I attach the input nc-file and list how I processed the data:

(1) read 700-mbar geopotential height field from NCAR/NCEP reanalysis dataset from 1948-2015,
(2) select the domain, 20N-90N & 0-360E (i.e. the Northern Hemisphere),
(3) remove monthly climatology values,
(4) weight it by latitude with square cosine (i.e. sqrt(cos(lat)))
(5) output file and use NCL script to perform the REOF analysis

I also attached the R between the Pacific blob index and the TNH index determined by the PC of 9th REOF mode. You can see detrend or non-detrend does not affect results too much.