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| **Date of Assessment:**  22/9/2020  **Time of Assessment:**  11.30 AM    **Diagnosis:**  IHD - Post CABG (26/6/2020)  **Past History:**  Underlying 1. DM (Under OHA) 2. Dyslipidemia 3. IHD -Post CABG on 26/6/2020  Presented with right eye floater Went to Pantai Hospital, KL Noted to have high glucose level And ECG showed ? irregular rhythm And ECHO show hypokinesia-->went for EST and noted ? ischemic changes Thus proceed with angiogram on March 2020 Attempted stent by Cardiologist in Pantai Hospital ? complication where he was admitted into ICU post angiogram for 2 days (Told by Prof Ramesh to have punctured artery when seeking for 2nd opinion) Referred to Mr Siva UMSC for CABG Post CABG on 26/6/2020 -LIMA-->LAD -SVG-->Distal RCA -SVG-->OM3 -Radial artery-->OM2  ECHO post op -EF: 45% -LV clot (Under Warfarin 7mg OD)  Repeated ECHO -Clot reducing in size  **Past Medical History:**  DM, Hypercholesteolaemia,  **Marital Status:**  Marriage  **Lives With:**  With Family  **Living Environment:**  Stairs : FOS / Steps,  **Occupation:**  Self employed--in HR training  **Smoking:**  Smoking: Quit smoking since May, smoked for about 30 years for 1 pack/day  **Alcoholic:**  nil  **Family History:**  Family h/o IHD: Grandfather/father  **Intervention:**  CABG, Date : 22/6/2020 Finding : Post CABG on 26/6/2020 -LIMA-->LAD -SVG-->Distal RCA -SVG-->OM3 -Radial artery-->OM2  **Exercise Habit:**  Frequency : 4 times/week Mode : Stretching, warming up & walking with monitor HR MHR 93 bpm Duration : 60 minutes per session  **Patient Compliant:**  Pt claim has start doing exs walking with minimal warming up & monitor HR.  **Test:**   |  |  |  | | --- | --- | --- | | **Test** | **Date** | **Finding** | | ECG / Holter |  |  | | Echocardiogram |  | EF 45 % LV Others ECHO post op -EF: 45% -LV clot (Under Warfarin 7mg OD) | | Exercise Stress Test (Mod Bruce) | 9/9/2020 | Exercise Time 12.06 minutes min MET 7.2 MHR 111 bpm (63% of Max age predicted HR) Limited by EST done using modified Bruce protocol Completed stage 4 Duration of exercise: 12.06 minutes Reason for termination: Fatigue  Resting HR: 75 Peak HR: 111 (63% of APMHR) HR reserve: 36 HR recovery: 13  Resting BP: 117/70 Peak BP: 141/68 METS: 7.2  ECG at rest: T inversion on Lead aVL, ECG during EST: Occasional ectopic during recovery phase (Not captured in report) Asymptomatic during exercise  Risk: Moderate in view of EF 45%  Explained to pt on findings and will be stratified under moderate risk Agreed for hosp based CRP | | Other |  |  |   **Local Observation - Breathing Pattern:**  Normal  **Local Observation - Pitting Oedema:**  Nil  **Musculoskeletal Problem:**  Pt c/o having lower back pain when wake up from sleep in the morning  **ROM:**  UL - AFROM LL - AFROM  **Muscle Power - UL:**  Right - 5/5, Left - 5/5  **Muscle Power - LL:**  Right - 5/5, Left - 5/5  **Balance in Sitting and Standing:**  Sitting : good Standing : good  **Functional Activity:**  Independent  **Walking:**  Independent  **Gait:**  Normal  **Posture:**  Normal  **Basic ADL:**  Independent  **Weight:**  83  **Height:**  180  **BMI:**  25.62  **SIX-MINUTE WALKING TEST:**   |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | Phase | Date | Distance (Meter) | Pretest HR/BP/SPO2 | Posttest HR/BP/SPO2 | RPE & S/S | Remark | | I |  |  |  |  |  |  | | II (Pre-CRP) | 22/09/2020 | 405 meters | BP 119/72 mmHg, HR 73 bpm, SPO2 97% | BP 107/72 mmHg, HR 80 bpm, SPO2 89% | RPE 9, no S&S | MHR 87bpm | | II (Post-CRP) |  |  |  |  |  |  | | III |  |  |  |  |  |  |   **Analysis / Problem List:**  Reduce exs tolerance  **Risk Level:**  Moderate Risk  **Recommendation:**  Phase II CRP exercise training, MHR : 111 Target HR 92 bpm (50%), Education,  **Intervention:**  1. 6MWT 2. Stretching exs both UL/LL 3. Strengthening exs UL- 1 lbs (5exs) RPE : 10 LL- 1 kg (3exs) RPE : 10 4. Recumbent bike res2, 10min MHR:96 RPE:12 5. Cooling down 6. Pt edu - monitoring HR/RPE during exs - cardiac precaution - proper warmup & proper cooldown  **Evaluation:**  Pt able to archive Target HR Pt stable after exs Vital sign : BP 122/76 mmHg, HR 77bpm, SPO2 100%  **Review:**  TCA on 30/9/2020 @ 10.00 AM |