Look AHEAD Action for Health in Diabetes

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Submaximal Graded Exercise Test
Version 2

PID: 0	**Acrostic:** 0	**Visit:**
Date Form Completed: d_form	**Administration Type:** admin	
Reviewed by: compby		**Language:** language English

Resting Measurements

Gender: gender

1 Male
2 Female

Age: age   years old

1. **Resting ECG Results: (Check all that apply)**

    1 ecgnormal value="1" ☐ Normal

    2 ecgnochg value="1" ☐ No significant change from Look AHEAD screening/baseline

    3 ecgsigchg value="1" ☐ If significant change, then describe
         exab_sp

2. **Any contra-indications to submaximal test?**

    excontind

    1 Yes
    2 No

    Reason: excon_sp

3. **Course of action taken: (Check one.)**

    exaction

    1 GXT performed
    2 GXT **not** performed, give reason
    3 GXT rescheduled, give reason

    Reason: exact_sp

4. **Cardiac medications?**

   exmds_sp

5. **Hours since last food?**

   extm_sp

6. **Pre-test, seated, resting blood pressures:**

   A. Reading 1:

   SBP exread1sbp   mmHg   DBP exread1dbp   mmHg

   B. Reading 2:

   SBP exread2sbp   mmHg   DBP exread2dbp   mmHg

   C. Reading 3:

   SBP exread3sbp   mmHg   DBP exread3dbp
    mmHg

   HR:

   exread1hr   bpm

   If there is a 10 mmHg systolic and 6 mmHg diastolic difference between the two blood pressures, the blood pressure should be repeated.

Resting Measurements - continued

7. Submax goal based on >= 80% <u>estimated</u> HRmax (220-age x 0.80)
   exsubmax   or if Beta Blockade, RPE submax goal=16

8. GXT Walking Speed (mph):

   exwspd

   1 1.5
   2 2.0
   3 2.5
   4 3.0
   5 3.5
   6 4.0

9.

Minute	Grade	METs	HR	RPE	SBP	DBP
1	0	exmets0	exhr0	exrpe0		

Comments: exsymp0

Reasons for Stopping: exstop0

Minute	Grade	METs	HR	RPE	SBP	DBP
2	1	exmets1	exhr1	exrpe1		
		exsbp1	exdbp1			

Comments: exsymp1

Reasons for Stopping: exstop1

Minute	Grade	METs	HR	RPE	SBP	DBP
3	2	exmets2	exhr2	exrpe2		

Comments: exsymp2

Reasons for Stopping: exstop2

Minute	Grade	METs	HR	RPE	SBP	DBP
4	3	exmets3	exhr3	exrpe3		
		exsbp3	exdbp3			

Comments: exsymp3

Reasons for Stopping: exstop3

Minute	Grade	METs	HR	RPE	SBP	DBP
5	4	exmets4	exhr4	exrpe4		

Comments: exsymp4

Reasons for Stopping: exstop4

Minute	Grade	METs	HR	RPE	SBP	DBP
6	5	exmets5	exhr5	exrpe5		
		exsbp5	exdbp5			

Comments: exsymp5

Reasons for Stopping: exstop5

Minute	Grade	METs	HR	RPE	SBP	DBP
7	6	exmets6	exhr6	exrpe6		

Comments: exsymp6

Reasons for Stopping: exstop6

Minute	Grade	METs	HR	RPE	SBP	DBP
8	7	exmets7	exhr7	exrpe7		
		exsbp7	exdbp7			

Comments: exsymp7

Reasons for Stopping: exstop7

Minute	Grade	METs	HR	RPE	SBP	DBP
9	8	exmets8	exhr8	exrpe8		

Comments: exsymp8

Reasons for Stopping: exstop8

Minute	Grade	METs	HR	RPE	SBP	DBP
10	9	exmets9	exhr9	exrpe9		
		exsbp9	exdbp9			

Comments: exsymp9

Reasons for Stopping: exstop9

Minute	Grade	METs	HR	RPE	SBP	DBP
11	10	exmets10	exhr10	exrpe10		

Comments: exsymp10

Reasons for Stopping: exstop10

Minute	Grade	METs	HR	RPE	SBP	DBP
12	11	exmets11	exhr11	exrpe11		
		exsbp11	exdbp11			

Comments: exsymp11

Reasons for Stopping: exstop11

Minute	Grade	METs	HR	RPE	SBP	DBP
13	12	exmets12	exhr12	exrpe12		

Comments: exsymp12

Reasons for Stopping: exstop12

Minute	Grade	METs	HR	RPE	SBP	DBP
14	13	exmets13	exhr13	exrpe13		
		exsbp13	exdbp13			

Comments: exsymp13

Reasons for Stopping: exstop13

Minute	Grade	METs	HR	RPE	SBP	DBP
15	14	exmets14	exhr14	exrpe14		

Comments: exsymp14

Reasons for Stopping: exstop14

Minute	Grade	METs	HR	RPE	SBP	DBP
16	15	exmets15		exhr15	exrpe15	
		exsbp15		exdbp15		

