

Physical Examination (F07)

Versions: English 10/01/12a; Spanish 10/01/12a; QxQs 10/01/12b

1. Question A1c: Revise instructions for height measurement to be more explicit.

Height: Ask the participant to remove any hair ornaments, jewelry, buns, or braids from the top of the head. Have the participant stand up straight with the body weight evenly distributed and both feet flat on the scale platform. Instruct the participant to stand with the heels together and toes apart. The toes should point slightly outward at approximately a 60° angle. Check that the back of the head, shoulder blades, buttocks, and heels make contact with the backboard.

Second, align the head in the Frankfort horizontal plane. The head is in the Frankfort plane when the horizontal line from the ear canal to the lower border of the orbit of the eye is parallel to the floor and perpendicular to the vertical backboard. Many people will assume this position naturally, but for some participants the examiner may need to gently tilt the head up or down to achieve the proper alignment. Instruct the participant to look straight ahead.

Next, lower the head piece so that it rests firmly on top of the participant's head, with sufficient pressure to compress the hair. Instruct the participant to stand as tall as possible, take a deep breath, and hold this position. The act of taking a deep breath helps straighten the spine to yield a more consistent and reproducible stature measurement. Notice that the inhalation will cause the head piece to rise slightly.

Some participant's have hair styles such as a barrette, bun, or braid that will interfere with the placement of the stadiometer head piece. Other participants may refuse to remove their shoes for the height measurement. In these cases, the examiner should enter "-9" (data missing) for the participant's height.

2. Question A1c: Allow for measurement of exact height, rather than rounding to nearest inch, by allowing entry of two decimal places on form.