

## 153-Cardiovascular Testing and Exercise Prescription Laboratory Practicum Checklist

Laboratory practicum scoring - each skill is worth 2 points unless noted otherwise (1 point deduction per prompt). Your grade will be based on the percentage of the skills correctly performed (see the end of checklist). A total of 35 points will be awarded for the laboratory practicum. Remember your client health and fitness appraisal is worth an additional 35 points.

### **Informed Consent and Subject Medical History** (\_\_\_ out of 10 pts)

- \_\_\_ Informed Consent
- \_\_\_ Subject Information and Medical History (Ht, Wt & Lipid Profile)
- \_\_\_ Vital Signs (HR + BP)
- \_\_\_ *Risk Stratification (ACSM)*
- \_\_\_ Time 15 minutes

### **Body Composition** (\_\_\_ out of 20 pts)

- \_\_\_ Height and weight (dry weight for BMI)
- \_\_\_ Waist Circumference Instructions
  - \_\_\_ Correct anatomical location
  - \_\_\_ Correct measurement (level and taken from side)
- \_\_\_ Instructions for skinfold test or waist circumference
  - \_\_\_ Correct anatomical location
  - \_\_\_ Correct Technique
  - \_\_\_ Accuracy of 1 mm per site
  - \_\_\_ Correct skinfold equation and %BF equation Instructions
- \_\_\_ Time 20 minutes

### **Incremental Exercise Test**

Exercise Supplies & Equipment (can be done prior to arrival of patient) (\_\_\_ out of 10 pts)

- \_\_\_ BP Cuff, Stethoscope, Tape, ECG prep pads, Electrodes
- \_\_\_ Exercise data sheet with protocol
- \_\_\_ *Data entered into ECG & Metabolic System*
- \_\_\_ *Valve built properly with tubing, noseclip, & headgear*
- \_\_\_ Time 5 minutes

ECG Preparation for Exercise Test (\_\_\_ out of 10 pts)

- \_\_\_ Explanation of EKG
- \_\_\_ EKG preparation and correct anatomical location
- \_\_\_ ECG lead wire connections
- \_\_\_ *Lead artifact check*
- \_\_\_ Time 20 minutes

Rest measurements (\_\_\_ out of 14 pts)

- \_\_\_ BP cuff size and placement
- \_\_\_ BP manometer inflation and deflation
- \_\_\_ BP reading
- \_\_\_ *Supine and exercise positions (EKG, HR & BP)*
- \_\_\_ *ECG belt placement & taping of leads*
- \_\_\_ Quality of 12 lead EKG tracing
- \_\_\_ Time 5 minutes

Pre-Exercise Instructions/checks (\_\_\_ out of 14 pts)

- \_\_\_ General explanation of a VO<sub>2</sub> max test
- \_\_\_ Treadmill instructions (stepping on/off TM)
- \_\_\_ Explanation of RPE
- \_\_\_ *Explanation of test termination criteria (ie volitional fatigue, SS, Requests to Stop)*

- \_\_\_ *Explanation of test termination signals (ie cut throat, placing hands on both handrails)*
- \_\_\_ *Check VO2 measurement for accuracy*
- \_\_\_ Time 5 minutes

Exercise Measurements (\_\_\_ out of 22 pts)

- \_\_\_ Workload Adjustments
- \_\_\_ *EKG monitoring continuously*
- \_\_\_ HR recorded every min
- \_\_\_ EKG (12 lead & if necessary 3 lead rhythm) every stage or every 2 min if ramp
- \_\_\_ BP monitoring every stage or every 2 min if ramp
- \_\_\_ BP (correct technique and measurement)
- \_\_\_ RPE every min
- \_\_\_ *Signs and Symptoms continuously and recorded as observed*
- \_\_\_ *Test ended in a safe manner (hit treadmill stop button no jumping off treadmill)*
- \_\_\_ *Test termination measurements (BP, EKG, RPE) within 10 secs of end of test*
- \_\_\_ Time 20 minutes

Recovery Measurements (\_\_\_ out of 14 pts)

- \_\_\_ Active/non-active recovery & proper workloads (restarting of treadmill or supine recovery)
- \_\_\_ EKG @ 45 sec and every 2 min
- \_\_\_ HR every min
- \_\_\_ BP every 2 min
- \_\_\_ Signs and Symptoms continuously
- \_\_\_ *End recovery (HR & BP approach resting levels or alleviation of SS)*
- \_\_\_ Time 10 minutes

Post-Exercise (\_\_\_ out of 10 pts)

- \_\_\_ Post-Exercise Congratulations!
- \_\_\_ Removal of ECG wires/monitor, electrodes, & valve/noseclip headgear
- \_\_\_ ***Clean and Disinfect: nose clip, 2-way valve, tubing, headgear, BP cuff plus TM***
- \_\_\_ ***Return equipment to proper location***
- \_\_\_ Time 10 minutes

**Practicum Lab Grade = ( \_\_\_\_\_ total score ÷ 134) = \_\_\_\_\_ %**

**Practicum Lab Points = \_\_\_\_\_ % of 35 pts = \_\_\_\_\_**