



Current status of EHES- Greece

Procedures at the examination sites:
Laboratory procedures

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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

Centrifuge

Pipetting

Storage

Transport



Equipment and materials (1)



➤ Blood collection system

disinfectant (both skin and surfaces)
needles
adapter
tourniquet, etc
latex gloves

➤ Blood collection tubes

1 plain gel
1 EDTA
1 Fluorite citrate



Equipment and materials(2)



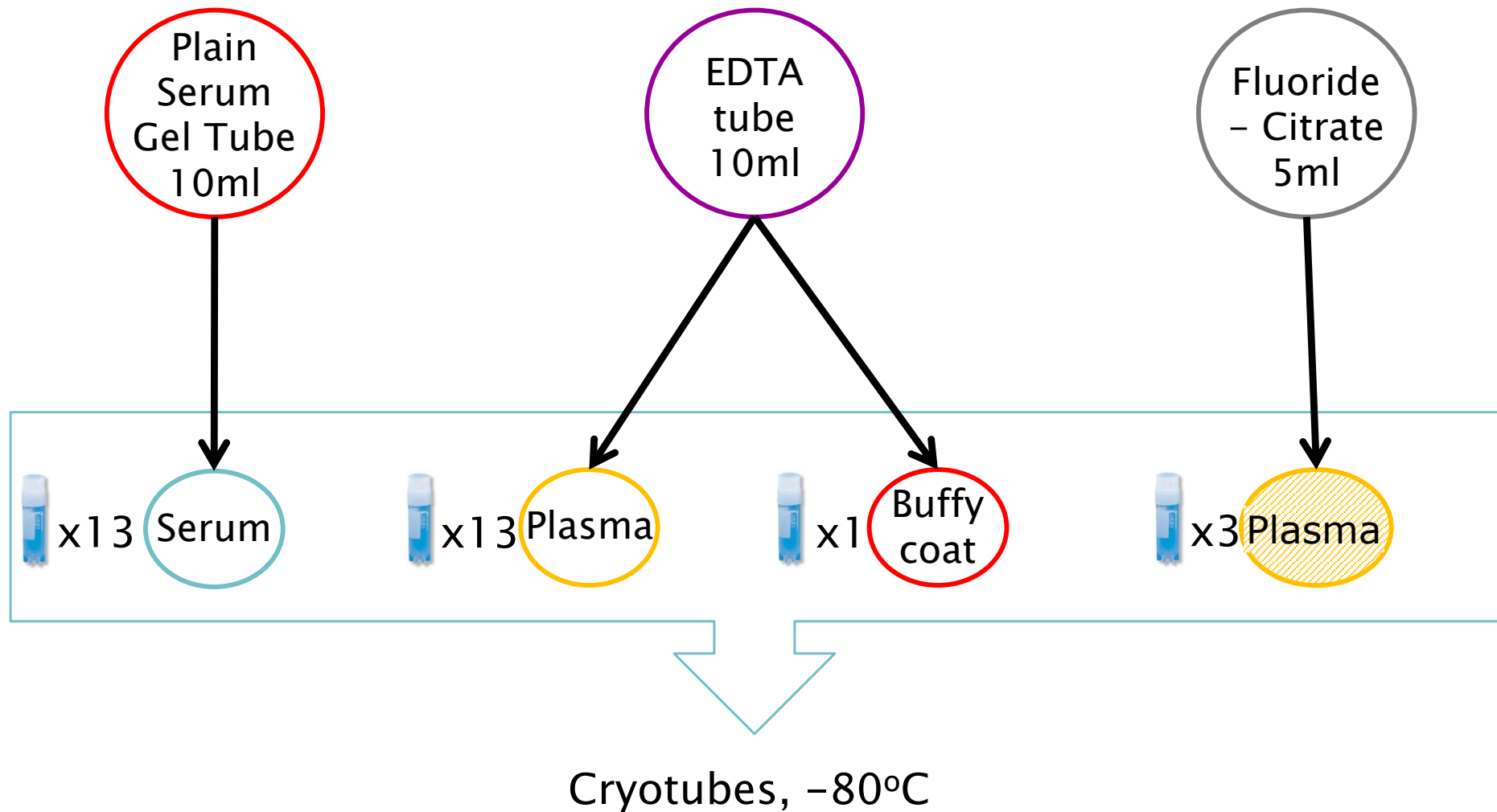
➤ Blood handling

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

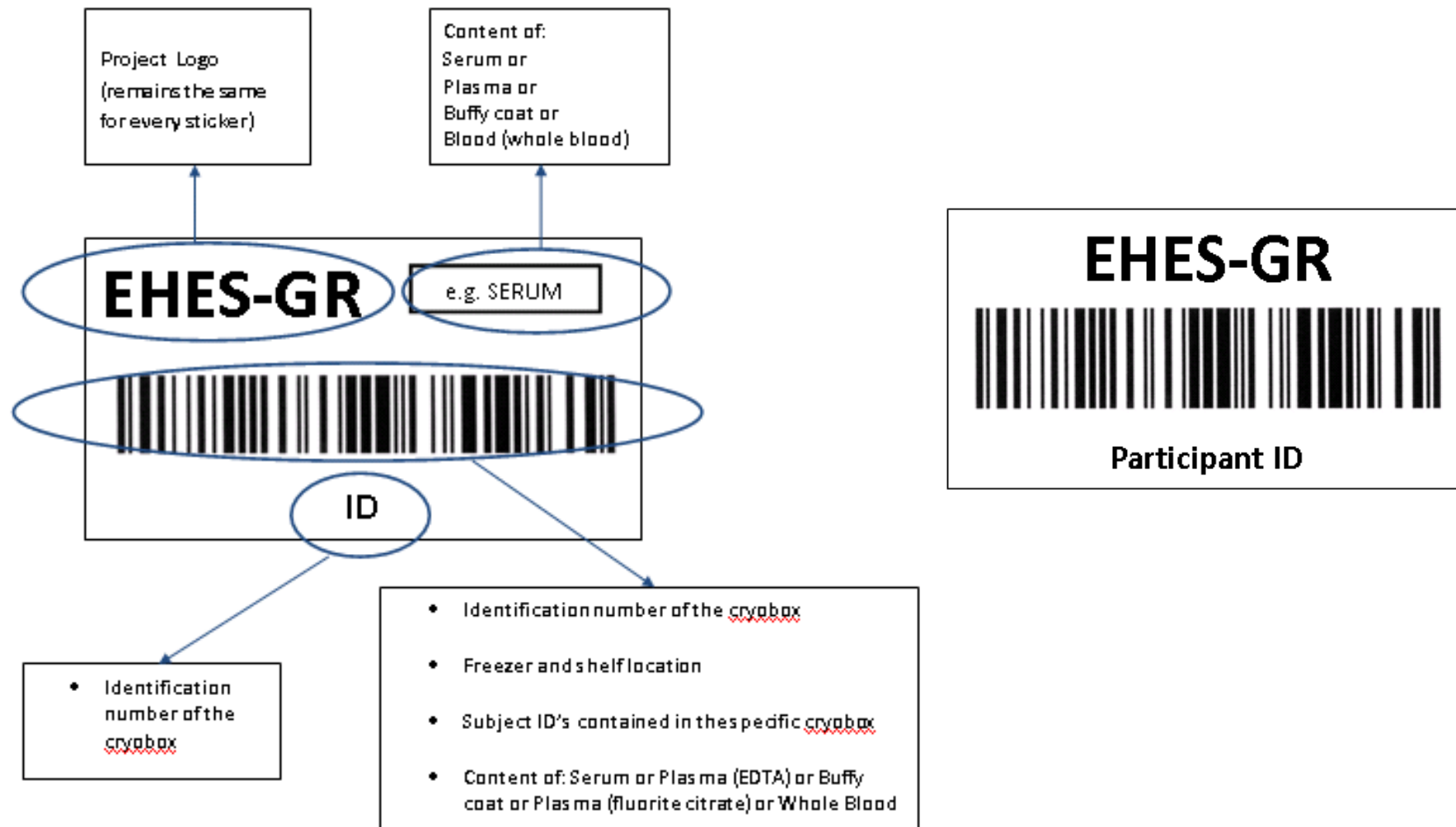
➤ Specimen storage

cryotubes & labeling
cryoboxes & labeling
styrofoam box for transporting

Blood sampling chart



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