



Veteran

UIN

Insert 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
	<div>.....</div> <div>.....</div> <div>.....</div>
	<div>.....</div> <div>.....</div> <div>.....</div>
	<div>.....</div> <div>.....</div> <div>.....</div>

2. 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	Condition:	Condition:	Condition:	Combined Conditions (if unable to isolate)
<b>Unable to assess</b>				
<ul style="list-style-type: none"> <li>The veteran does not experience any cardiorespiratory symptoms</li> <li>The veteran’s cardiorespiratory symptoms do not predictably occur at a certain level of effort</li> <li>The veteran is prevented from maximal exertion by non-cardiorespiratory conditions (e.g. osteoarthritis, obesity)</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Example of activities in METS level 1</b>				
<ul style="list-style-type: none"> <li>Symptoms regularly occur at rest</li> <li>Sitting</li> <li>Lying down</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Example of activities in METS level 1–2</b>				
<ul style="list-style-type: none"> <li>Sedate activities while sitting down</li> <li>Standing for a time</li> <li>Clerical work (desk work)</li> <li>Passenger in a car</li> <li>Playing cards</li> <li>Strolling slowly</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Example of activities in METS level 2–3</b>				
<ul style="list-style-type: none"> <li>Cooking or preparing meals</li> <li>Light recreational sports (e.g. pool, lawn bowls, fishing, golf with power buggy)</li> <li>Clerical work involving moving around</li> <li>Playing sedentary musical instruments</li> <li>Dressing, showering</li> <li>Using self-propelled mower</li> <li>Light household duties</li> <li>Horseback riding at walk</li> <li>Driving a car</li> <li>Walking slowly (2-3 km/h)</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Example of activities in METS level 3–4</b>				
<ul style="list-style-type: none"> <li>Walking at average pace (5 km/h)</li> <li>Sedate cycling (5-10 km/h)</li> <li>Table tennis and golf (pulling buggy)</li> <li>Light gardening (e.g. weeding and watering)</li> <li>Regular household duties (e.g. vacuuming, making bed, laundry, cleaning car)</li> <li>Leisurely canoeing</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Example of activities in METS level 4–5</b>				
<ul style="list-style-type: none"> <li>Shopping and carrying groceries (10 kg)</li> <li>Moderate household duties (e.g. mopping, scrubbing floors, polishing furniture)</li> <li>Tennis doubles (non-competitive)</li> <li>Golf (carrying bag)</li> <li>Painting and/or wallpapering of house</li> <li>Cycling (10-15 km/h)</li> <li>Gentle swimming</li> <li>Stacking firewood/shelves</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

**OR**

Cardiorespiratory Effort Tolerance	Condition:	Condition:	Condition:	OR	Combined Conditions (if unable to isolate)
<b>Example of activities in METS level 5–6</b>					
<ul style="list-style-type: none"> <li>Brisk walking (6.5-7 km/h)</li> <li>Gardening (e.g. shovelling, pushing wheelbarrow and digging)</li> <li>Ice skating/ Roller-blading</li> <li>Swimming laps (non-competitive)</li> <li>Slowly climbing stairs</li> <li>Carpentry (e.g. using hand tools)</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
<b>Example of activities in METS level 6–7</b>					
<ul style="list-style-type: none"> <li>Rowing/Kayaking at pace</li> <li>Tennis (singles, non-competitive)</li> <li>Slow jogging</li> <li>Using a pick/shovel to dig trenches</li> <li>Hiking</li> <li>Water skiing</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
<b>Example of activities in METS level 7–8</b>					
<ul style="list-style-type: none"> <li>Carrying objects (30kg) on level ground</li> <li>Tennis (singles, competitive)</li> <li>Cycling (20-25 km/h)</li> <li>Jogging (8 km/h)</li> <li>Sawing hardwood with hand tools</li> <li>Horseback riding (galloping)</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
<b>Example of activities in METS level 8–9</b>					
<ul style="list-style-type: none"> <li>Running (9 km/h)</li> <li>Calisthenics</li> <li>Skiing (cross-country)</li> <li>Squash</li> <li>Swimming fast laps</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Example of activities in METS level 10+</b>					
<ul style="list-style-type: none"> <li>Running quickly (10 km/h)</li> <li>Cycling quickly (30 km/h)</li> <li>Carrying loads (10 kg) up a gradient</li> <li>Football (any code)</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

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