

ALGORITHM TO ASSESS NEED FOR EXERCISE TESTING PRIOR TO PARTICIPATION IN REGULAR EXERCISE

Stratification of Patients for Moderate Exercise

(Moderate exercise = 3-6 METS, brisk walking @ 5km/hr, 40-60% , exercise that can be comfortably sustained for 45min or more)

| Risk Level: | <u>Low Risk</u> | <u>Moderate Risk</u> | <u>High Risk</u> |
|---|---|---|---|
| | <p>Younger individuals <45♂, <55♀</p> <p style="text-align: center;">AND</p> <p>Asymptomatic</p> <p style="text-align: center;">AND</p> <p>No more than 1 risk factor from:</p> <ul style="list-style-type: none"> ▪ Family History (MI, revascularisation or sudden death in 1^o relative <55♂, <65 ♀yrs) ▪ Smoking (current or previous 6 months) ▪ Hypertension (≥140/ ≥ 90 confirmed twice) ▪ Hypercholesterolemia (> 5.2 total; < 0.9 HDL; >3.5 LDL) ▪ Impaired fasting glucose (>6.1 mmol/L confirmed at least twice) ▪ Obesity (BMI ≥30 or waist girth >100cm♂ >86cm♀) ▪ Physical Inactivity (<3 sessions of exercise 30min/week) | <p>• Older individuals > 45♂, >55♀</p> <p style="text-align: center;">OR</p> <p>2 or more risk factors</p> | <p>One or more signs or symptoms:</p> <ul style="list-style-type: none"> • Pain/discomfort in chest, neck, jaw, arms of possible ischaemic origin - angina • Shortness of breath at rest or mild exertion • Dizziness or syncope • Orthopnea or nocturnal dyspnea • Ankle edema • Palpitations or tachycardia • Intermittent claudication • Known heart murmur • Unusual fatigue with exercise <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> • Known CVD (cardiac peripheral vascular disease or cardiovascular disease) <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> • Known pulmonary disease (COPD, asthma, cystic fibrosis) <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> • Known metabolic disease (type 1 or 2 diabetes, thyroid, renal or liver disease) |
| Medical Examination and Exercise Testing: | NOT NECESSARY | NOT NECESSARY | RECOMMENDED |
| Medical Physician supervision of exercise test required: | NOT NECESSARY | NOT NECESSARY IF SUBMAXIMAL TESTING RECOMMENDED FOR MAXIMAL TESTING | RECOMMENDED (recommended means the physician should be in close proximity and able to attend in an emergency) |

Prepared by DJ Green. **Source:** American College of Sports Medicine's Guidelines for Exercise Testing and Prescription 6th Ed. Lippincott, Williams and Wilkins, Phil. PA, 2000