



MESA EXAM 7 OPERATIONS OVERVIEW

- University of Washington Coordinating Center
- *MESA Clinical Operations*

Agenda

Tuesday, January 18

First Session: 11am-2pm EST/10am-1pm CST/8am-11am PST

Welcome and Core Exam Procedures

Welcome	Cashell Jaquish, NHLBI Project Officer
Introductions	Kayleen Williams
MESA Background	Craig Johnson
Exam 7 Overview	Kayleen Williams
Consent	Sandi Shrager/Tim Hughes
Interview Technique	Kayleen Williams
Data Management	Kayleen Williams
Quality Control/Quality Assurance	Craig Johnson

Download the full schedule at <https://tinyurl.com/MESACTAgenda>

Internal MESA Website username: mesa password: subclinical



MESA Project Office Introduction and Welcome

Cashell Jaquish, Ph.D.

MESA Project Officer
Epidemiology Branch

Division of Cardiovascular Sciences
National Heart, Lung, and Blood Institute



MESA Virtual Central Training

January 18th, 2022

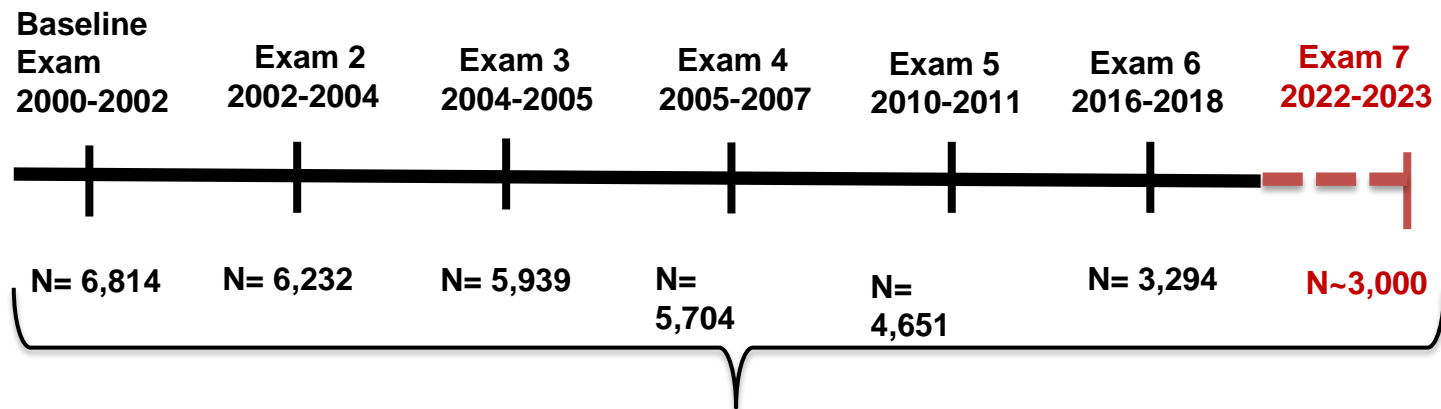




Much of the biomedical research in the United States is supported by the Federal Government, through the National Institutes of Health (NIH). The National Heart, Lung, and Blood Institute is part of NIH.

- What do we do?
 - Help to Manage MESA
 - Fund the Activities of MESA

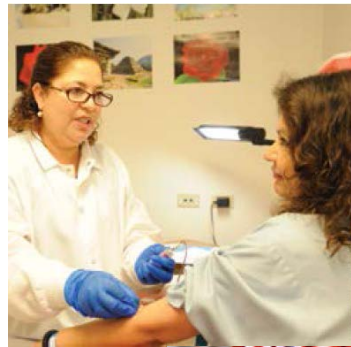
- Who are we?
 - Project Office
 - Cashell Jaquish, Ph.D. – Project Officer
 - Stephanie Marquez, M.P.H.– Deputy Project Officer
 - Lorraine Silsbee, M.H.S – Scientific Consultant
 - Colin Wu, Ph.D. - Biostatistician
 - Contracting Office
 - Vinton Grant – Contracting Officer
 - Kimesha Leake – Contracting Specialist



Regular participant follow-up for:

- Updating contact information
- Determining vital status
- Event ascertainment

Your role is critical!



Welcome!

Thank you for your Hard Work and Dedication!

We couldn't do this without you!





