**VITALITY Standard Operating Procedure**

**Standing Long Jump Measurement**

**SOP Development**

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|  | **Name** | **Title** | **Signature** | **Date** |
| **Author** | Grace McHugh | Dr |  | 01/09/20 |
| **Reviewer** | Lackson Kasonka | Dr |  |  |
| **Approver** | CeliaGregson | Dr |  | 08/09/20 |

#### Revision History

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| --- | --- | --- | --- |
| **Version Number** | **Effective Date** | **Change Reference** | **Reason for Change** |
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**Annual Review**

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| **Due Date** | **Review Date** | **Reviewer name** | **Signature** |
| **31 August 2021** |  |  |  |
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SOP USER KNOWLEDGE

I acknowledge that I have read, understood and agree to follow this SOP

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**1.0 BACKGROUND**

VITALITY is a multi-site, individually randomised, double-blinded, placebo-controlled trial of weekly vitamin D3 and daily calcium carbonate given to adolescents living with HIV who are stable on antiretroviral therapy. The primary aim is to investigate whether treatment with vitaminD3 and calcium carbonate results in improvement in musculoskeletal function in HIV-infected adolescents.

**2.0 PURPOSE**

To measure lower limb muscle strength and function consistently in children and adolescents (11-19 years) enrolled in the VITALITY trial.

**3.0 RESPONSIBILITIES**

The research assistants and research nurses are responsible for implementing this procedure.

**4.0 HEALTH & SAFETY**

Ensure that the floor area where the test is to be carried out is non-slip with a clear, soft landing area. Do not perform the test if the participant has an injury that makes it difficult to perform the test e.g. painful leg, arm or back

**5.0 PROCEDURE**

***5.1 Materials Needed***

* Baseline, 48 weeks and 96 weeks CRF
* Tape measure
* Non-slip floor
* Soft landing mat/floor area
* Clearly marked take offline on the floor (marked using tape)

**5.2 Procedure**

1. The participant should stand behind a line marked on the ground with their bare feet slightly apart.
2. The participant should lean forward, swinging arms back and bend both knees to gain momentum (figure 1) and aim to jump as far as possible.



**Figure 1. How to perform the standing long jump test**

1. They should take off and land with both feet.
2. They should land without falling backwards and not move until a reading is taken.
3. Distance readings are to be taken from ***three*** correctly performed attempts to the nearest 0.1cm. Measuring the shortest possible distance from the take offline to the heal of the participant’s foot.
4. Attempts should not be counted as correctly performed if the participant:
   * + - Does a double jump when taking off
       - Steps over the marked line on starting the jump
       - Jumps off with one foot after the other
       - Lands and shifts feet
       - Sits back on to the floor after the jump

# 6. QUALITY CONTROL

Re-training will be carried out at three monthly intervals

# 7. INTERPRETATION OF RESULTS

Results will be recorded on the grip strength CRF. Analysis of long jump readings will take place at the end of the study and will not inform on clinical decision making in real time

# 8. LIMITATIONS (N/A)

# 9. TEST VALIDATION (PROCEDURE, RECORDS AND ACQUISITION VALIDATION) (N/A)

# 10. METHOD SOURCE (N/A)

# 11. ASSOCIATED PROCEDURES (N/A)

**12. REFERENCES**

# 13. APPENDICES