



MMM Screening Instructions

Ethical Approval

Your first step in setting up May Measurement Month (MMM) screenings is for Country Leaders to gain ethical approval if required. The time this takes will vary from country to country and in some cases may take several months. Therefore, it is important to submit as early as possible. Please visit www.maymeasure.com/downloads for the MMM Protocol and the participant informed consent form.

What locations can we use for MMM screening centres?

You have complete discretion when it comes to selecting the location for your screening site and whether or not you want to have a partner — such as a pharmacy or clinic — working with you.

You do not need a location with Wi-Fi or internet access, however you will need internet access in advance of the screenings to be able to download the app for recording and submitting data.

If there are any charges for your screening location, such as room rental or Wi-Fi access, you need to cover these locally.

The ISH has arranged public liability insurance if you need this — the insurance certificate can be downloaded from www.maymeasure.com/downloads.

You will also need to ensure that screening venues meet local health and safety requirements. Country Leaders should be able assist in defining what is required.

Screening location identification

Each screening site will require a Site Identity (Site ID) to help our data analysis and for following up any queries regarding data submission. This should be provided by the country leader and should ideally contain the country's ISO code followed by a 3 digit number. If this is completely impossible, then screening sites may enter their email address.

The Site ID is particularly important for hand-written or excel files as it will enable data to be traced back to its source. (The app will capture who submitted the data automatically).

What medical equipment will be needed?

To carry out the blood pressure readings, every site will need one or more automated electronic devices or conventional sphygmomanometers.



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Global supplier, Omron Healthcare, has made 20,000 electronic devices available free of charge, some of which have already been allocated since the launch of MMM in 2017. Some country leaders have made local arrangements with other suppliers, and in some cases, volunteers may already have access to preferred equipment, or it may already be on site.

If Country Leaders would like to apply for some of the Omron devices, they may contact manager@maymeasure.com

Volunteers should contact their Country Leader for further information.

What other equipment will be needed?

You will need some tables and chairs — the number depends on the size of your venue and the number of screening stations you plan on having.

As a guide, for each screening site, you will need:

- Somewhere for members of the public to sit while they're waiting
- A minimum of a table and two chairs for recording measurements (more for larger screening sites)
 - A screening table that is large enough to accommodate the measuring equipment, and a laptop and/or phone, and have space for the person being screened to rest their forearm
 - A chair for the person being screened that supports their back and high enough to allow their feet to rest on the floor
 - A chair for the volunteer carrying out the screening
- A thermometer to measure the temperature of the room / space where you take measurements. Do NOT use a mobile phone as this will provide the temperature by geographical location and will not take into account the difference for specific buildings / locations. This is important as temperature is one of the key MMM criteria. Don't let the lack of a thermometer stop you from running a screening site, but please contact your Country Leader as they may be able to recommend a local thermometer supplier.

Do volunteers need to be medically qualified?

No. It's not essential for MMM volunteers to be medically qualified or to have worked as a healthcare provider, but we anticipate that many will come from this type of background.

We would expect some nurses, medical students, plus those who have retired, to want to get involved, but don't worry if you or other volunteers are not medically experienced. If they do not have relevant experience then they will need to be trained on how to take



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blood pressure measurements. Please visit www.maymeasure.com/downloads for videos and guidance documents.

What roles do I need to think about?

You will need volunteers to fulfil two roles while running your screening site...

- [Liaison](#) — this involves welcoming members of the public, looking after them while they're waiting to be screened, and answering questions after they have been screened
- [Clinical](#) — this involves carrying out and recording blood pressure measurements, and providing advice.

If any of your team are from a medical background, it makes sense to put them in charge of measuring blood pressure and for the rest of your volunteers to concentrate on meeting and greeting members of the public.

How do we take blood pressure readings?

Anyone from a medical background will almost certainly already be familiar with taking blood pressure measurements, but because this is a global initiative and the data recorded will be used for research purposes, it is essential that everyone works in the same way.

We have therefore created two videos — one for taking automated measurements, and the other for taking manual measurements. You can find links to the videos at www.maymeasure.com/downloads along with a *How to Take Blood Pressure for MMM* document you can download.

Please familiarise yourself with the videos and written instructions and make sure that everyone delivering MMM at community level — including those not taking measurements — have also watched the relevant video and understands what is expected of them.

