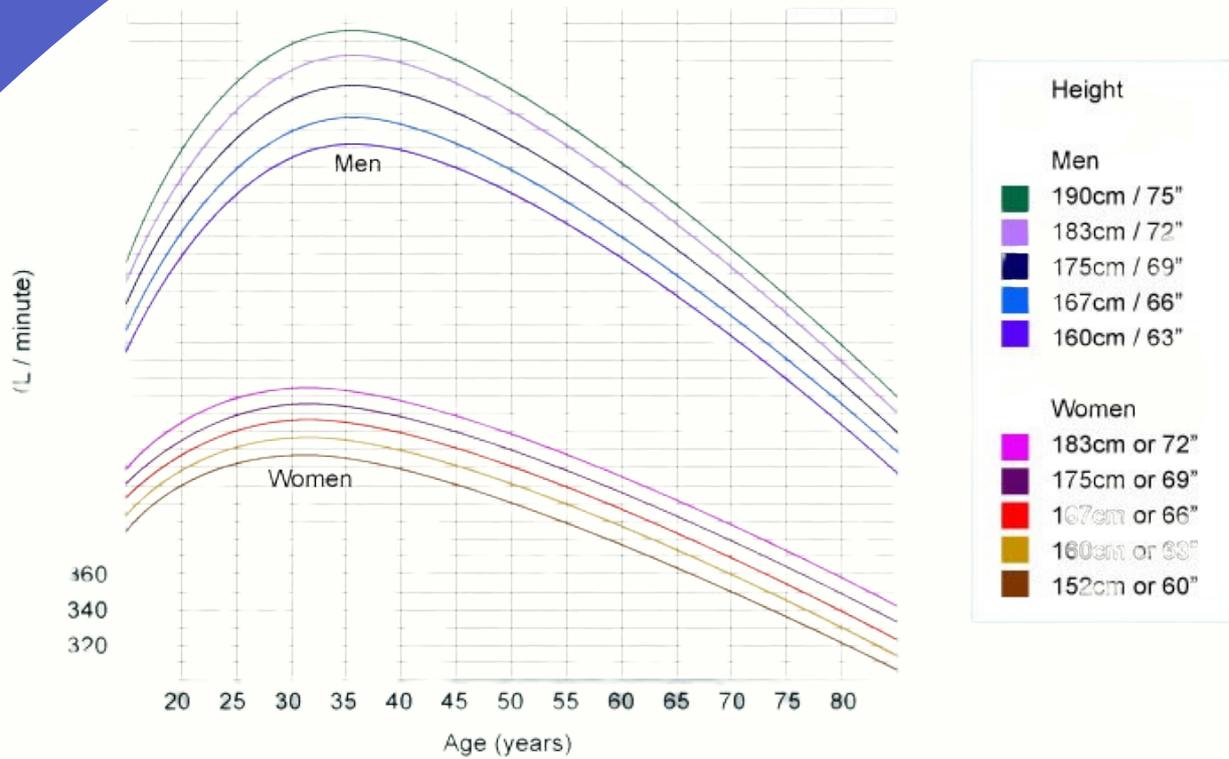
By measuring how fast you're able to breathe out, your peak flow score can indicate whether your airways are narrowed.

This could be a sign that you have asthma. If you've already been diagnosed with asthma, measuring your peak flow regularly can be a useful way of monitoring your condition. Your score can show whether or not your condition is getting worse. It can also check if your medication is working, and indicate whether you're having an asthma attack.

How to measure your peak flow

- Where possible ask client to stand
- push the pointer back to the first line of the scale nearest the mouthpiece
- place disposable cardboard mouthpiece on peak flow meter
- ask client to hold the peak flow meter so it's horizontal and make sure that their fingers are not obstructing the measurement scale
- ask them to breathe in as deeply as they can and place their lips tightly around the mouthpiece
- ask them to breathe out as quickly and as hard as they can
- when they have finished breathing out, make a note of their reading

This should be repeated 3 times, and the highest of the 3 measurements should be recorded as your peak flow score.



Refer to chart appendix for results
If results are low provide advice



GRIP STRENGTH TEST

Why do we do a grip strength test? It is a biomarker for ageing and indicator of muscle strength and overall health.

Instructions:

- Ask Client to stand
- Hold arm out, extended horizontally to floor, shoulder height
- Client holds dyno meter and starts to squeeze
- Arm is lowered from shoulder height to the side of body during the squeezing motion, recommended squeezing for 3 seconds.
- One practice trial, best of three attempts with 30 seconds rest between.



Results

Age (years)	15-19	20-29	30-39	40-49	50-59	60-69
Excellent	≥ 68	≥ 70	≥ 71	≥ 69	≥ 61	≥ 54
Very good	60 - 67	63-69	63-71	61-68	54-60	48-53
Good	53-59	58-62	58-62	54-60	49-53	45-47
Fair	48-52	52-57	51-57	49-53	45-48	41-44
Poor	≥ 47	≥ 51	≥ 50	≥ 48	≥ 44	≥ 40