EHES
Measuring the Health of Europeans

Current status of EHES-Greece

Procedures at the examination sites:
Laboratory procedures

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1st Site visit
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Athens

OUTLINE

1. Introduction to the Greek pilot HES *by Valentini Konstantinidou*

2. Sampling procedures *by Philippos Orfanos*

3. Inviting the participants *by Ioulia Goufa*

4. Procedures at the examination sites: questionnaire *by Elisavet Valanou*

5. Procedures at the examination sites: examinations *by Dimosthenis Zilis*

6. Data management and security issues *by Pericles Karathanasis*

7. The manual of the Greek HES *by Androniki Naska*

General

- The European Health Examination Survey aims to collect data and blood samples.

- Blood sampling main goal is the core measurements:

  - ✓ Total cholesterol
  - ✓ HDL cholesterol
  - ✓ Plasma Glucose

Additional measurements of the Greek HES

- ✓ Uric acid
- ✓ Creatinine
- ✓ Transaminases

  (ALT) alanine transaminase & (AST) aspartate transaminase
- ✓ Calcium
- ✓ Total Protein
- ✓ HbA1c (Glycated hemoglobin only if the subject is not fasted)

Flowchart of laboratory procedures

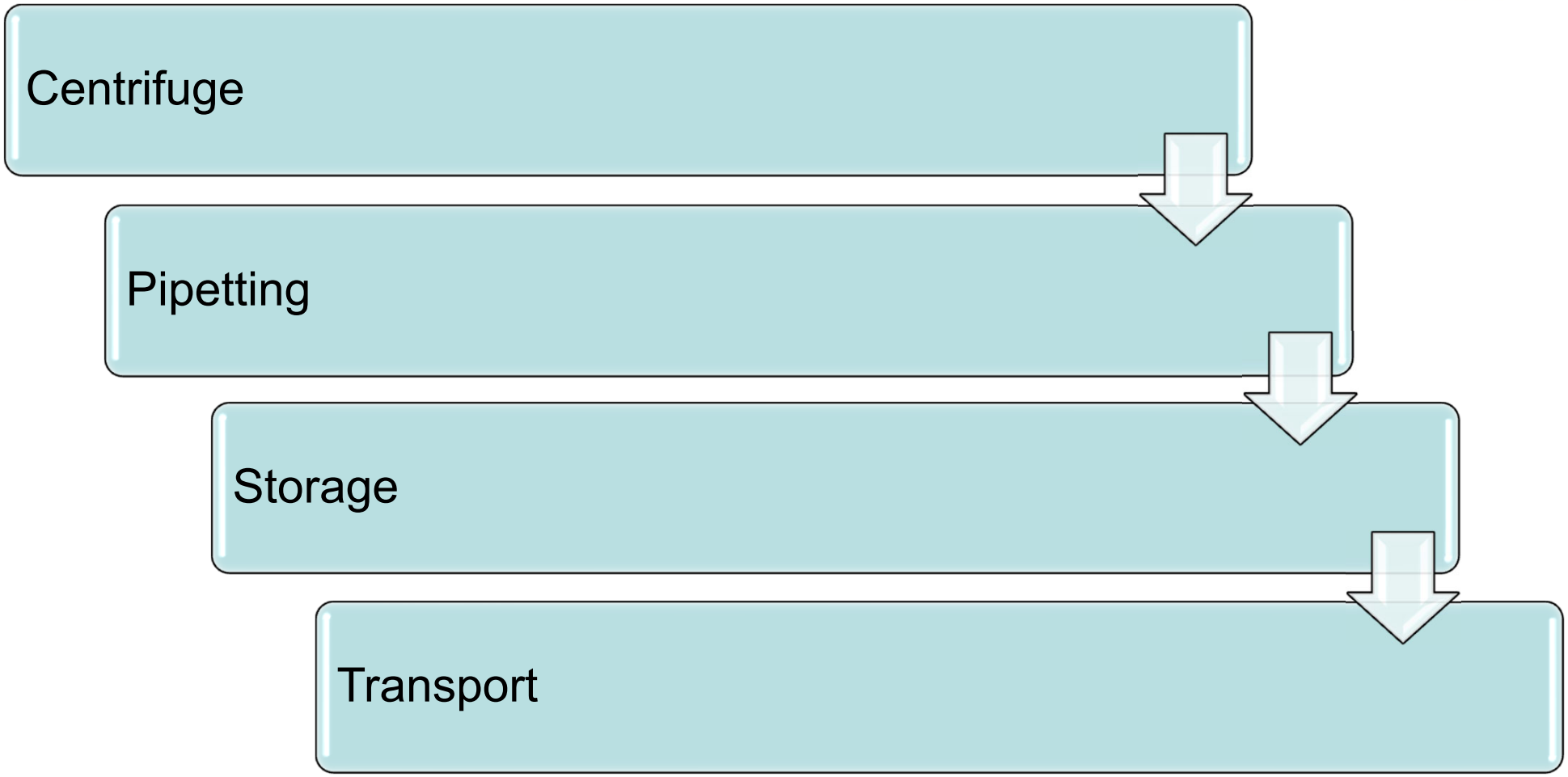
The subject is at sitting position

Labeling & Blood collection form

Blood sampling

Clotting , allowing 30min

Flowchart of laboratory procedures



Equipment and materials (1)