National Heart, Lung,
and Blood Institute

MESA EXAM 7 OPERATIONS OVERVIEW

Kayleen Williams

MESA Clinical Operations

Exam 7 Preparation Timeline

Activity	2021						2022					
	Q3	Q4	Q1	Q2	Q3	Q4	Q1	Q2	Q3	Q4		
	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
<input type="checkbox"/> Exam 7 Preparation												
Exam 7 Protocol Development	Exam 7 Protocol Development											
Draft Consent Form		Draft Consent Form										
Finalize Questionnaires			Finalize Questionnaires									
Develop Manuals of Operations			Develop Manuals of Operations									
Program data collection software				Program data collection software								
Central Training Preparation					Central Training Preparation							
Hire Technicians					Hire Technicians							
Local Training					Local Training							
sIRB Submission						sIRB Submission						
Local IRB review/consent							Local IRB review/consent					
Local radiation review							Local radiation review					
Order retention gifts						Order retention gifts						
Mail Participant Newsletter						Mail Participant Newsletter						
Laptops to sites						Laptops to sites						
Order biospecimen labels						Order biospecimen labels						
Central Training						Central Training						
Training/Certification						Training/Certification						
Questionnaires/ICF Translation						Questionnaires/ICF Translation						
Pilot Exam (up to 4/site)						Pilot Exam (up to 4/site)						
Implement changes based on pilot						Implement changes based on pilc						
Questionnaires/ICF Translation						Questionnaires/ICF Translation						
Exam 7							Exam 7					



Exam 7 Timeline

Activity	2021				2022				2023				2024			
	Q1	Q2	Q3	Q4	Q1	Q2	Q3	Q4	Q1	Q2	Q3	Q4	Q1	Q2	Q3	Q4
<input type="checkbox"/> Exam 7																
Recruit, informed consent and exam					Recruit, informed consent and exam											
Data entry and verification					Data entry and verification											
Conduct QA/QC activities					Conduct QA/QC activities											
Process and ship biosamples					Process and ship biosamples											
Staff training and Recertification					Staff training and Recertification											
Report participant results and alerts					Report participant results and alerts											
Mail Participant Newsletter													Mail Participant Newsletter			
Prepare and release Exam 7 dataset													Prepare and release Exam 7 dataset			
<input type="checkbox"/> Other On-going Activities																
Mind Visit A					Mind Visit A											
FU22					FU22											
Follow-up 23 Call/Scheduling					Follow-up 23 Call/Scheduling											
Follow-up 24 Call/Scheduling					Follow-up 24 Call/Scheduling											
FU25					FU25											
C4R Wave 2/DBS					C4R Wave 2/DBS											

Exam 7 Core

Target **3000 participants (75% of active)**

Time Burden Average duration: 90 minutes

Exam Components Consent (Core + Ancillary Components)
Check-in
Seated Blood Pressure, Pulse oximetry
Anthropometry
Phlebotomy/Urine Collection
Medical History
Personal History
Health & Life
Medication Inventory

Exam 7 Ancillary Studies

PI	Title	Name	Tests
Hughes	Subclinical Vascular contributions to Alzheimer's Disease MESA Multi-Site Study of AD	MESA-MIND	Cognitive testing, physical exam, MRI, PET, arterial stiffness
Redline/ Purcell	Longitudinal relationships among sleep, cognitive and Alzheimer's Disease biomarkers	MESA Sleep	Sleep Study, BP and sleep monitors
Barr	Precision phenotyping of emphysema in the elderly: The MESA Lung Study	MESA Lung	Spiro, CT
Hirsch	Contribution of Longitudinal Neighborhood Determinants to Cognitive Health and Dementia Disparities within a Multi-Ethnic Cohort.	MESA Neighborhood	Questionnaire
Palta/Diaz/ Gabriel	Leveraging the 24-hour movement paradigm to preserve cognitive function and prevent Alzheimer's disease	MESA 24H-ACT	Activity and sleep monitors
Kershaw	Stress reactivity and cognitive decline	MESA Stress Reactivity	Heart monitor, daily Q
Chaffin-Mongraw	Glucose homeostasis and the risk of Alzheimer's disease and Alzheimer's disease related dementias in MESA	MESA Glucose Homeostasis	Continuous glucose monitor

Exam 6 Components

Exam and Questionnaires	Core/Ancillary
Reception and Consent	All
Change Clothes	
Blood Pressures, Pulse Ox	Core
Anthropometry	Core
Blood, Urine, Hair collection	All
Snack	
Arterial Stiffness Measures	MIND
Medications	Core
Medical History	Core
Personal History/Demographics	Core
Neighborhood Questionnaire	Neighborhood
Health & Life	Core
Environmental Exposures	
Questionnaire	Lung
Sleep Questionnaire	Sleep
Family History	MIND
Cognitive Function Tests	MIND
Clinician Physical Exam	MIND
Short Physical Performance Battery	MIND
Spirometry	Lung
Nasal Brushing	Lung
Exit Interview	All

