Name: Saurabh Singh Age/Sex: 31yrs/M

Date: 15 Dec 2015 Time: 2:30 PM

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**RESTING HEART RATE VARIABILITY REPORT\***

|  |  |  |
| --- | --- | --- |
| **Parameter** | **Observed value** | **Normal value** |
| SDNN (in ms) | 68 | 141±39 |
| RMSSD (in ms) | 50 | 27±12 |
| Total Power (in ms2) | 4534 | 3466±1018 |
| Low frequency power (in ms2) | 1852 | 1170±416 |
| High frequency power (in ms2) | 1502 | 975±203 |
| Low frequency (normalized units) | 55 | 54±4 |
| High frequency (normalized units) | 44 | 29±3 |
| LF/HF ratio | 1.2 | 0.5-1.5 |

##### **CARDIAC AUTONOMIC FUNCTION REPORT\*\***

|  |  |  |
| --- | --- | --- |
| **Parameters/tests** | **Observed value** | **Normal range** |
| Deep breathing difference | 21 | >15 |
| Valsalva ratio | 1.63 | >1.21 |
| 30:15 ratio (orthostatic test) | 1.06 | >1.04 |
| Δ ↑DP (isometric handgrip test) (mmHg) | 09 | >15 |
| Δ ↓SP (orthostatic test) (mmHg) | Increased by 01 | <10 |

**Comments:**

1. The resting average HR was 66 BPM.
2. The resting BP was 103/62 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 basal107/66 mm of Hg, BP after 2 min 116/75 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 | 105 | 67 | 86 |
| Immediately after standing | 112 | 70 | 100 |
| 1 min after standing | 109 | 74 | 98 |
| 2 min after standing | 106 | 76 | 76 |
| 5 min after standing | 111 | 80 | 90 |

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 | 107 | 66 | 66 |
| TILTED | | | |
| Immediately after tilt | 109 | 73 | 85 |
| 1min | 111 | 72 | 72 |
| 2 min | 112 | 76 | 85 |
| 3 min | 107 | 76 | 80 |
| 4 min | 114 | 76 | 83 |
| 5 min | 110 | 74 | 88 |
| 7min | 110 | 75 | 81 |
| 10 min | 107 | 73 | 90 |
| 12 min | 110 | 72 | 90 |
| 15 min | 111 | 68 | 96 |
| 18 min | 101 | 71 | 90 |
| 20 min | 109 | 71 | 98 |
| TILTED BACK | | | |
| Immediately | 111 | 57 | 60 |
| 1 min | 114 | 60 | 59 |
| 2 min | 111 | 67 | 57 |
| 5 min | 101 | 64 | 55 |

**Comments:**

Subject was hemodynamically stable during tilt table test.

Subject reported of

**IMPRESSION:**

Resting HRV parameters showed ***normal Total Power with maintained Sympathovagal Balance***

Conventional test show ***normal cardiac autonomic function.***

Tilt Table Test: **NEGATIVE**