Exercise Stress Test

A. Interpreter / cultural needs
An Interpreter Service is required?  Yes □ No □
If Yes, is a qualified Interpreter present?  Yes □ No □
A Cultural Support Person is required?  Yes □ No □
If Yes, is a Cultural Support Person present?  Yes □ No □

B. Condition and treatment
The doctor has explained that you have the following condition: (Doctor to document in patient’s own words)

This condition requires the following investigation. (Doctor to document - include site and/or side where relevant to the procedure)

The following will be performed:
Before the test starts, an electrocardiogram (ECG) is taken. This is a paper recording of your heart beat. Next, your heart is exercised or ‘stressed’. If you can walk easily, you can walk on the treadmill. The speed and slope of the treadmill will increase every 3 minutes. This makes your heart do more work. The test will be stopped if you have chest pain, become very tired or very short of breath (puffed). If you feel unwell you should tell staff at once.

C. Risks of an exercise stress test
There are risks and complications with this investigation. They include but are not limited to the following.

Common risks and complications (more than 5%) include:
- Mild angina.
- Shortness of breath.
- Musculoskeletal discomfort.

Uncommon risks and complications (1 – 5%) include:
- Low blood pressure.

Rare risks and complications (less than 1%) include:
- Fainting.
- Abnormal heart rhythm that continues for a long time. This may need an electric shock to correct.
- Build up of fluid in the lungs. You may need medication to treat this.
- Severe chest pain. This is treated with medications.

D. Significant risks and investigation options
(Doctor to document in space provided. Continue in Medical Record if necessary.)

E. Risks of not having this investigation
(Doctor to document in space provided. Continue in Medical Record if necessary.)
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F. Patient consent

I acknowledge that the doctor has explained;

- my medical condition and the proposed investigation, including additional treatment if the doctor finds something unexpected. I understand the risks, including the risks that are specific to me.
- other relevant procedure options and their associated risks.
- my prognosis and the risks of not having the procedure.
- that no guarantee has been made that the procedure will improve my condition even though it has been carried out with due professional care.
- if immediate life-threatening events happen during the procedure, they will be treated based on my discussions with the doctor or my Acute Resuscitation Plan.
- a doctor other than the Consultant may conduct the procedure/treatment. I understand this could be a doctor undergoing further training.

I have been given the following Patient Information Sheet/s:

- Exercise Stress Test
  - I was able to ask questions and raise concerns with the doctor about my condition, the proposed investigation and its risks, and my treatment options. My questions and concerns have been discussed and answered to my satisfaction.
  - I understand I have the right to change my mind at any time, including after I have signed this form but, preferably following a discussion with my doctor.
  - I understand that image/s or video footage may be recorded as part of and during my investigation and that these image/s or video/s will assist the doctor to provide appropriate treatment.

On the basis of the above statements,
1. **What is an exercise stress test?**

The exercise stress test measures the function of the heart, lungs and blood vessels. It is done to help diagnose blocked arteries in the heart (coronary artery disease), assess abnormal heart beats or to check the function of pacemakers.

Before the test starts, an electrocardiogram (ECG) is taken. This is a paper recording of your heart beat.

Next, your heart is exercised or 'stressed'. If you can walk easily, you can walk on the treadmill. The speed and slope of the treadmill will increase every three minutes. This makes your heart do more work. The test will be stopped if you have severe chest pain, become very tired or very short of breath (puffed). Your pulse, blood pressure and electrocardiogram are monitored during and after the test. If the doctor is worried about this, the test is stopped.

If you feel unwell you should tell staff at once.

2. **What are the risks of this specific investigation?**

There are risks and complications with this investigation. They include but are not limited to the following.

**Common risks and complications (more than 5%)** include:
- Mild angina.
- Shortness of breath.
- Musculoskeletal discomfort.

**Uncommon risks and complications (1 – 5%)** include:
- Low blood pressure.

**Rare risks and complications (less than 1%)** include:
- Fainting.
- Abnormal heart rhythm that continues for a long time. This may need an electric shock to correct.
- Build up of fluid in the lungs. You may need medication to treat this.
- Severe chest pain. This is treated with medications.
- Heart Attack
- Death as a result of this procedure is extremely rare.