Monitor Components	
Heart monitor patch	Stress
Daily Stress questionnaire	Stress
Continuous Glucose monitor	Glucose
ActiGraph hip activity monitor	24H-ACT
Wrist sleep actigraphy device	24H-ACT/Sleep
24-hour blood pressure monitor	Sleep
Polysomnography device	Sleep
Sleep PSG Questionnaire	Sleep
Participant Diary	All Monitors

Imaging Procedures	
Non-contrast Lung CT	Lung
Brain MRI	MIND
Brain Amyloid PET Imaging	MIND

Exam 6 Components

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Personal History/Demographics	Core
Neighborhood Questionnaire	Neighborhood
Health & Life	Core
Environmental Exposures	
Questionnaire	Lung
Sleep Questionnaire	Sleep
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Repeat Measures from earlier Exams

	Exam N=	1 6814	2 6232	3 5939	4 5704	5 4655	6 3303	7 (3000)
Questionnaires								
Air Pollution Questionnaire				X		X		A
COPD Assessment							A ₂₂₀	A
Medical Hx		X	X	X	X	X	X	X
Medications		X	X	X	X	X	X	X
Occupation/employment		X	X	X			X	X
Personal Hx		X	X	X	X	X	X	X
Psycho-Social		X	X	X	X	X		X
Residential/neighborhood			X		A	A		A
Sleep Hx			X		X	A ₂₂₂₂	A ₂₁₉	A
Procedures/Assessments								
Anthropometry		X	X	X	X	X	X	X
Arterial Wave Form/Stiffness		X ₆₃₃₅				A ₄₁₃₀	A	A
Blood Pressure		X	X	X	X	X	X	X
Blood Sample collection		X	X	X	X	X	X	X
Brain Amyloid PET Imaging							A _{~216}	A
Clinician's Physical Exam							A	A
Cognitive Function (UDS)							A	A
CT Lung						A ₃₁₂₂	A ₃₂₆₀	A
MRI Brain							A _{~1896}	A
Polysomnography/actigraphy						A ₂₀₆₀		A
SPPB							A	A
Spirometry						X ₃₆₀₀	A ₃₂₂₀	A
Urine collection		X	X	X		X	X	A
Heart Monitor Patch							A ₁₅₉₆	A

Visit Schedule: In-Clinic Visit (6.2hr)

Pre-Exam Phone Call

- Consent (20)
- Questionnaires (60) *by phone, paper, or web-survey*

Time 80m

Cognitive Assessment

- *in-person or video visit*

Time 60m

In Clinic Exam

- Reception/Change clothes
- BP/Pulse Ox
- Anthro
- Phleb/Urine
- Snack
- Medications
- Arterial Stiffness
- Physical Exam
- SPPB
- Spirometry
- Nasal/hair collection

Time 142m

Home Monitoring

Days		1	2	3	4	5	6	7	8	9-14	
Mobile Monitors	Sleep Study (PSG)	↔									
	Actiwatch (wrist)	→									
	ActiGraph (hip)	→								↔	
	Cardiac Heart Patch	→								↔	
	Continuous Glucose Monitor	→									
	Continuous BP									↔	
Forms	Daily Stress Questionnaire		X	X	X	X	X	X	X		
	Monitoring Diary	X	X	X	X	X	X	X	X	(X)	
	Sleep Questionnaire	X									
Time		90m	20m	20m	20m	20m	20m	20m	40m	5m	

CT, MRI, PET visits can occur before or after home monitoring

PARTICIPANT RETENTION

Kayleen Williams

MESA Clinical Operations

Why do participants join research studies?

Helping future patients

To gain additional knowledge about my health

I like contributing to science

Helping other family members with a similar disease

Retention

Build relationships with Field Center staff.

Flexible visit schedule

Reimbursement for time, and free parking or car service

Personal contacts through birthday cards and cards

MESA Messenger Newsletters

Participant appreciation Items

Participant Appreciation Items

Participant Appreciation Items

- The Coordinating Center will procure appreciation items for MESA participants.
- Send cloth bag with clinic visit information prior to in-person visit
- Give fleece blanket at in-person or home visit.

Obtaining items

- Initial shipment will be shipped from vendor.
- Additional stock is shipped from the CC
- The study team is responsible for giving gifts to the participant.
- Sites should keep a 2-3 month stock of items on hand at their site (as space allows)
- Two weeks prior to when you require a re-stock of participant gifts, please send Amy Hoffman (ajulian@uw.edu) an email with the following information:
 - Subject: MESA participant items for {site name}
 - In body of text indicate which items you need, the number of each item, and confirm the shipping address.



