



PREMIERE
MEDICAL & CARDIOVASCULAR LABORATORY

TREADMILL EXERCISE TEST REPORT
BRUCE Protocol

Name: **BASAS, ELSIE F.**

Age: 41

Sex: FEMALE

Date: March 16, 2019

Diagnosis:

Ht(cm): 160

Wt (Kgs): 58

Referring Physician:

Medications:

MONITORED LEADS: I, II, III, aVR, aVL, aVF, V1, V2, V3, V4, V5, V6

Three minute of walking of each indicated stage of exercise

		SPEED	GRADE	OXYGEN	WORKLOADS	FUNCTIONAL	BP	HR
		(mph)	(%)	CONSUMPTION	(METS)	CLASS		
				(ml O2/kg min)				
Control supine								
Control standing							120/60	106
	1	1.7	10.0	16.3	4.0	II	120/60	150
	2	2.5	12.0	24.7	7.0	I	140/70	166
	3	3.4	14.0	35.6	10.0		150/70	187
	4	4.2	16.0	47.2	13.0			
	5	5.0	18.0	60.3	17.0			
	6	5.5	20.0	71.3	21.0			

RECOVERY PERIOD

	Immediately after	1 min	2 min	3 min	5 min	8 min	11 min
BP	150/70	150/70	130/70	120/60	120/60	110/60	110/60
HR	189	160	160	137	117	96	106

TREADMILL EXERCISE TEST

BASELINE ECG: Non-specific ST-T wave changes

EXERCISE CAPACITY, BLOOD PRESSURE and HEART RATE:

Maximum workload : 10.0 METS

Peak SBP : 150 mmHg

Peak Heart rate : 187 beats/min (100% MPHR)

Total exercise duration : 08 mins. 53 secs.

REASON FOR TERMINATION OF EXERCISE TEST: 100% MPHR

RESPONSE TO EXERCISE : No significant ST-T wave shift noted during exercise and recovery

INTERPRETATION : Normal Stress Test at 10.0 METS.

Blood pressure response : Normal

Heart Rate Response : Normal

Cardiovascular Fitness : Good

Original Signed
LIBERTY YANEZA, MD
CARDIOLOGIST