

Cardiovascular Outcomes Protocol Timeline (2009)

- 8:30 am - Volunteer arrives at Sleep Cohort Lab in the CTRC
- 8:50 am - Obtain HIPPA and consent (copy to CTRC, data folder, and volunteer)
- 8:55 am - Obtain height and weight and menu selection – Bring Ht and Wt to AIRP lab
- 9:00 am - Escort volunteer to Atherosclerosis Imaging Research Lab for Echocardiography, Arterial Tonometry, and Carotid Intima-Media Thickness.
- 10:30 am - Escort Volunteer back to the Sleep Lab
- 10:30am - The Psychomotor Vigilance Test #1 is performed.
- 10:45 am - Volunteer completes questionnaire data including the Brief Health History Questionnaire interview; Current Physical Activity Questionnaire; Anxiety and Mood Symptom questionnaires; Medical Outcomes Survey (SF36); Calgary Symptoms of Stress Inventory; the Louisville Older Persons Events Scale; and the Balance and Fall History interview parts 1 and 2 – computer/tech assisted, part 3 – self administered.
- 12:00pm - (Break for seated blood pressures and Lunch)
- 1:00 pm - Ankle-Brachial Index blood pressure measurements are obtained in supine position.
- 1:30 am - Perform 12 lead ECG in sleep lab room
- 2:00 pm - The Psychomotor Vigilance Test #2 is performed.
- 2:15 pm - Three balance and gait tasks performed including the Timed “Up and Go”, the Test of Standing Balance, and the Dual-task method.
- 2:25pm - Review questionnaires, make sure all paperwork is complete.
- 2:30 pm - Volunteer is paid \$100.00 and discharged