

TO: ATTENDING PHYSICIAN

FROM: FLIGHT SURGEON

SUBJECT: Aeromedical Graded Exercise Test

1. A graded exercise test has been requested by the US Army Aeromedical Center on this US Army aircrew member to explore the possibility of aeromedically significant coronary disease and other cardiac abnormalities. Please follow the definitions and diagnostic criteria listed below in the interpretation of this test. Since this study has occupational medicine importance, these criteria are intended to yield maximal sensitivity. Please do not apply other criteria.

2. The following conditions should be assured prior to testing:

a. Minimum of four (4) hours fasting prior to test.

b. No tobacco or caffeine for one (1) hour prior to test.

3. The aeromedical GXT must be a maximal effort, limited only by symptoms, exhaustion or objective signs (medically significant ectopy, dysrhythmia or blood pressure response). Exercise should not be halted on attainment of a predicted maximal heart rate.

4. Determination of abnormal exercise tolerance tests for US Army aircrew members:

a) Baseline: The location of three (3) consecutive coplanar ST segments, measured 80 milliseconds after the "J" junction following 30 seconds of standing hyperventilation. This baseline may be on, above, or below the PQ segment, but must be parallel to it.

b) Abnormal: 1.0 or more millimeters of ST depression in three (3) consecutive coplanar complexes, measured 80 milliseconds after the "J" junction, irrespective of slope. Other causes for an abnormal result include: atrial flutter or fibrillation, supraventricular or ventricular tachycardia (three or more consecutive premature beats including multifocal atrial tachycardia), supraventricular or ventricular pairs (couplets), multiform ventricular premature ectopy, ventricular premature R wave on preceding T wave, or hypotensive response of any degree.