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| Australian Government crest, Department of Veterans' Affairs branding | Cardiorespiratory Effort Tolerance  Medical Impairment Assessment | | | | | | |
| Veteran | | | | |  | UIN |
|  | | |  |  | | | |
|  | | | | | | | |
| Please assess the following conditions: | | | | | | | |

1. What **cardiorespiratory symptoms** (e.g. dyspnoea, angina) limit the veteran’s **exercise tolerance**?

1. What **activities** does the veteran perform which consistently **bring on these symptoms**?

1. Please review the table on the following page and select the most appropriate **activity category**, which **consistently causes cardiorespiratory symptoms**. The examples are not exhaustive and should be used as a reference point to identify similar activities.
2. Please list any activities that the veteran has been **medically advised not to undertake** (because of the health risks related to the conditions listed above)?

1. Please list **all conditions** contributing to the reported impairment and indicate the **percentage contribution**. Include any previously known condition(s) and any new condition(s) you have identified. The contribution total must equal 100%.

| **Condition** | **Contribution %** |
| --- | --- |
| e.g. COPD | 75% |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
| **Total** | **100%** |

|  |  |  |  |
| --- | --- | --- | --- |
| Doctor's signature | Doctor's name | Date | Time to complete form |
|  |  |  |  |

| **Unable to assess** | | |
| --- | --- | --- |
| |  | | --- | | * The veteran does not experience any cardiorespiratory symptoms | | * The veteran’s cardiorespiratory symptoms do not predictably occur at a certain level of effort | | * The veteran is prevented from maximal exertion by non-cardiorespiratory conditions (e.g. OA, obesity) | | |  |
| **Example of activities in METS level 1–2** | | |
| |  | | --- | | * Lying down | | * Traveling in car as a passenger | | * Playing cards | | * Strolling slowly | | |  | | --- | | * Standing | | * Sedate activities while sitting down | | * Light sweeping | | * Clerical work (desk work only) | |  |
| **Example of activities in METS level 2–3** | | |
| |  | | --- | | * Light household duties | | * Walking slowly (3.5 km/h) | | * Playing sedentary musical instruments | | * Cooking or preparing meals | | * Clerical work which involves moving around | | |  | | --- | | * Dressing, showering | | * Horseback riding at walk | | * Using self-propelled mower | | * Driving motor vehicle (marine/road) | | * Light indoor/outdoor recreational sports (e.g. pool, lawn bowls) | |  |
| **Example of activities in METS level 3–4** | | |
| |  | | --- | | * Walking at average pace (5 km/h) | | * Machine work (assembly, welding) | | * Minor car repairs and/or cleaning | | * Regular household duties (e.g. vacuuming, making bed, laundry) | | |  | | --- | | * Table tennis and golf (pulling buggy) | | * Pushing light power mower at slow steady pace | | * Sedate cycling (10 km/h) | | * Light gardening (e.g. weeding and water) | |  |
| **Example of activities in METS level 4–5** | | |
| |  | | --- | | * Moderate household duties (e.g. mopping and/or scrubbing floors) | | * Golf (carrying bag) | | * Light carpentry | | * Ballroom dancing | | * Tennis doubles (non-competitive) | | |  | | --- | | * Shopping and carrying groceries (10 kg) | | * Gentle swimming | | * Painting and/or wallpapering of house | | * Hoeing (soft soil) | | * Stacking firewood | | * Stocking shelves with light objects | |  |
| **Example of activities in METS level 5–6** | | |
| |  | | --- | | * Walking 6.5 km/h (sustained brisk walk, discomfort in talking at the same time) | | * Walking slowly but steadily up stairs | | |  | | --- | | * Gardening (e.g. shovelling, pushing wheelbarrow and digging) | | * Carpentry (e.g. using hand tools) * Swimming laps (non-competitive) | |  |
| **Example of activities in METS level 6–7** | | |
| |  | | --- | | * Badminton (competitive) | | * Tennis (singles, non-competitive) | | * Water skiing | | |  | | --- | | * Loading truck with bricks | | * Using a pick and shovel to dig trenches | |  |
| **Example of activities in METS level 7–8** | | |
| |  | | --- | | * Very heavy exercise | | * Jogging (8 km/h) | | * Horseback riding (galloping) | | * Carrying heavy objects (30kg) on level ground | | |  | | --- | | * Sawing hardwood with hand tools | | * Chopping hardwood | | * Callisthenics | | * Squash (non-competitive) | |  |
| **Example of activities in METS level 8–9** | | |
| |  | | --- | | * Running (9 km/h) | | |  | | --- | | * Skiing (cross-country) | |  |
| **Example of activities in METS level 10+** | | |
| |  | | --- | | * Running quickly (10 km/h) | | * Cycling quickly (25 km/h) | | |  | | --- | | * Carrying loads (10 kg) up a gradient | | * Football (any code) | |  |