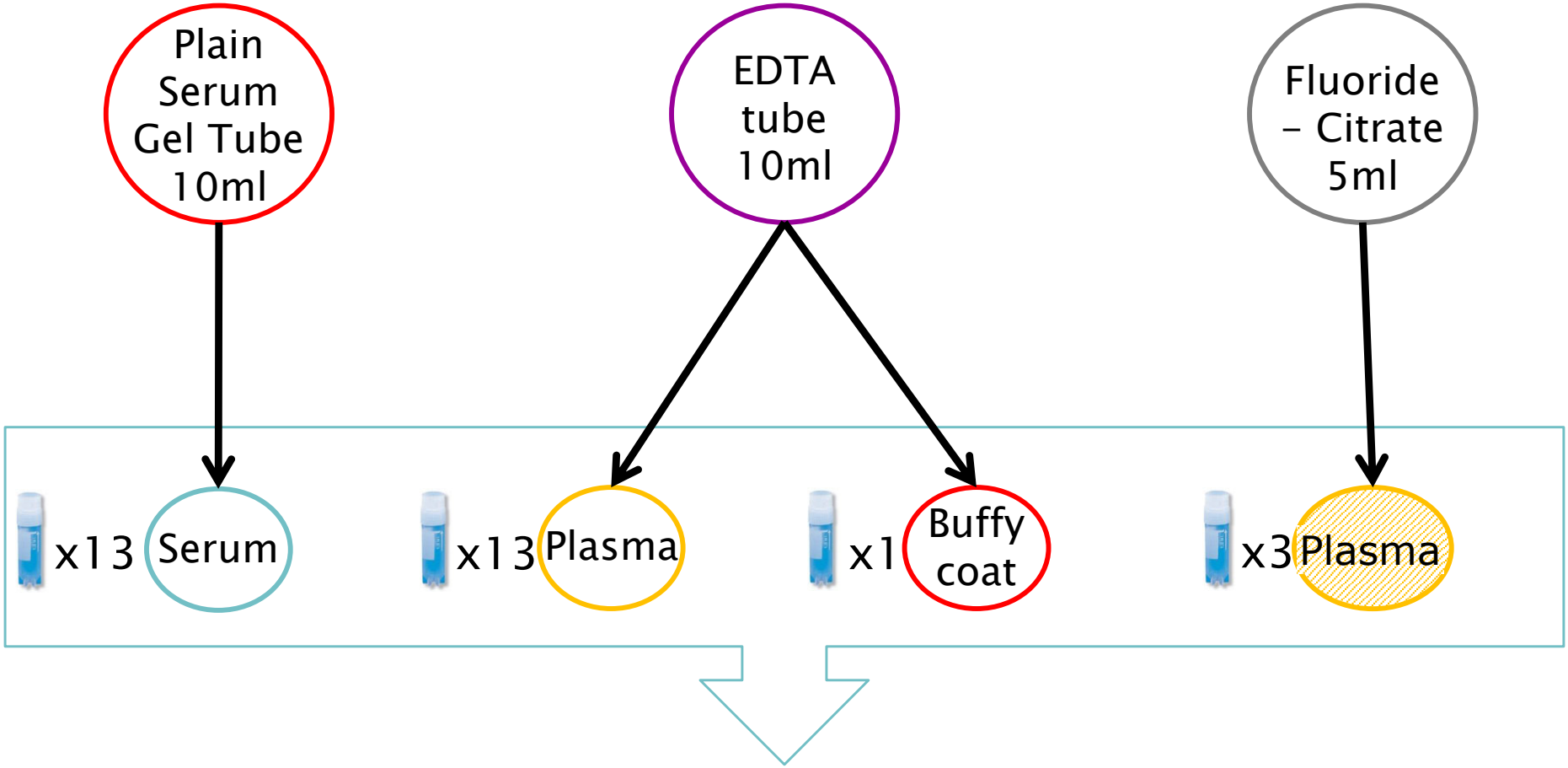
- Blood collection system
  - disinfectant (both skin and surfaces)
  - needles
  - adapter
  - tourniquet, etc
  - latex gloves
- Blood collection tubes
  - 1plain gel
  - 1EDTA
  - 1Fluorite citrate