RETURN OF RESULTS

Kayleen Williams

MESA Clinical Operations

Return of Results

Results are valued by participants, and they help maintain interest and participation in MESA. They play a crucial role in participants retention over time

Results should be provided in language preferred by the participant

Results letters

- Exit report
- Lab Results Letter
- High Tech Letter

Alerts and Referrals

- Immediate Referral
- Urgent Referral

Exit Report

MESA Clinic Report – Exam 7

Date: 2/22/2022

MESA ID# 9013278: Jane Doe



Dear Jane Doe,

We truly appreciate your participation in the Multi-Ethnic Study of Atherosclerosis (MESA). The time you spend volunteering will help improve our understanding of heart disease and its diagnosis and prevention methods. This report aims to provide you with some of the results from your examination. We will be sending you additional reports on your blood tests and other procedures when those results become available.

Weight: 152 lbs. Height: 5 ft. 5 in. (165.1 cm) Body Mass Index: 25.3

Please note that a body mass index of 25 or greater is considered overweight.

Reference Ranges for BMI			
Less than 18.5	18.6 – 24.9	25.0 – 30.0	Greater than 30
Underweight	Normal	Overweight	Obese

Blood Pressure: 131 / 78

These values indicate that your blood pressure is:

- Stage 1 Hypertension (Systolic 130-139 mm Hg, Diastolic 80-89 mm Hg). *If you have heart disease, or multiple risk factors for heart disease, please have your doctor check your blood pressure again in the next few months.*

If you are taking blood pressure medications, please do not change or stop taking them without your doctor's advice. Please keep your scheduled visits to your doctor.

Resting Oxygen Saturation

Your resting oxygen saturation level was 98%, which is.

We recommend that you discuss any abnormal findings with your doctor. If you have any questions about these results, please contact Katy Meilus, Study Coordinator, at (555) 555-5555.

Measures Reported:

- Weight
- Height
- BMI
- Blood Pressure

Generated at the FC, distributed at the end of the visit

Lab Results



Dear Jane Doe,

Thank you again for your continued participation in the Multi-Ethnic Study of Atherosclerosis (MESA). We appreciate your efforts to help improve our understanding of heart disease and how to prevent it. We are providing results of the blood tests which were done during your MESA examination on XXX. A report on the results of your other tests will be in another letter.

Your **fasting plasma glucose** was 140 mg/dl, which is in the diabetic range [>125 mg/dl].

Your **A1C** (which reflects the average amount of sugar in your blood in the preceding three months) was 6.9%, which is in the diabetic range [$>6.4\%$].

Your **estimated glomerular filtration rate (eGFR)**, which reflects kidney function, was 69.38 mL/min/1.73 m², which is normal [>60 mL/min/1.73 m²].

Your **hemoglobin**, or red cells in the blood, was 12.7 g/dl, which is normal [11.1 - 15.9 g/dl].

Your **total cholesterol** level was 140 mg/dl. Your **LDL** ("bad") cholesterol level was 75 mg/dl. Your **HDL** ("good") cholesterol level was 46mg/dl. Your **triglyceride** level was 96 mg/dl. Based on current national guidelines, treating cholesterol depends on your heart and stroke risk. In general, these are the desirable levels of lipids:

Total cholesterol < 200 mg/dl
LDL cholesterol < 100 mg/dl
HDL cholesterol > 60 mg/dl
Triglycerides < 150 mg/dl

We encourage you to have a discussion about your risk for heart disease and stroke with your medical provider to determine if a change in treatment is needed.

A copy of your laboratory results is enclosed. **If you requested it, a copy of these results was sent to your medical care provider.** We encourage you to take this letter with you the next time you visit your medical care provider to discuss any abnormal findings.

If you have any questions, please call Katy Melius at (555) 555-5555.

Again, thank you for your participation in MESA.

Sincerely,

Alain G. Bertoni, MD,
Medical Director

Letter Distribution:

- Mailed within 4 weeks of the visit
- Generated by CC, distributed to FC for mailing
- To participant and health care provided (if requested)

Measures Reported:

- Fasting glucose
- eGFR
- Total cholesterol/LDL/HDL
- triglyceride



High Tech Results



Dear Jane Doe,

Thank you again for your continued participation in the Multi-Ethnic Study of Atherosclerosis (MESA). We appreciate your efforts to help improve our understanding of heart disease and how to prevent it. The purpose of this letter is to provide you with the results of the lung CT scan, spirometry, and echocardiogram you underwent as part of your examination in MESA.

- The spirometry breathing test done on XXX showed that your FEV₁ (a measure of how fast you can blow out) was 48% of predicted for someone your age, your FVC (a measure of how much you can blow out) was 64% of predicted for someone your age, and their ratio was 58%. Your current test results indicate a possible moderately severe reduction in your breathing capacity.
- The echocardiogram (heart ultrasound) performed on XXX was normal. Your heart chamber size and function are normal. There is no significant valvular disease.
- The CT scan of the lung does not indicate any emphysema.

Please note that the above studies were performed as a part of a research study and may not be the same as tests done as a part of a patient's medical care. Nonetheless, we recommend that you discuss any abnormal findings with your doctor.

