

UDC Update

June 2001

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ROM Measurement Issues

Current instructions require that all UDC range of motion (ROM) endpoints be measured passively. The concern arose that some patients (adult and pediatric) when moved into passive dorsiflexion, were not at the true endpoint of their range and that additional degrees of motion were obtained if the patient was asked to help lift the foot or relax.

Discussions were held among several of the regional Physical Therapy representatives and CDC staff. The consensus was that general ROM procedures entail, inherently, the use of various techniques to obtain full joint range. The endpoint/ endrange position, regardless of how it is achieved, should be measured in a passive state. For example, it would be acceptable to have the patient actively dorsiflex, then the therapist passively move the ankle further, if range is available, or hold it in position and record the measurement.

Also, please remember that the range of motion measurements for the UDC should be taken using a goniometer that is graduated in single degree increments.

If the goniometer that was purchased by the HTC for UDC measurements has been lost or broken, please contact your Regional Coordinator to arrange for a replacement.

Finally, when completing the UDC data collection form, remember that all joint extension measurements must be either negative numbers or zero. Hyperextension measurements are recorded as positive numbers. In addition, if there is hyperextension in a joint, you must not only enter the number of degrees of hyperextension as a positive number in the hyperextension box but you must also enter a zero in the extension box for that joint. This is one of the most common problems that results in validation errors.

Weight and Height Measurements

Weight and height measurements should be obtained at every annual visit. These measurements are very important and have several uses including assessing growth patterns among children with bleeding disorders and evaluating the effect of being overweight (as measured by body mass index) on joint range of motion and joint complication rates. Remember that height should be reported in CENTIMETERS and weight should be reported in KILOGRAMS.

If you measure in inches and/or pounds, conversion formulas are printed on the reverse side of the annual visit form.

Remember: Self-reported height is also acceptable for adults.

Tropical Storm Allison Hits the Hepatitis Lab

Hepatitis tests for UDC are performed at the Eugene B. Casey Hepatitis Laboratory at the Baylor College of Medicine in Houston, TX. Over the weekend of June 9th and 10th, Tropical Storm Allison inundated Houston with 3 feet of rain, flooding much of the city. The lab itself was not damaged, but the building in which it is located was flooded. Thanks to the efforts of the lab staff, who spent their weekend hauling dry ice up 8 flights of stairs, no specimens were lost. However, it is unknown how long it will take the lab to recover from this calamity. As of June 18 the campus still had only limited electricity from emergency generators, and this was being routed to critical needs (refrigerators, freezers, and air conditioning to dry the buildings, but not to lights) The lab will be able to return to operations only after their building has been given the Ok by both the college and the city. We anticipate that this will delay test results by several weeks and we will keep you posted as we get new information. Because of the schedule of specimen distribution and testing, specimens received at the serum bank from May 28-June 1, as well as those received later, are directly affected by this. This follows on the heels of delays in testing and reporting due to a shortage of test kits for Anti-HBs and Anti-HAV in March and April. Any results not transmitted by the lab before the storm will also be affected, but we will send you these results as soon as we receive them. Meanwhile, if you have questions about specific specimens, please contact Meredith Oakley at 404-371-5277.

Specimen Shipment on Fridays

Yes, specimens may be shipped on Fridays. If they are shipped on Friday the air bill should be marked for Saturday delivery and extra cold packs should be included in the shipment to keep the specimens cool until they are processed on Monday. (They will be delivered on Saturday and placed in a climate-controlled area, but they will not be removed from the shipper and processed until the next business day.)

To Freeze or Not to Freeze

Freezing of specimens is not harmful but requires modifications to shipping containers and documents which are not covered in the standard UDC shipping protocol. Centrifuged specimens may be frozen and shipped in the PPT. The serum bank recommends that specimens stored frozen be shipped frozen. This involves the use of dry ice and requires additional labeling and documentation of shipments. If you wish to prepare and ship your specimens in this manner, please contact Meredith Oakley at (404) 371-5277.

“Fun with FedEx”

Many of you have received notice from FedEx that as of June 1, 2001, they will no longer accept hand-written shipper's declarations. Luckily, there are numerous fields which are still allowed to be completed manually, allowing us to continue to use the standard, pre-printed UDC shipper's declaration. Those we use are: the quantity of blood being shipped, the Name/Title of Signatory, the Place and Date, and the Signature.

Attached to this newsletter is a copy of the FedEx memo; the fields which are allowed to be completed by hand are listed at the bottom under “Exception”. Although FedEx couriers and other staff should be aware of these exceptions, it's possible some are not. If you've had such problems in the past, to avoid unwarranted rejections, you might consider displaying a copy of the FedEx memo, with the exceptions highlighted, on your package. If there are other fields you edit manually which are not in the list of exceptions, please contact us at (404) 371-5277.

Additionally, certain IATA/ICAO and 49CFR regulations have been reconciled, so **it is no longer necessary to include the statement “This shipment prepared according to IATA/ICAO” on the shipper's declaration.** Yea!!!!

If you have any comments or concerns about UDC, please contact **Christy Cianfrini at CDC** (phone: 404-371-5265; fax: 404- 371- 5424; email: CCianfrini@cdc.gov).

