Scheduling and Visit Information

All visits must be scheduled by emailing Kyla Kent kylaq@stanford.edu at the SAMBA Laboratory. You and your staff have been granted access to view our Redcap Calendar located in the project SAMBA Laboratory FINAL. Look to see if a time is open. If it is, send us a request for an appointment. Due to the corona virus visits must have a buffer between visits.

It is preferred to make this request 48 hours in advance and to include for baseline visits the Participant info sheet. If this is a follow-up visit, the visit number and participant ID should be identified in the request email. We will send a confirmation if we can accommodate your needs.

If no participant information is included with an appointment request, we will confirm that the slot is available but this appointment will remain pending until we receive participant information. If an appointment request is made with less notice, we will make every attempt to accommodate your request, but we cannot guarantee it will be possible.

Please let us know by email or text if any changes to the arrival time of the participant occurs, or if the participant needs to change their time and date or if they have cancelled so we can be prepared. Calling would be a third choice.

When you schedule:
Please provide us with the Subject ID and a completed Participant information sheet.

If participant is having a whole body DXA scan: Please ask participants to wear a t-shirt with no reflective or metallic paint and ideally light weight cotton pants. Please have them check that there are no snaps, buttons, zippers or Velcro fasteners.
If participant is having HR-pQCT scanning, loose pant legs are needed. In addition, the room is a bit cool so participants are encouraged to bring their own sweater or blanket for extra comfort during the time of covid precautions.
If participant is having an ankle strength measurement, please have them wear or bring closed toe shoes.
If participant arrives in clothes that are not acceptable for the whole body DXA scan, we will try to accommodate with disposable attire.

Our flow on the visit day:
Staff and participants will adhere to the covid19 protocols at all times.
Non-SAMBA research staff will email participant (family) to confirm covid screening is negative for ppt (and accompanying adult if applicable) and provide ppt temp on day of visit if they see that research staff first. If study staff and not SAMBA staff are performing height and weight, this information must be emailed prior to SAMBA measures. If participant is arriving on a different day than the day they saw research study staff, then covid screening and temp of participant (and accompanying adult if applicable) will be performed by SAMBA staff prior to entry into our building.

The participant or parent will phone or text us letting us know that they have arrived to the parking lot.
We (and study coordinator if participant has not been consented yet) will meet the participant (covid screening and temp measured) and provided all is acceptable, they will be escorted to the study rooms.
The participant will be asked to use the restroom. Pregnancy tests will be administered to all those age 10 and older assigned female of child-bearing potential who are having either DXA or HR-pQCT measures.

Height and weight and possibly sitting height will be performed if not already sent to SAMBA.

Biodex testing for leg and ankle strength will be performed after weight.

Height and sitting height will be performed and then any DXA measurements needed.

For the whole body DXA scan, participants will be asked to remove shoes and bulky outerwear, bras and binders and anything that they can remove from their bodies except for dental implants (jewelry, insulin pumps, hair adornments, glasses and hearing aides). They may leave underpants on provided that there is no metal or embellishments. Socks are to be left on or put on.

Any non-removable implants/artifacts will be noted. They may be permitted to wear non-removable piercings if the study allows.

If DXA is being performed, but no whole body DXA, then metal and plastic artifacts around scan areas will be removed.

Grip strength will be measured next.

HRpQCT measures will be performed last. This room may be slightly cool. Participants are encouraged to bring their own sweater or blanket for extra comfort during the time of covid precautions.

When measures are completed, post-visit information will be given if part of study protocol. Participant (and accompanying adult if applicable) will be escorted back to the parking lot to end their visit.

Details about data processing or reporting will be discussed prior to study start up.