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Four Year Submaximal Graded Exercise Test

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 any previous Look AHEAD ECG

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.)

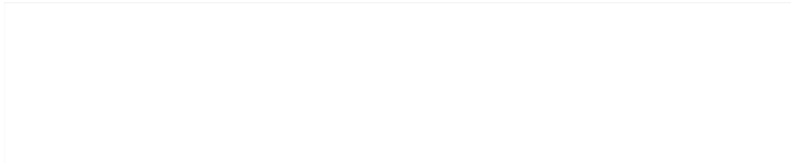
exaction

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 mmHg DBP mmHg

B. Reading 2:

SBP mmHg DBP mmHg

C. Reading 3:

SBP mmHg DBP mmHg

HR:

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 $\geq 80\%$ estimated HRmax ($220 - \text{age} \times 0.80$)
 or if Beta Blockade, RPE submax goal=16

8. GXT Walking Speed (mph):

- 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

Comments:

Reasons for Stopping:

<u>Minute</u>	<u>Grade</u>	<u>METs</u>	<u>HR</u>	<u>RPE</u>	<u>SBP</u>	<u>DBP</u>
2	1	exmets1 exsbp1		exhr1 exdbp1		exrpe1

Comments: exsymp1

Reasons for Stopping: exstop1

<u>Minute</u>	<u>Grade</u>	<u>METs</u>	<u>HR</u>	<u>RPE</u>	<u>SBP</u>	<u>DBP</u>
3	2	exmets2		exhr2		exrpe2

Comments: exsymp2

Reasons for Stopping: exstop2

<u>Minute</u>	<u>Grade</u>	<u>METs</u>	<u>HR</u>	<u>RPE</u>	<u>SBP</u>	<u>DBP</u>
4	3	exmets3 exsbp3		exhr3 exdbp3		exrpe3

Comments: exsymp3

Reasons for Stopping: exstop3

<u>Minute</u>	<u>Grade</u>	<u>METs</u>	<u>HR</u>	<u>RPE</u>	<u>SBP</u>	<u>DBP</u>
5	4	exmets4		exhr4		exrpe4

Comments: exsymp4

Reasons for Stopping: exstop4

<u>Minute</u>	<u>Grade</u>	<u>METs</u>	<u>HR</u>	<u>RPE</u>	<u>SBP</u>	<u>DBP</u>
6	5	exmets5 exsbp5		exhr5 exdbp5		exrpe5

Comments: exsymp5

Reasons for Stopping: exstop5

<u>Minute</u>	<u>Grade</u>	<u>METs</u>	<u>HR</u>	<u>RPE</u>	<u>SBP</u>	<u>DBP</u>
7	6	exmets6		exhr6		exrpe6

Comments: exsymp6

Reasons for Stopping: exstop6

<u>Minute</u>	<u>Grade</u>	<u>METs</u>	<u>HR</u>	<u>RPE</u>	<u>SBP</u>	<u>DBP</u>
8	7	exmets7 exsbp7		exhr7 exdbp7		exrpe7

Comments: exsymp7

Reasons for Stopping: exstop7

<u>Minute</u>	<u>Grade</u>	<u>METs</u>	<u>HR</u>	<u>RPE</u>	<u>SBP</u>	<u>DBP</u>
9	8	exmets8		exhr8		exrpe8

Comments: exsymp8

Reasons for Stopping: exstop8

<u>Minute</u>	<u>Grade</u>	<u>METs</u>	<u>HR</u>	<u>RPE</u>	<u>SBP</u>	<u>DBP</u>
10	9	exmets9 exsbp9		exhr9 exdbp9		exrpe9

Comments: exsymp9

Reasons for Stopping: exstop9

<u>Minute</u>	<u>Grade</u>	<u>METs</u>	<u>HR</u>	<u>RPE</u>	<u>SBP</u>	<u>DBP</u>
11	10	exmets10		exhr10		exrpe10

Comments: exsymp10

Reasons for Stopping: exstop10

<u>Minute</u>	<u>Grade</u>	<u>METs</u>	<u>HR</u>	<u>RPE</u>	<u>SBP</u>	<u>DBP</u>
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12	11	exmets11 exsbp11			exhr11 exdbp11	exrpe11
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Comments: exsymp11

Reasons for Stopping: exstop11

<u>Minute</u>	<u>Grade</u>	<u>METs</u>	<u>HR</u>	<u>RPE</u>	<u>SBP</u>	<u>DBP</u>
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13	12	exmets12			exhr12	exrpe12
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Comments: exsymp12

Reasons for Stopping: exstop12

<u>Minute</u>	<u>Grade</u>	<u>METs</u>	<u>HR</u>	<u>RPE</u>	<u>SBP</u>	<u>DBP</u>
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14	13	exmets13 exsbp13			exhr13 exdbp13	exrpe13
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Comments: exsymp13

Reasons for Stopping: exstop13

<u>Minute</u>	<u>Grade</u>	<u>METs</u>	<u>HR</u>	<u>RPE</u>	<u>SBP</u>	<u>DBP</u>
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15	14	exmets14			exhr14	exrpe14
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Comments: exsymp14