Comments: exsymp15

Reasons for Stopping: exstop15

Minute	Grade	METs	HR	RPE	SBP	DBP
17	16	exmets16		exhr16	exrpe16	

Comments: exsymp16

Reasons for Stopping: exstop16

Minute	Grade	METs	HR	RPE	SBP	DBP
18	17	exmets17		exhr17	exrpe17	
		exsbp17		exdbp17		

Comments: exsymp17

Reasons for Stopping: exstop17

Minute	Grade	METs	HR	RPE	SBP	DBP
19	18	exmets18		exhr18	exrpe18	

Comments: exsymp18

Reasons for Stopping: exstop18

Minute	Grade	METs	HR	RPE	SBP	DBP

Minute	Grade	METs	HR	RPE	SBP	DBP
20	19	exmets19	exhr19	exrpe19		
		exsbp19	exdbp19			

Comments: exsymp19

Reasons for Stopping: exstop19

Minute	Grade	METs	HR	RPE	SBP	DBP
21	20	exmets20	exhr20	exrpe20		

Comments: exsymp20

Reasons for Stopping: exstop20

Minute	Grade	METs	HR	RPE	SBP	DBP
22	21	exmets21	exhr21	exrpe21		
		exsbp21	exdbp21			

Comments: exsymp21

Reasons for Stopping: exstop21

Minute	Grade	METs	HR	RPE	SBP	DBP
23	22	exmets22	exhr22	exrpe22		

Comments: exsymp22

Reasons for Stopping: exstop22

Minute	Grade	METs	HR	RPE	SBP	DBP
24	23	exmets23	exhr23	exrpe23		
		exsbp23	exdbp23			

Comments: exsymp23

Reasons for Stopping: exstop23

Minute	Grade	METs	HR	RPE	SBP	DBP
25	24	exmets24	exhr24	exrpe24		

Comments: exsymp24

Reasons for Stopping: exstop24

10. Values at termination of GXT:

Total Exercise Time:

ex_min **:** ex_sec

minutes seconds

HR at termination of test: maxhr   **RPE at termination of test:** maxrpe

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Post Exercise

11. Post Exercise HR   SBP   DBP

Immediate   post1hr   post1sbp   post1dbp

Additional Comments
post1com

2 minutes   post2hr   post2sbp   post2dbp

Additional Comments
post2com

4 minutes   post4hr   post4sbp   post4dbp

Additional Comments
post4com

6 minutes   post6hr   post6sbp   post6dbp

Additional Comments
post6com

8 minutes   post8hr   post8sbp   post8dbp

Additional Comments
post8com

10 minutes   post10hr   post10sbp   post10dbp

Additional Comments
post10com

12. Validity of Submaximal Exercise Test

Beta Blocker Use?
exbetablk

1 Yes
2 No

If Yes, Maximum RPE ge 16?
exmaxrpe18

1 Yes
2 No, Test is not valid

If No, Maximum HR ge 80% max?
exmaxhr85

1 Yes
2 No, Test is not valid

Summary of Findings from Exercise Test:

1. Interpretation of resting ECG (no contraindications to exercise testing)

exsummecg

2. Who stopped the test?

exstoptst

1 Participant
2 MD

3. Reason submaximal test was stopped:

exsubmaxstop

1 Reached >= 80% HRmax
2 Reached RPE=16 goal
3 Other

If Other, describe: exsubmax_sp

4. Describe any arrhythmias:

   Type: exarrtype

   Frequency: exarrfreq

   Runs: exarrruns

5. Blood pressure response:

   exbpresp

   1 Appropriate
   2 Inappropriate

   Explain: bpresp_sp

6. Heart rate response:

   exhrtresp

   1 Appropriate
   2 Inappropriate

   Explain: hrtresp_sp

7. Describe any significant ST changes:

   exsigchg

   1 None
   2 0 - .5mm depression
   3 3 ->.5mm - 1.0mm depression
   4 4 ->1.0 - 1.5mm depression
   5 5 ->1.5 - 2.0mm depression
   6 6 ->2.0mm depression

   Other changes:
   exstchg

8. Additional comments:
   excomments

9. Overall interpretation:

   exoverall

   1 Normal
   2 Borderline
   3 Abnormal

   If Abnormal, Reason: exabnorm_sp

10. Overall status:

   exstatus

   1 Eligible to continue exercise with no limitations
   2 Suspend exercise recommended by study phys. regardless of treatment assignment

11. Recommend referral to Primary Care Physician?

    exrefer

    1 Yes
    2 No

              Reason: exref_sp

    Fill out SAE form and intervention modification form if needed.

12. Signature of attending physician:

    exphyssig

    Technician ID: extechid   Physician ID: exphysid

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