

Attachment 7.

Inflammatory Arthritis Examination (ages 20-69)

**National Health and Nutrition Examination Survey (NHANES)
Arthritis Pilot Study**

OMB no. 0920-0237
Expires: 11/30/2009

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Arthritis Examination Component Protocol:

Informed Consent: Informed consent will be obtained as a part of standard NHANES consenting procedures.

Exclusion Criteria: There are no exclusions from the Arthritis component. Performing the 3 brief body measurements should not pose a risk to participants.

Three previously validated physical measurements will be obtained as an addition to the currently existing NHANES Mobile Examination Center (MEC) Examination Body Measures Component. These are simple body measures that can be readily obtained by the MEC Technicians. Total additional examination required is less than 3 minutes. All three measurements below are obtained to the nearest 0.1 cm (Table 7).

1. Modified Schöber Test: This is a measure of lumbar spinal flexion. It is measured as the increase with forward flexion of a 10-centimeter segment marked on the patient's back with the inferior mark at the level of the posterior superior iliac spines. Less than 5 centimeters is regarded as abnormal in an adult.

Data Item: Distance between two markers when participant flexes spine

2. Maximum Chest Wall Expansion: Chest expansion with inspiration is measured with a tape measure placed circumferentially around the chest wall at the fourth intercostal space. An increase of less than 2.5 centimeters with full inspiration is regarded as abnormal in an adult.

Data Item: Chest circumference before inhalation

Data Item: Chest circumference after inhalation

3. The Occiput-to-Wall Distance: The participant stands with heels and buttocks touching the wall behind and with the knees straight. The patient is asked how far back he/she can get the head, still keeping the chin in the normal position. In the straight position, the distance between the posterior convexity of the occiput and the wall is measured to the nearest 0.1 centimeter. The better of 2 attempts is recorded. Any result other than zero is regarded as abnormal.

Data Item: Distance between wall and occiput (2 attempts)

