



# Understanding Society: The Nurse Visit





## The next stage...

Thank you for taking part in the interviewer visit. We would like to invite you to take part in an additional stage of the study which we are carrying out this year.

## What does it involve?

This stage is a visit by a registered nurse who will contact you over the next month.

When the nurse visits, they will ask you a few questions about your health and will then explain a bit more about the other elements of the nurse visit, which are outlined on the opposite page.

## As a thank you...

We hope you will agree to take part and we are offering you a £10 voucher as a token of our appreciation for your time.

# The measurements...

## **Physical measurements:**

These include blood pressure readings, height, weight, body fat percentage and waist measurements.

*Why?* High blood pressure can be a health problem. Waist and body fat measurements tell us about your body shape, which can be related to health.

## **Lung function measurement:**

We would like to measure the amount of air you can breathe out of your lungs and how quickly you can get it out. This involves blowing into a tube.

*Why?* This test tells us how well your lungs are working.

## **Upper body strength:**

This measurement involves gripping a handle which will provide a reading of grip strength.

*Why?* Grip strength is an indication of physical functioning.

## **A blood sample:**

The nurse will ask you if you would be willing to provide a small blood sample.

*Why?* Your blood can tell us very important things about your health status.

Please remember that all of the above elements of the nurse visit are optional. If you don't want to do one of the above measurements then please just tell the nurse when they visit. As with the first stage of the survey, we take great care to protect the confidentiality of all information and test results. Your nurse will give you another leaflet when she/he visits, which explains the different measurements in more detail.

## **Any questions?**

Our nurse will try to answer any questions you have. Or, if you like you can speak to one of us using the contact details below:

NatCen Research Team Freephone: 0800 652 0401

Survey Doctor - Dr Ian Forde Tel: 0797 422 8120

[www.understandingsociety.org.uk](http://www.understandingsociety.org.uk)