If you requested it, a copy of this letter will be sent to your doctor. Otherwise, you may wish to take this letter to your doctor.

Once again, we greatly appreciate your participation in MESA.

If you have any questions, please call Vijay Nayudupalli at (212) 555-5555.

Sincerely,

Steven Shea, MD, MS
Principal Investigator
Columbia University MESA Field Center

Letter Distribution:

- Mailed within 8 weeks of the visit
- Generated by CC, distributed to FC for mailing
- To participant and health care provided (if requested)
- Strive to compile results in a single letter, timing dependent

Measures Reported:

- Heart Monitor Patch
- Glucose monitor
- Spirometry
- Lung CT
- Cognitive status (if consented)
- Overnight sleep study
- Actigraphy report (wrist)
- 24H blood pressure monitor
- Hip monitor activity patterns



Alerts and Referrals

Alerts: Any medical findings that may have adverse health consequences to the participant if untreated (notify PI or Co-PI or send participant to ER if not available)

- **Clinic Alerts** (the day of the visit) for \uparrow or \downarrow BP, \downarrow O2 Sat, Brain MRI abnormal finding, and Chest CT scan abnormalities
- **Reading Center Alerts &/Incidental findings** including (heart monitoring patch, sleep study, Chest CT, Echo, MRI, Lab results...

The participant is referred to their primary care provider or provided with a referral.



Immediate Referrals

- **Immediate referrals**: Medical emergencies which require immediate notification of both ppt and their PCP.
 - Occurs during clinic visit and participant should go from FC to their PCP.
 - FC should contact the participant's PCP by phone before leaving the FC.

Urgent Referrals

- **Urgent Referrals**: for detected abnormalities that require medical attention, but not as an emergency.
- Should be report before the participant leaves the clinic or immediately upon receipt from Central Lab or Reading Center.
- Send urgent notifications to the participants PCP within the week

Alert Examples

Finding	Alert Level	Study
Systolic BP > 210 mmHg	Immediate	Core
Diastolic BP > 120 mmHg	Immediate	Core
Systolic BP 180-210 mmHg	Urgent	Core
Diastolic BP 110-120 mmHg	Urgent	Core
Oxygen Saturation (resting) <88%	Urgent	Core
Pulse <130 bpm	Urgent	Core
Brain MRI: Acute subdural or epidural hematoma	Immediate	MESA-Mind
Brain MRI: Subarachnoid hemorrhage	Immediate	MESA-Mind



Protection of Privacy

MESA Group adopts a consistent results reporting policy that accommodates participants and allows them to make appropriate medical decisions for their health.

All the appropriate precautions to ensure the confidentiality of test results will be taken, including but not limited to:

- Not leaving test results on voice mail or with a third party unless previously given permission to do so by the participant
- Not delivering test results via e-mail
- Not sending test results through the mail in any form other than a sealed envelope

Finally, it is important to acknowledge that MESA plays a key role by advancing science and providing ppts with tests results keeping their health in check periodically.



RESOURCES

Kayleen Williams

MESA Clinical Operations

MESA Website

About MESA

<https://www.mesa-nhlbi.org/aboutMESA.aspx>

About MESA

**Invitation to New
Investigators**

**MESA Overview and
Protocol**

**Study Timeline and
Procedures**

**MESA Personnel and
Committees**

The Multi-Ethnic Study of Atherosclerosis (MESA) is a study of the characteristics of subclinical cardiovascular disease (disease detected non-invasively before it has produced clinical signs and symptoms) and the risk factors that predict progression to clinically overt cardiovascular disease or progression of the subclinical disease. MESA researchers study a diverse, population-based sample of 6,814 asymptomatic men and women aged 45-84. Approximately 38 percent of the recruited participants are white, 28 percent African-American, 22 percent Hispanic, and 12 percent Asian, predominantly of Chinese descent.

[Click here to read about MESA Overview and Protocol.](#)

Please direct inquires about MESA to Craig Johnson (wrcraigj@uw.edu).

Key Study and Cohort Background Papers

Design paper (Bild DE, Bluemke DA, Burke GL, et al.)

