



PREMIERE
MEDICAL & CARDIOVASCULAR LABORATORY

TREADMILL EXERCISE TEST REPORT
KATTUS Protocol

Name: **BORNASAL, RONNEL A.**

Age: 30

Sex: MALE

Date: January 07, 2019

Diagnosis:

Ht(cm): 169

Wt (Kgs): 80

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							130/80	72
	1	2.0	10	14.0	4	II	140/80	118
	2	3.0	10	24.5	7	I	140/90	134
	3	4.0	10	28.0	8		140/90	166
	4	4.0	14	35.0	10		140/90	150
	5	4.0	18	42.0	12			
	6	4.0	22	49.0	14			

RECOVERY PERIOD

	Immediately after	1 min	2 min	3 min	5 min	8 min	11 min
BP	140/90	140/90	140/80	140/80	140/80	130/80	110/70
HR	169	151	142	134	114	112	113

TREADMILL EXERCISE TEST

BASELINE ECG: Sinus rhythm, Complete Right Bundle Branch Block

EXERCISE CAPACITY, BLOOD PRESSURE and HEART RATE:

Maximum workload : 12.0 METS

Peak SBP : 140 mmHg

Peak Heart rate : 173 beats/min (91% MPRH)

Total exercise duration : 10 mins. 38 secs.

REASON FOR TERMINATION OF EXERCISE TEST: Gen. leg fatigue

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

INTERPRETATION : Normal Stress Test at 12.0 METS (91% MPRH)

Blood pressure response : Normal

Heart Rate Response : Delayed heart rate recovery

Cardiovascular Fitness : Good

Original Signed
EMMETT VI G. LADLAD-PUA, MD
CARDIOLOGIST