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| --- | --- |
| Australian Government crest, Department of Veterans' Affairs branding | Cardiorespiratory Effort ToleranceMedical 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% |
|  |  |
|  |  |
|  |  |
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|  |  |
|  |  |
| **Total** | **100%** |

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

| **Unable to assess** |
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| * 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** |
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| --- |
| * Lying down
 |
| * Traveling in car as a passenger
 |
| * Playing cards
 |
| * Strolling slowly
 |

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| * Standing
 |
| * Sedate activities while sitting down
 |
| * Light sweeping
 |
| * Clerical work (desk work only)
 |

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| **Example of activities in METS level 2–3** |
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| * Light household duties
 |
| * Walking slowly (3.5 km/h)
 |
| * Playing sedentary musical instruments
 |
| * Cooking or preparing meals
 |
| * Clerical work which involves moving around
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| * 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)
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| **Example of activities in METS level 3–4** |
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| * 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)
 |

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| * 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)
 |

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| **Example of activities in METS level 4–5** |
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| * Moderate household duties (e.g. mopping and/or scrubbing floors)
 |
| * Golf (carrying bag)
 |
| * Light carpentry
 |
| * Ballroom dancing
 |
| * Tennis doubles (non-competitive)
 |

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| * Shopping and carrying groceries (10 kg)
 |
| * Gentle swimming
 |
| * Painting and/or wallpapering of house
 |
| * Hoeing (soft soil)
 |
| * Stacking firewood
 |
| * Stocking shelves with light objects
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| **Example of activities in METS level 5–6** |
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| * Walking 6.5 km/h (sustained brisk walk, discomfort in talking at the same time)
 |
| * Walking slowly but steadily up stairs
 |

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| * Gardening (e.g. shovelling, pushing wheelbarrow and digging)
 |
| * Carpentry (e.g. using hand tools)
* Swimming laps (non-competitive)
 |

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| **Example of activities in METS level 6–7** |
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| * Badminton (competitive)
 |
| * Tennis (singles, non-competitive)
 |
| * Water skiing
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| * Loading truck with bricks
 |
| * Using a pick and shovel to dig trenches
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| **Example of activities in METS level 7–8** |
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| * Very heavy exercise
 |
| * Jogging (8 km/h)
 |
| * Horseback riding (galloping)
 |
| * Carrying heavy objects (30kg) on level ground
 |

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| * Sawing hardwood with hand tools
 |
| * Chopping hardwood
 |
| * Callisthenics
 |
| * Squash (non-competitive)
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| **Example of activities in METS level 8–9** |
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| * Running (9 km/h)
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| * Skiing (cross-country)
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| **Example of activities in METS level 10+** |
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| * Running quickly (10 km/h)
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| * Cycling quickly (25 km/h)
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| * Carrying loads (10 kg) up a gradient
 |
| * Football (any code)
 |

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