Reasons for Stopping: exstop14

<u>Minute</u>	<u>Grade</u>	<u>METs</u>	<u>HR</u>	<u>RPE</u>	<u>SBP</u>	<u>DBP</u>
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16	15	exmets15 exsbp15	exhr15 exdbp15	exrpe15
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Comments: exsymp15

Reasons for Stopping: exstop15

<u>Minute</u>	<u>Grade</u>	<u>METs</u>	<u>HR</u>	<u>RPE</u>	<u>SBP</u>	<u>DBP</u>
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17	16	exmets16		exhr16		exrpe16
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Comments: exsymp16

Reasons for Stopping: exstop16

<u>Minute</u>	<u>Grade</u>	<u>METs</u>	<u>HR</u>	<u>RPE</u>	<u>SBP</u>	<u>DBP</u>
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18	17	exmets17 exsbp17		exhr17 exdbp17		exrpe17
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Comments: exsymp17

Reasons for Stopping: exstop17

<u>Minute</u>	<u>Grade</u>	<u>METs</u>	<u>HR</u>	<u>RPE</u>	<u>SBP</u>	<u>DBP</u>
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19	18	exmets18		exhr18		exrpe18
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Comments: exsymp18

Reasons for Stopping: exstop18

<u>Minute</u>	<u>Grade</u>	<u>METs</u>	<u>HR</u>	<u>RPE</u>	<u>SBP</u>	<u>DBP</u>
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20	19	exmets19 exsbp19		exhr19 exdbp19		exrpe19
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Comments: [exsymp19](#)

Reasons for Stopping: [exstop19](#)

<u>Minute</u>	<u>Grade</u>	<u>METs</u>	<u>HR</u>	<u>RPE</u>	<u>SBP</u>	<u>DBP</u>
21	20	exmets20			exhr20	exrpe20

Comments: [exsymp20](#)

Reasons for Stopping: [exstop20](#)

<u>Minute</u>	<u>Grade</u>	<u>METs</u>	<u>HR</u>	<u>RPE</u>	<u>SBP</u>	<u>DBP</u>
22	21	exmets21			exhr21	exrpe21
			exsbp21		exdbp21	

Comments: [exsymp21](#)

Reasons for Stopping: [exstop21](#)

<u>Minute</u>	<u>Grade</u>	<u>METs</u>	<u>HR</u>	<u>RPE</u>	<u>SBP</u>	<u>DBP</u>
23	22	exmets22			exhr22	exrpe22

Comments: [exsymp22](#)

Reasons for Stopping: [exstop22](#)

<u>Minute</u>	<u>Grade</u>	<u>METs</u>	<u>HR</u>	<u>RPE</u>	<u>SBP</u>	<u>DBP</u>
24	23	exmets23			exhr23	exrpe23
			exsbp23		exdbp23	

Comments: [exsymp23](#)

Reasons for Stopping: [exstop23](#)

<u>Minute</u>	<u>Grade</u>	<u>METs</u>	<u>HR</u>	<u>RPE</u>	<u>SBP</u>	<u>DBP</u>
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25	24	exmets24			exhr24	exrpe24
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Comments:

Reasons for Stopping:

10. Values at termination of GXT:

Total Exercise Time:

:
 minutes seconds

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

Post Exercise

11. Post Exercise HR SBP DBP

Immediate	<input type="text" value="post1hr"/>	<input type="text" value="post1sbp"/>	<input type="text" value="post1dbp"/>
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Additional Comments

2 minutes	<input type="text" value="post2hr"/>	<input type="text" value="post2sbp"/>	<input type="text" value="post2dbp"/>
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Additional Comments

4 minutes	<input type="text" value="post4hr"/>	<input type="text" value="post4sbp"/>	<input type="text" value="post4dbp"/>
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Additional Comments

6 minutes	<input type="text" value="post6hr"/>	<input type="text" value="post6sbp"/>	<input type="text" value="post6dbp"/>
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Additional Comments

8 minutes

Additional Comments

10 minutes

Additional Comments

12. Validity of Submaximal Exercise Test

Beta blocker use, pacemaker or defibrillator?

- 1 Yes
- 2 No

If Yes, Maximum RPE ge 16?

- 1 Yes
- 2 No, Test is not valid

If No, Maximum HR ge 80% max?

- 1 Yes
- 2 No, Test is not valid

Summary of Findings from Exercise Test:

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

2. Who stopped the test?

- 1 Participant
- 2 MD/Staff/Technician

3. Reason submaximal test was stopped:

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

If Other, describe:

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. Treadmill speed changed

extspdchg

- 1 Yes
- 2 No

If Yes, reason:

exhrmax15 value="1" HR exceeded max in one of 15 second stages

exmusc value="1" Musculoskeletal problems/limitations

exothreason value="1" Other medical reasons, specify:

Empty text box for specifying other medical reasons.

exreas_sp

13. Signature of attending physician:

exphysig

Technician ID: extechid

extechid2

Physician ID: exphysid

<<< READ ONLY >>>