The Multiethnic Study of Atherosclerosis (Burke, Lima, Wong, & Narula)

Legacy of MESA (Olson, Bild, Kronmal, & Burke)



MESA Website

Exam 7 Materials

<https://www.mesa-nhlbi.org/MesaInternal/MESAExam7Materials.aspx>

Exam 7 Materials

Training Materials

[Exam 7 Central Training Agenda](#)

[DRAFT Exam 7 Filed Center MOP \(v1 1/12/2022\)](#)

[Exam 7 Forms](#)

Core Procedures

Medications

- [Medications Certification Packet 1](#)
- [Medications Certification Packet 2](#)

[Anthropometry Training Video](#)

[Blood Pressure Training Video](#)

MESA MIND Ancillary Study

[Cognitive Testing Training Materials](#)

Arterial Stiffness VaSera Device Training Videos

- [What is CAVI?](#)
- [Preparation](#)
- [The cuffs](#)
- [The PCG](#)
- [Thigh cuff test](#)

24H-ACT Ancillary Study

[24H-ACT Ancillary Study Training Video](#)

24H-ACT Ancillary Study Recruitment and Participant Materials

- [24H-ACT Certification Checklist](#)
- [24H-ACT Recruitment Materials](#)
- [24H-ACT Take Home Materials](#)
- [Participant Diary](#)
- [Hip and Wrist Activity Monitors](#)

Stress Ancillary Study

[Stress Ancillary Study Presentation](#)

[Stress Ancillary Study Training Video](#)

[Stress Ancillary Study Quiz](#)

Glucose Homeostasis Ancillary Study

[Glucose Ancillary Study Training Video](#)

[Glucose Ancillary Study Training Slides](#)

[Glucose Ancillary Study CGM Placement Guide](#)

[Glucose Ancillary Study Checklist](#)

[FreeStyle Libre Sensor Application Video](#)

MESA Website

Previous Exam MOPS, Follow-up 23 MOP

<https://www.mesa-nhlbi.org/MesaInternal/Manuals.aspx>

MESA Manuals

⌵ Follow-up Call Manuals

⌵ Field Center Manual of Operations [Exam 6]

⌵ Field Center Manual of Operations [Exam 5]

⌵ Field Center Manual of Operations [Exam 4]

⌵ Field Center Manual of Operations [Exam 3]

⌵ Field Center Manual of Operations [Exam 2]

⌵ Field Center Manual of Operations [Exam 1]

⌵ Quality Control Manual of Operations [Exam 4]

⌵ Events Manual of Operations

⌵ CT Manuals

⌵ MRI Manuals

⌵ MESA Stress 2 Manuals

⌵ Ultrasound Protocols

⌵ Supplemental Documents from CHS

⌵ MESA Family Manual of Operations



MESA Website

Tracking Reports

<https://www.mesa-nhlbi.org/MesaInternal/Reports.aspx>



Status of Followup Phone Contacts

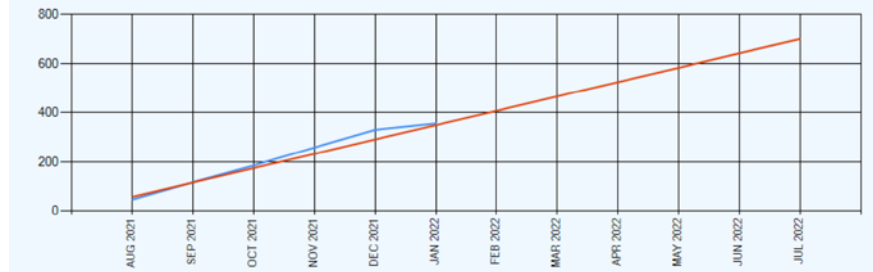
Followup 23 Status

[View Report](#)

Exam 6 Reports

- Retention By Clinic And Ethnicity [View Report](#)
- Core Component Completion [View Report](#)
- Exam Completion Progress [View Report](#)
- Heart Failure Components (All selected) [View Report](#)
- Atrial Fibrillation Component Consent [View Report](#)
- Atrial Fibrillation Component Completion and Alerts [View Report](#)
- Lung/Lung NS Components [View Report](#)
- Lung CT Scans and Safety Reads [View Report](#)
- Completed CT Scans by Study [View Report](#)
- Spirometry Completion [View Report](#)

Target and Completed



Race	Enrolled	Active	Done	% Enrolled	% Active	Pending
African American	1214	1052	851	70%	81%	286
Chinese	586	493	420	72%	85%	110
Hispanic	1100	920	710	65%	77%	266
White	1785	1554	1322	74%	85%	371
Total	4685	4019	3303	71%	82%	1033



MESA CC Contacts

Name	Role	Email address
Craig Johnson	MESA Project Director	wcraigj@uw.edu
Sandi Shrager	MESA MIND Project Director	sandis@uw.edu
Karen Stukovsky	MESA Lung Project Director	hincklek@uw.edu
Kayleen Williams	MESA Clinical Operations Director	kmfw@uw.edu
Amy Hoffman*	MESA E7 Clinical Operations Manager	ajulian@uw.edu
Jerry Watson	MESA Programming Lead	jerrw@uw.edu
David Vu	MESA Data Manager	voodoo@uw.edu
Lauren Jager	MESA Events Manager	jagerl@uw.edu

*Main contact for Exam 7 clinical operations questions



DATA COLLECTION PROGRAM

Data Collection Details

- All data collection applications for Exam 7 are web-based with password protection. Any desktop, laptop, or tablet with an internet connection and web browser can be used.
- See user guide for MESA-provided SurfacePro tablets in MOP section 11.2.

