



Veteran

UIN

Please assess the following conditions:

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

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

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3. 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.

4. 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)

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5. 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
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Unable to assess		
<ul style="list-style-type: none"> 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) 		<input type="checkbox"/>
Example of activities in METS level 1–2		
<ul style="list-style-type: none"> Lying down Traveling in car as a passenger Playing cards Strolling slowly 		<ul style="list-style-type: none"> Standing Sedate activities while sitting down Light sweeping Clerical work (desk work only) <input type="checkbox"/>
Example of activities in METS level 2–3		
<ul style="list-style-type: none"> Light household duties Walking slowly (3.5 km/h) Playing sedentary musical instruments Cooking or preparing meals Clerical work which involves moving around 		<ul style="list-style-type: none"> 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) <input type="checkbox"/>
Example of activities in METS level 3–4		
<ul style="list-style-type: none"> 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) 		<ul style="list-style-type: none"> 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) <input type="checkbox"/>
Example of activities in METS level 4–5		
<ul style="list-style-type: none"> Moderate household duties (e.g. mopping and/or scrubbing floors) Golf (carrying bag) Light carpentry Ballroom dancing Tennis doubles (non-competitive) 		<ul style="list-style-type: none"> Shopping and carrying groceries (10 kg) Gentle swimming Painting and/or wallpapering of house Hoeing (soft soil) Stacking firewood Stocking shelves with light objects <input type="checkbox"/>
Example of activities in METS level 5–6		
<ul style="list-style-type: none"> Walking 6.5 km/h (sustained brisk walk, discomfort in talking at the same time) Walking slowly but steadily up stairs 		<ul style="list-style-type: none"> Gardening (e.g. shovelling, pushing wheelbarrow and digging) Carpentry (e.g. using hand tools) Swimming laps (non-competitive) <input type="checkbox"/>
Example of activities in METS level 6–7		
<ul style="list-style-type: none"> Badminton (competitive) Tennis (singles, non-competitive) Water skiing 		<ul style="list-style-type: none"> Loading truck with bricks Using a pick and shovel to dig trenches <input type="checkbox"/>
Example of activities in METS level 7–8		
<ul style="list-style-type: none"> Very heavy exercise Jogging (8 km/h) Horseback riding (galloping) Carrying heavy objects (30kg) on level ground 		<ul style="list-style-type: none"> Sawing hardwood with hand tools Chopping hardwood Callisthenics Squash (non-competitive) <input type="checkbox"/>
Example of activities in METS level 8–9		
<ul style="list-style-type: none"> Running (9 km/h) 		<ul style="list-style-type: none"> Skiing (cross-country) <input type="checkbox"/>
Example of activities in METS level 10+		
<ul style="list-style-type: none"> Running quickly (10 km/h) Cycling quickly (25 km/h) 		<ul style="list-style-type: none"> Carrying loads (10 kg) up a gradient Football (any code) <input type="checkbox"/>