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| Australian Government crest, Department of Veterans' Affairs branding | Cardiorespiratory Effort Tolerance  Medical Impairment Assessment | | | | | |
| Veteran | | | |  | UIN |
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|  | |  |  |
| Please assess the following conditions:  For this assessment, each condition needs to be assessed in **isolation** from all others. This means that when assessing a condition, you will need to assess the impairment **as though** **only that single condition is present**, and that the veteran is otherwise healthy and normal. | | | | | | |

1. Please describe the current **cardiorespiratory symptoms** (e.g. dyspnoea, angina etc.) that limit the **exercise tolerance,** due to each condition *in isolation*.

| **Condition** | **Symptoms** |
| --- | --- |
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1. Please review the table and select **one** **activity category**, which **consistently causes cardiorespiratory symptoms**, due to each condition *in isolation.* If it is not possible to separate the impairment in this way, please select one activity category under “combined conditions.” The examples below are not exhaustive and should be used as a reference point to identify similar activities.

| **Cardiorespiratory Effort Tolerance** | Insert condition: | Insert condition: | Insert condition: | **Combined Conditions** |
| --- | --- | --- | --- | --- |
| **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. osteoarthritis, obesity) | |
| **Example of activities in METS level 1** |  |  |  |  |
| |  |  |  | | --- | --- | --- | | * Symptoms regularly occur at rest | * Sitting | * Lying down | |
| **Example of activities in METS level 1–2** |  |  |  |  |
| |  |  |  | | --- | --- | --- | | * Sedate activities while sitting down * Passenger in a car | * Standing for a time * Playing cards | * Clerical work (desk work) * Strolling slowly | |
| **Example of activities in METS level 2–3** |  |  |  |  |
| |  |  |  | | --- | --- | --- | | * Cooking or preparing meals * Playing sedentary musical instruments * Light household duties * Walking slowly (2-3 km/h) | * Light recreational sports (e.g. pool, lawn bowls, fishing, golf with power buggy) * Dressing, showering * Horseback riding at walk | * Clerical work involving moving around * Using self-propelled mower * Driving a car | |
| **Example of activities in METS level 3–4** |  |  |  |  |
| |  |  |  | | --- | --- | --- | | * Walking at average pace   (5 km/h)   * Light gardening (e.g. weeding and watering) | * Sedate cycling (5-10 km/h) * Regular household duties (e.g. vacuuming, making bed, laundry, cleaning car) | * Table tennis and golf (pulling buggy) * Leisurely canoeing | |
| **Example of activities in METS level 4–5** |  |  |  |  |
| |  |  |  | | --- | --- | --- | | * Shopping and carrying groceries (10 kg) * Golf (carrying bag) * Cycling (10-15 km/h) * Stacking firewood/shelves | * Moderate household duties (e.g. mopping, scrubbing floors, polishing furniture) * Gentle swimming | * Tennis doubles (non-competitive) * Painting and/or wallpapering of house | |
| **Example of activities in METS level 5–6** |  |  |  |  |
| |  |  |  | | --- | --- | --- | | * Brisk walking (6.5-7 km/h) * Gardening (e.g. shovelling, pushing wheelbarrow and digging) | * Ice skating/ Roller-blading * Swimming laps (non-competitive) * Slowly climbing stairs | * Carpentry (e.g. using hand tools) | |
| **Example of activities in METS level 6–7** |  |  |  |  |
| |  |  |  | | --- | --- | --- | | * Rowing/Kayaking at pace * Tennis (singles, non-competitive) | * Slow jogging * Using a pick/shovel to dig trenches | * Hiking * Water skiing | |
| **Example of activities in METS level 7–8** |  |  |  |  |
| |  |  |  | | --- | --- | --- | | * Carrying objects (30kg) on level ground * Tennis (singles, competitive) | * Cycling (20-25 km/h) * Jogging (8 km/h) * Sawing hardwood with hand tools | * Horseback riding (galloping) | |
| **Example of activities in METS level 8–9** |  |  |  |  |
| |  |  |  | | --- | --- | --- | | * Running (9 km/h) * Calisthenics | * Skiing (cross-country) * Squash | * Swimming fast laps | |
| **Example of activities in METS level 10+** |  |  |  |  |
| |  |  |  | | --- | --- | --- | | * Running quickly (10 km/h) * Cycling quickly (30 km/h) | * Carrying loads (10 kg) up a gradient | * Football (any code) | |

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