Security best practices for all devices:

- Password protection should be enabled, and devices should be locked when not in use.
- All MESA applications containing participant information should be closed and logged out of when not in use.
- Never share personal passwords between staff.
- Ensure all computers have updated anti-virus software installed.
- Promptly apply software updates when available.
- Contact Craig Johnson if a device is lost or stolen (wcraigj@uw.edu)



REDCap Data Collection Program

- New to REDCap? Data Entry Overview (video)
 - redcap.iths.org
 - Web-based, cross platform
 - Data Entry introduction [https://projectredcap.org/resources/videos/Overview of Basic Data Entry](https://projectredcap.org/resources/videos/Overview%20of%20Basic%20Data%20Entry) (19 min)
- Contact CC for REDCap access (jerryw@uw.edu)
- Data entry requires an internet connection
- Practice data entry using test IDs

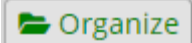


REDCap – My Projects

REDCap® Home My Projects + New Project ? Help & FAQ Messenger Logged in as kmfw@washingtton.edu More ▾

My Projects Organize Collapse All Filter projects by title

Project Title	Records	Fields	Instruments	Type	Status
Test Projects (6)					
KPMP test/exploratory instance	1	213	11 forms 1 survey	■	🔧
KPMP Biopsy Patient Followup	3	578	11 forms	☰	🔧
PHAR Ancillary Study Testing	1	125	4 forms	■	🔧
MESA Follow-up - COVID-19 Questionnaire --- TESTING	5,396	564	5 forms	■	🔧
MESA Follow-up 23 -Development	4,287	3,069	16 forms 1 survey	■	🔧
MESA Exam 7 - TEST	227	1,400	24 forms	■	🔧
Live Projects (3)					
MESA Follow-up 22 - COVID-19 Questionnaire	5,396	564	5 forms	■	✅
C4R - Wave 2	4,720	1,454	30 forms 3 surveys	■	✅
MESA Follow-up 23	4,304	2,649	16 forms	■	✅

REDCap tip: use  to organize your projects into color coded folders!



Exam 7 REDCap Project

REDCap
Logged in as kmfw@washington.edu
Log out
My Projects
REDCap Messenger

ITHS | Institute of **Translational** Health Sciences
ACCELERATING RESEARCH. IMPROVING HEALTH.
University of Washington Seattle
Institute of Translational Health Science (ITHS)

MESA Exam 7 - TEST (PID: 45812)

Project Home and Design
Project Home · Codebook
Project status: **Development**

Data Collection
Record Status Dashboard
- View data collection status of all records
Add / Edit Records
- Create new records or edit/view existing ones

Show data collection instruments

Applications
Calendar
Data Exports, Reports, and Stats
Field Comment Log
File Repository
Free REDCap Classes
ITHS REDCap (User) FAQ
ITHS REDCap Tip of the Month
External Module Request

Help & Information

Project Home

The tables below provide general dashboard information, such as a list of all users with access to this project, general project statistics, and upcoming calendar events (if any).

Current Users (10)

User	Expires
ajulian@washington (Amy Hoffman)	never
cat262@washington (Catherine Tong)	never
irinak@washington (Irina Kachook)	never
jerryw@washington (Jerry Watson)	never
kmfw@washington (Kayleen Williams)	never
board@washington	

Project Statistics

Records in project	227
Most recent activity	01/17/2022 11:33am
Space usage for docs	0.02 MB

Upcoming Calendar Events (next 7 days)

Time	Date	Description
		No upcoming events



Exam 7 REDCap Project

Record Status Dashboard (all records)

Displayed below is a table listing all existing records/responses and their status for every data collection instrument (and if longitudinal, for every event). You may click any of the colored buttons in the table to open a new tab/window in your browser to view that record on that particular data collection instrument. Please note that if your form-level user privileges are restricted for certain data collection instruments, you will only be able to view those instruments, and if you belong to a Data Access Group, you will only be able to view records that belong to your group.

