PART 1: PRELIMINARY SURVEY

Thank you for participating in this survey. Your response will go a long way to help prevent one of the most common, irritating and often disabling injury associated with long distance marches, runs and army / hiking boots. The second part of this study will be a study comparing the efficacy (usefulness) of a product called Blist-O-Ban in prevention of foot blisters in the SAF. Blist-O-Ban has already been shown to be very useful in events such as the Boston Marathon and Los Angeles Marathon.

This is the first time this product is available in Singapore, and we aim to see how it can reduce the incidence of blisters in the SAF in a tropical environment.

DATE: ________________________(dd/mm/yy)

SURVEY NUMBER : ______________________

NAME: __________________________________________

COMPANY: ________________________

PLATOON: ________________________________________

SECTION: _________________________

BED NUMBER: ______________________________________

Date of Birth:_____(dd)______(mm)______(yy)  Age: ________________(y)

Sex:_______  Height:__________(cm)  Weight: __________(kg)  BMI: (for office use, do not fill) ____

Do you exercise on a regular basis?  Yes / No (delete accordingly)

1. How often do you exercise?

   1 x per week  -------------------------
   2 x per week  -------------------------
   3 x per week  -------------------------
   more than 3x / week  -------------------

2. Type of sports that you take part in:

   a. Land based sports: (choose all that apply)

   Jogging ------------------------------
   Football -----------------------------
   Hiking ------------------------------
   Badminton/Tennis/Squash---------------
   Others (__________________)-------------

   b. Water Based sports: (choose all that apply)

   Swimming -----------------------------
   Sailing ------------------------------
   Canoeing / Dragon Boat----------------
   Others (__________________)-------------

3. Do you ever get blisters on your hand(s)?
   (If ‘No’, ignore question 4 & 5)

   Yes / No (delete accordingly)

4. How often do you get blisters on your hands?

   Once in a while------------------------
   Every time I exercise-------------------

5. Where do the HAND blisters occur?

   Fingers -----------------------------
   Palm -------------------------------
6. Do you ever get blisters on your foot/feet?  
   (If ‘No’, ignore question 6, 7 & 8)  
Yes / No (delete accordingly)

7. How often do you get blisters on your foot/feet?  
   Once in a while---------------------  
   Every time I exercise ------------------

8. Where do the FOOT blisters occur?  
   Indicate on diagram (mark with circle)
   Toes ------------------------------------------  
   Heel ------------------------------------------  
   Sole -------------------------------------------  
   Instep -----------------------------------------

9. How would you PREVENT blisters?  
   Do nothing, leave alone-------------------  
   Cover / protect area with duct tape ----  
   Cover with moleskin ----------------------  
   Use a lubricant eg Vaseline --------------  
   Use a special product eg BLIST-O-BAN

9. How do you TREAT blisters (If you had any)?  
   Do nothing, leave alone-------------------  
   Burst them ----------------------------------  
   Cover with plaster--------------------------

10. Do you have foot problems?  
    Flat foot----------------------------------  
    Other foot problems (specify)-------------

11. Have you HEARD OF the following Blister Prevention Products (tick all that you have heard of)  
   ❑ Blist –O-Ban  
   ❑ Second Skin  
   ❑ Spenco Mole Skin  
   ❑ Spenco Second Skin  
   ❑ Spyroflex  
   ❑ Sport Slick  
   ❑ Hydropel

Thank you, this ends the survey. Please return this survey form to your Unit Medical Officer

Dr. Shani Tan  
Wilderness First Aid  
#18-01 Thomson View  
7 Bright Hill Drive  
S 579599  
www.wild1st-aid.com