You should also have read and understood the MMM protocol and participant informed consent. Please ensure you have hard copies of both available. You can download these from www.maymeasure.com/downloads.

How do we record our data?

You can record blood pressure measurements in the following ways:

1. [Directly via the MMM App](#): The app can be downloaded onto an Apple or Android mobile phone or tablet, or a Windows or Mac computer/laptop. Internet connection is required to download to the app. Data can then be entered directly into the app online



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during the screenings. If there is an internet connection at the screening site then the data will be uploaded to our database instantly on the completion of each participant's screening. If there is no internet connection available, then the data will be stored on the app and will upload to our database once internet connectivity is available.

2. **Paper form:** Data can be hand-written onto the form that we provide. It would then need to be loaded into the app later, either by manually inputting the data or using a mobile device's inbuilt camera and the app's scan and capture functionality.

(If neither of these options are possible for you, we will provide an Excel form to collect the data and return to the Country Leader. Please note that this still poses a risk that we may not be able to use the data so it is vital that volunteers use the new Excel form provided. NOTE: The original MMM17 form has been changed and is no longer valid).

You and your teams can find out how to use the MMM App by downloading *How to Submit MMM Data* from www.maymeasure.com/downloads. This also covers using the document we provide.

Which is the easiest?

Using the specially-designed MMM App is our preferred choice for recording data because it ensures we receive the data accurately and quickly so we can analyse the data faster. It is also the easiest for you.

What if there's no Wi-Fi or 4G available at the screening site?

You do not need a location with Wi-Fi or internet access in order to use the MMM App. However, you will need internet access in advance of the screenings to be able to download the App and also after the screenings to upload the data to our database.

Do we need to record anything else at MMM screening sites?

Ideally, please measure the temperature of the room where you are taking readings.

You will need to use a physical thermometer — which you will need to source locally — to ensure you collect the temperature at the exact location of the screening (and not the geographical outdoor temperature).

The App will also ask you to record anonymous data about your participants (sex, such as approximate age etc) which will help us in our analysis of the data at the end of May Measurement Month.

What advice is there for members of the public?

We have also created information for members of the public to read while they are waiting to be measured and information they can take away with them. These



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documents are ready to print and can be downloaded from www.maymeasure.com/downloads. All printing costs need to be met locally and cannot be reimbursed by ISH.

- A record card — for recording the individual's blood pressure reading plus advice about what to do next
- A Ten Top Lifestyle Tips Leaflet for those found to be hypertensive

There is also an information sheet to help volunteers give the correct advice to anyone they measure who is hypertensive.

How can we promote and publicise MMM events?

You are encouraged to raise MMM's profile by engaging with the media in your country and we have created a promotional toolkit to help you do this, including best practice examples from other countries who have previously taken part in MMM. You can download this from www.maymeasure.com/downloads.

We have set up dedicated MMM accounts Twitter, Facebook and Instagram, with the account name @maymeasure.

Please join the conversation on any or all of these platforms to help spread the word about how you are delivering MMM in your country using our hashtag **#checkyourpressure**. If Country Leaders have any particular stories or photos to share we can use them on the maymeasure.com website and on our social media. ***(But please ensure you have permission to use people's photos.)***

We have created a range of promotional materials that you can download and print. They may be customised to include screening site locations, opening hours, and any other information relevant to your local communities. You can download these from www.maymeasure.com/downloads. Promotional materials include:

- pull up banner
- posters
- leaflets
- badges

In addition, ISH Corporate Sponsor, Servier, has created a **global MEDIA campaign** for MMM18, which will help drive awareness of MMM to the general public. Country Leaders are encouraged to contact their local Servier office to see how they will implement this campaign and whether they can offer any further support in setting up MMM in each country.



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How will people find out about our MMM sites?

As well as your local campaigns to promote awareness, MMM will centrally host a list of participating countries on the global www.maymeasure.com website. From here, visitors will be able to click on their relevant country and a link will go to a local page. Country Leaders will be asked by manager@maymeasure.com to provide a website page (which for example could be hosted on the national society website) where local details regarding screenings should be found.

How do I find out more?

If volunteers have any questions about setting up and publicising MMM screening sites that are not answered here they should contact their Country Leaders. If Country Leaders are unable to answer any questions, they can email us at manager@maymeasure.com