Legend for status icons:

- Incomplete Incomplete (no data saved) [?](#)
- Unverified
- Complete

Dashboard displayed: [Default dashboard] ▼

Displaying Data Access Group: -- ALL -- ▼

Displaying record: Page 1 of 3: "3900001" through "6900004" ▼ of 227 records

100 ▼ records per page

[+ Add new record](#)

[Table not displaying properly ?](#)

Displaying: [Instrument status only](#) | [Lock status only](#) | [All status types](#)

MESA ID	Participant Information	Participant Diary	Study Group Assignment	Exam 7 Notes	Call Log	Clinic Reception	Anthropometry	Environmental Exposures Questionnaire	Medical History	Neighborhood Questionnaire	Seated Blood Pressure	Health and Life	Personal History	Sleep Questionnaire	Daily Stress Survey	Arterial Stiffness	Short Physical Performance Battery	Sleep Study PSG Questionnaire	UDS Physical Exam	Brain PET Exclusion	Brain PET Acquisition	Medications	Brain MRI Exclusion	Brain MRI Acquisition
390000	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
390000	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
390000	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
390000	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
390000	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
390000	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
390000	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
390000	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
390000	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
390001	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●



Exam 7 REDCap Project

MESA Exam 7 - TEST PID 45812

Record Home Page

The grid below displays the form-by-form progress of data entered for the currently selected record. You may click on the colored status icons to access that form/event.

Choose action for record

MESA ID **3900001**
3 Wake Forest

Data Collection Instrument	Status
Participant Information	Complete
Participant Diary	Incomplete (no data saved)
Study Group Assignment	Complete
Exam 7 Notes	Incomplete (no data saved)
Call Log	Incomplete (no data saved)
Clinic Reception	Incomplete (no data saved)
Anthropometry	Incomplete (no data saved)
Environmental Exposures Questionnaire	Incomplete (no data saved)
Medical History	Incomplete (no data saved)
Neighborhood Questionnaire	Incomplete (no data saved)
Seated Blood Pressure	Incomplete (no data saved)
Health and Life	Incomplete (no data saved)
Personal History	Incomplete (no data saved)
Sleep Questionnaire	Incomplete (no data saved)
Daily Stress Survey	Incomplete (no data saved)
Arterial Stiffness	Incomplete (no data saved)
Short Physical Performance Battery	Incomplete (no data saved)
Sleep Study PSG Questionnaire	Incomplete (no data saved)
UDS Physical Exam	Incomplete (no data saved)
Brain PET Exclusion	Incomplete (no data saved)
Brain PET Acquisition	Incomplete (no data saved)
Medications	Incomplete (no data saved)
Brain MRI Exclusion	Incomplete (no data saved)
Brain MRI Acquisition	Incomplete (no data saved)

Legend for status icons:
● Incomplete Incomplete (no data saved) ● Unverified ● Complete

MESA Exam 7 - TEST

Informed Consent
(Record information from the signed Informed Consent)

HIPAA authorization obtained Yes No At prior exam
* must provide value reset

	Yes	No	N/A
Release findings to physician * must provide value reset	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Medical records release * must provide value reset	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Form Status

Complete? Incomplete Incomplete Unverified Complete Save & ...

Exam 7 REDCap Project

Traumatic brain injury (TBI)
* must provide value

Yes No Don't know

Do you usually have a cough on most days for 3 or more months during the year?
* must provide value

Yes No

Do you usually bring up phlegm for 3 or more months during the year?
* must provide value

Traumatic brain injury (TBI)
* must provide value

Yes No Don't know

	No	Single	Repeated / multiple	Don't know
Have you had a TBI with brief loss of consciousness, less than 5 minutes? * must provide value	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have you had TBI with extended loss of consciousness, 5 or more minutes? * must provide value	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have you had TBI without loss of consciousness, which might result from military detonations or sports injuries)? * must provide value	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In what year was your most recent TBI? * must provide value	<input type="text"/>			
Do you usually have a cough on most days for 3 or more months during the year? * must provide value	<input type="radio"/> Yes <input type="radio"/> No			

REDCap Dashboard Filter

Test Participant IDs

A list of only test Participant IDs

[Show legend](#)



Dashboard displayed: [Default dashboard] v
Displaying Data Access: [Default dashboard]
Displaying record Page: [Participant List (sorted by expected follow-up 23 date)]
ALL (32) v records per page

Enter new record name

Displaying: [Instrument status only](#) | [Lock status only](#) | [All status types](#)

MESA ID	Participant Information	Contact proxy reference	Health Care Provider reference	Follow-up 23 notes	Introduction script	Participant Tracking	Participant Tracking Spanish	Participant Tracking Chinese	General Health	General Health Spanish
5900001 (ARROKEM)	●	●	●	○	○	○	○	○	○	○
5900002 (ANDRRIM)	●	●	●	○	○	○	○	○	○	○
5900003 (MOORALF)	●	●	●	○	○	○	○	○	○	○
5900004 (JONEALF)	●	●	●	○	○	○	○	○	○	○
5900005 (ARROJOF)	●	●	●	○	○	○	○	○	○	○
5900006 (ARROJOM)	●	●	●	○	○	○	○	○	○	○
5900007 (RAMIMAM)	●	●	●	○	○	○	○	○	○	○

