

Thank you for your co-operation

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**HEALTH AND LIFESTYLES OF PEOPLE  
AGED 50 AND OVER**

**MEASUREMENT RECORD CARD**

FULL NAME: \_\_\_\_\_

SURVEY NURSE: \_\_\_\_\_

DATE OF NURSE VISIT: \_\_\_\_\_

**STANDING HEIGHT:** \_\_\_\_\_ cm  
 \_\_\_\_\_ ft/ins

**WEIGHT:** \_\_\_\_\_ kg  
 \_\_\_\_\_ st/lbs

**WAIST AND HIP MEASUREMENT**

	Waist		Hip	
<i>1st measurement</i>	_____ Cms		_____ cms	
<i>2nd measurement</i>	_____ Cms		_____ cms	

**LUNG FUNCTION**

FVC  ♦   litres

FEV<sub>1</sub>  ♦   litres

PF    litres per minute

Please refer to the leaflet given to you by the nurse for information about measuring and interpreting blood pressure and lung function.

**BLOOD PRESSURE**

	Systolic (mmHg)	Diastolic (mmHg)	Pulse (bpm)
(i)	<input type="text"/>	<input type="text"/>	<input type="text"/>
(ii)	<input type="text"/>	<input type="text"/>	<input type="text"/>
(iii)	<input type="text"/>	<input type="text"/>	<input type="text"/>

Blood pressure interpretation:

Normal		Moderately raised	
Mildly raised	<input type="text"/>	Considerably raised	<input type="text"/>
	<input type="text"/>		<input type="text"/>

Summary of advice given by nurse:  
 Visit your GP to have your blood pressure checked within:  
 \_\_\_\_\_