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 user: **Kathy Lane** staff id: **30013** login: **10/27/2010 12:34:37**
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Maximal Graded Exercise Test Baseline Version 6

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 maximal 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. Estimated HRmax = 220 - age = **exhrmax** _____ x 0.85 = MaxGXT
Minimum: >= 85% HRmax **exmaxgxt** _____ or if Beta blockade, RPE = 20
8. Submax goal based on >= 80% estimated HRmax (220-age x 0.80) **exsubmax** _____ or if Beta Blockade, RPE submax goal=16

9. GXT Walking Speed (mph):

exwspd

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



10. Minute	Grade	METs	HR	RPE	SBP	DBP
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1	0	exmets0 _____	exhr0 _____	exrpe0 _____		
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Comments: exsymp0

Reasons for Stopping: exstop0

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

Comments: exsymp1

Reasons for Stopping: exstop1

Minute	Grade	METs	HR	RPE	SBP	DBP
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3	2	exmets2 _____	exhr2 _____	exrpe2 _____		
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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>
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4	3	exmets3		exhr3		exrpe3
		exsbp3		exdbp3		

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>
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5	4	exmets4		exhr4		exrpe4
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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>
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6	5	exmets5		exhr5		exrpe5
		exsbp5		exdbp5		

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>
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7	6	exmets6		exhr6		exrpe6
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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](#)

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

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>
13	12	exmets12			exhr12	exrpe12

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>
14	13	exmets13			exhr13	exrpe13
			exsbp13		exdbp13	

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			exhr15	exrpe15
			exsbp15		exdbp15	

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					
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exmets17	exhr17	exrpe17
exsbp17	exdbp17	

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

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		exhr19		exrpe19

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>
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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>
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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>
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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>
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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

Comments: exsymp24

Reasons for Stopping: exstop24

11. Maximal values at termination of GXT:

Total Exercise Time:

ex_min _____ : ex_sec _____
minutes seconds

Max HR: maxhr _____ **Max RPE:** maxrpe _____

Post Exercise

12. 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 |

Additional Comments

8 minutes |

Additional Comments

10 minutes |

Additional Comments

13. Validity of Maximal Exercise Test

Maximum METs \geq 4?

- 1 Yes
- 2 No, Test is not valid

Beta Blocker Use?

- 1 Yes
- 2 No

If Yes, Maximum RPE \geq 18?

- 1 Yes
- 2 No, Test is not valid

If No, Participant cannot be randomized. You may rescreen one time.

If No, Maximum HR \geq 85% 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)

exsummecg

2. Who stopped the test?

exstoptst

1 Participant
2 MD

3. Reason maximal test was stopped:

exmaxstop

1 Reached symptom-limited max endpoint
2 Other

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 and Test Valid
- 2 Ineligible to participate...

11. Recommend referral to Primary Care Physician? exrefer

- 1 Yes
- 2 No

Reason: exref_sp

Fill out SAE form if needed.

12. Signature of attending physician:

exphyssig

Technician ID: extechid _____ Physician ID: expphysid

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