Equipment and materials(2)

- Blood handling
  - Barcode labeling
  - disposable protective gloves
  - portable swing bucket centrifuge
  - tube racks
  - multipette & 1ml Pasteur pipettes
  - blood collection form

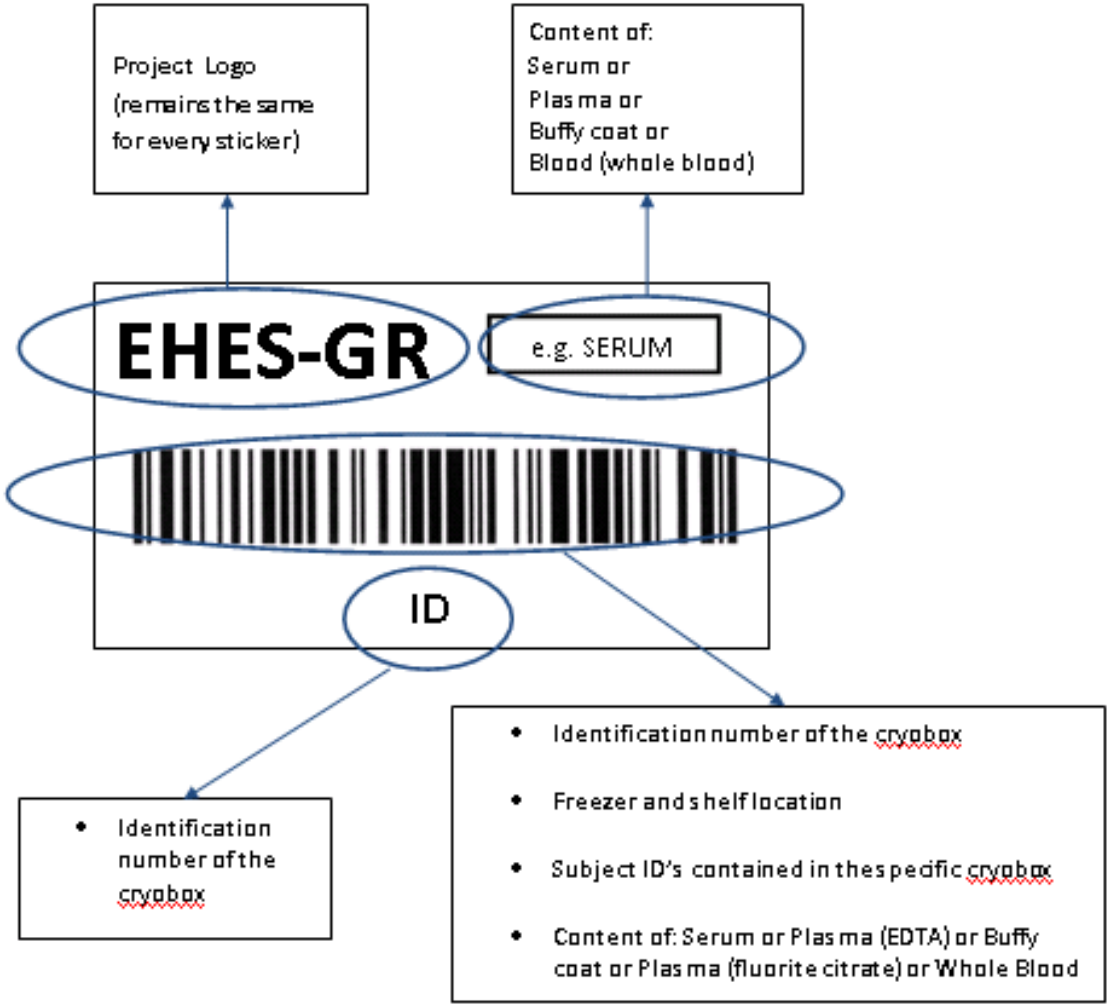
- Specimen storage
  - cryotubes & labeling
  - cryoboxes & labeling
  - styrofoam box for transporting

Blood sampling chart



Cryotubes, –80°C

Cryoboxes & Cryotubes Labeling



Sample handling

- ✓ All blood collection tubes, cryotubes, racks and cryoboxes are pre-labeled
- ✓ After centrifugation the specimens are aliquoted to 300μl each
- ✓ Placed into the appropriate storage cryobox regarding it's content
- ✓ Transfer of specimens is effectuated into Styrofoam boxes using dry ice
- ✓ Storage of specimens into freezer at -80°C