



**Medizinische Hochschule
Hannover**

**Zentrum Innere Medizin
Klinik für Rheumatologie und Immunologie
Prof. Dr. med. T. Witte, Direktor**

Telefon: 0511 532- 6656
Fax: 0511 532- 9067
immunologie@mh-hannover.de
www.mh-hannover.de/kir.html

Carl-Neuberg-Straße 1
30625 Hannover
Telefon: 0511 532-0
www.mh-hannover.de

‘Comparison of endothelial function in primary Sjögren's syndrome compared to healthy controls using EndoPat® measurements’

EndoPat® measurements study protocol

Preparations

1. patient preparations in advance

- Fast for 4 hours beforehand
- No coffee, tobacco for 8 hours
- Continue long-term medication as normal
- Take off watches, rings + jewellery on the fingers

Prior to the procedure, patients were informed of the preparations involved by means of an email communication.

2. materials

- Armrests
- Leg roll
- Cushion
- Blood pressure monitor
- Manual blood pressure cuff
- 2 pneumatic end probes = tubes
-

3. patient positioning

- Patients must lie relaxed
- Arms on the armrests + leg roll under the knees
- Patients must not speak + move during measurement (risk of artefacts)
- stop the examination in case of pain

4. querying patient information

- age
- height
- weight

5. patient inspection

- injuries to the fingers?

6. blood pressure measurement
 - measure RR on the control arm (no tourniquet is applied here later)
 - serves to select the appropriate tourniquet pressure
7. attach manual blood pressure cuff
 - to be attached to the right arm
 - is stowed here during the measurement
8. attach 'tubes' to the index fingers of both hands
 - if index finger is not possible, attach to the same side of another finger
 - note orientation between hand and cable
 - sample 1 = right hand
 - sample 2 = left hand

Measurement procedure

1. open the programme
2. patient control → inflate
3. enter patient data → inflate
4. start programme with 'Go'
4. **Record 5 minutes baseline:** no pressure on manual blood pressure cuff
5. **5 minutes of occlusion:** approx. 20-30 mmHg (60mmHg) above measured systolic blood pressure, start low, increase until 0 line is visible
6. **Record 5 minutes reactive hyperaemie period** (post occlusion): without pressure
7. end programme + save in study folder + print
8. The software from Itamar Medical directly processes these measurements and independently calculates the RHI.

