Name: Regina Julia R Age/Sex: 37 yrs / F

Date: 23rd August 2016 Time: 9:55 am

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**RESTING HEART RATE VARIABILITY REPORT\***

|  |  |  |
| --- | --- | --- |
| **Parameter** | **Observed value** | **Normal value** |
| SDNN (in ms) | 33.47 | 141±39 |
| RMSSD (in ms) | 26.33 | 27±12 |
| Total Power (in ms2) | 813.83 | 3466±1018 |
| Low frequency power (in ms2) | 269.72 | 1170±416 |
| High frequency power (in ms2) | 258.96 | 975±203 |
| Low frequency (normalized units) | 49.43 | 54±4 |
| High frequency (normalized units) | 47.46 | 29±3 |
| LF/HF ratio | 1.04 | 0.5-1.5 |

##### **CONVENTIONAL CARDIAC AUTONOMIC FUNCTION TEST REPORT (In Response to Physiological Stressors) \*\***

|  |  |  |
| --- | --- | --- |
| **Parameters/tests** | **Observed value** | **Normal range** |
| Deep breathing difference | 24 | >15 |
| Valsalva ratio | 1.27 | >1.21 |
| Orthostatic test [Max: min ratio] | 1.17 | >1.04 |
| Isometric handgrip test [Δ ↑DP (mmHg)] | 10 | >15 |
| Orthostatic test [Δ ↓SP (mmHg)] | Increased by 3 | <10 |

**Comments:**

1. The resting average HR was 72 BPM.
2. The resting BP was 98/70 mm of Hg.
3. Respiratory sinus arrhythmia was adequate during deep breathing test.
4. Valsalva ratio was adequate.
5. During isometric hand grip test BP basal 98/70 mm of Hg, BP after 2 min 105/80 mm of Hg
6. Blood pressure and Heart rate changes during Orthostatic test:

|  |  |  |  |
| --- | --- | --- | --- |
|  | **SBP (in mm of Hg)** | **DBP (in mm of Hg)** | **HR (per min)** |
| Basal | 99 | 69 | 73 |
| Immediately after standing | 104 | 72 | 92 |
| 1 min after standing | 104 | 70 | 88 |
| 2 min after standing | 102 | 69 | 84 |
| 5 min after standing | 106 | 72 | 87 |

1. No postural symptoms were reported by the subject.

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**TILT TABLE TEST REPORT**

|  |  |  |  |
| --- | --- | --- | --- |
| **Time(minutes)** | **SBP(mm of Hg)** | **DBP(mm of Hg)** | **HR(BPM)** |
| Basal | 94 | 62 | 73 |
| TILTED | | | |
| Immediately after tilt | 101 | 74 | 86 |
| 1min | 110 | 77 | 76 |
| 2 min | 101 | 74 | 77 |
| 3 min | 105 | 74 | 78 |
| 4 min | 108 | 72 | 81 |
| 5 min | 109 | 70 | 81 |
| 7min | 107 | 71 | 84 |
| 10 min | 104 | 70 | 85 |
| 12 min | 103 | 71 | 83 |
| 15 min | 100 | 71 | 82 |
| 18 min | 104 | 69 | 83 |
| 20 min | 99 | 69 | 88 |
| TILTED BACK | | | |
| Immediately | 100 | 67 | 92 |
| 1 min | 99 | 66 | 79 |
| 2 min | 97 | 61 | 73 |
| 5 min | 96 | 64 | 71 |

**Comments:**

Subject was hemodynamically stable during tilt table test.

Subject did not report of any postural symptoms during tilt table test.

**IMPRESSION:**

* + Resting HRV parameters show ***Reduction in Total Power with Maintained Sympathovagal Balance***
  + Conventional Cardiac Autonomic Function Test (In Response to Physiological Stressors) shows ***Normal*** ***Cardiac Autonomic Function***
  + Tilt Table Test: **NEGATIVE**
  + Kindly correlate clinically