



PATIENT INFORMATION AND VARIABLES

Identification of the analysis:

Date of analysis	05/10/2019
Location of analysis	Pulmonary Rehabilitation Center - HUSM - UFSM

Identificação do paciente:

Situation	<input checked="" type="checkbox"/> - Patient exposed <input type="checkbox"/> - Patient not exposed				
Identifier	2627180	Age	65 years old	Sex	Female
Weight	78 Kg	Height	162 Cm	BMI	29.7 Kg/m ²
Skin color	<input checked="" type="checkbox"/> White <input type="checkbox"/> Yellow <input type="checkbox"/> Brown <input type="checkbox"/> Black				

Patient health:

Have you practice or practiced physical activity lately?	Do not practice physical activity
Physical conditioning	<input type="checkbox"/> Good <input checked="" type="checkbox"/> Normal <input type="checkbox"/> Fair <input type="checkbox"/> Bad
Smoker? How much time?	Stopped smoking 6 years ago
Do you use stimulant? (ex.: coffee, guaraná, ...)	Does not use stimulants
Do you have any medication in use?	Yes. Uses Aerolin and Spiriva
Do you use O ₂ ?	Do not use O ₂
Do you use a pacemaker?	Does not use a pacemaker
Medical Diagnostics	- Chronic Obstructive Pulmonary Disease (COPD)

Physiotherapy variables: (physiotherapist data)

FEV ₁ post	48 % (serious)	FVC post	74 %	FEV ₁ /FVC	51 %
Gold	3rd stage	mMRC	3rd degree	CAT	24 points
Charlson's Comorbidity Index (CCI)		4 points = 53 % of survival in 10 years			

Proposed test variables (physiotherapist data)

Position of the ECG electrodes		L2 - Left arm and leg with reference to the right leg	
Hand and fingers used in PPG		Left hand and index and middle fingers	
Execution of the proposed test			
Rest (4 min)	Borg	Dyspnea: 0 Effort: 0	
	SBP and DBP (mmHg)	Before resting: 150/90	
Balke test (12 min)	Borg of Dyspnea	Smaller: 0 at 1st min Bigger: 5 at 10th min	
	Borg of Effort	Smaller: 0 at 1st min Bigger: 4 at 7th min	
	Time and Distance	12 minutes and 500 meters	
	Speed and Slope	2.5 Km/h and 9 % (maximum slope)	
	SBP and DBP (mmHg)	After balke: 170/100	
Recovery (4 min)	Borg	Dyspnea: 1 Effort: 0	
	SBP and DBP (mmHg)	After recovery: 170/100	