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“शिक्षा मानव को बन्धनों से मुक्त करती है और आज के युग में तो यह लोकतंत्र की भावना का आधार भी है। जन्म तथा अन्य कारणों से उत्पन्न जाति एवं वर्गगत विषमताओं को दूर करते हुए मनुष्य को इन सबसे ऊपर उठाती है।”

— इन्दिरा गांधी

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*"Education is a liberating force, and in our age it is also a democratising force, cutting across the barriers of caste and class, smoothing out inequalities imposed by birth and other circumstances."*

— Indira Gandhi

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# Indira Gandhi National Open University

School of Health Sciences

Maidan Garhi, New Delhi-110 068

## LOG-BOOM MCCL-001 CARDIOVASCULAR EVALUATION-I

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Name : .....

Enrolment No. : .....

Address : .....

.....

.....

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## **CURRICULUM DESIGN COMMITTEE**

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Dr. Devi Shetty  
Chairman, Sr. Consultant and Cardiac Surgeon  
Narayan Hrudayalaya Institute of Cardiac Sciences  
Bangalore

Dr. George Cherian  
Prof. and Senior Consultant Cardiology  
Narayan Hrudayalaya Institute of Cardiac Sciences  
Bangalore

Dr. Ravi Kasliwal  
Director, Non-Invasive Cardiology Programme  
Escort Heart Institute and Research Centre  
New Delhi

Dr. G Vijayaghavan  
Vice Chairman and Director  
Kerala Institute of Medical Sciences  
Thiruvananthapuram

Dr. Soma Raju  
Chairman and HOD Cardiology  
Care Hospital  
Nampalli, Hyderabad

Prof. A.K. Agarwal  
School of Health Sciences  
Indira Gandhi National Open University  
New Delhi

Dr. Biplab Jamatia  
School of Health Sciences  
Indira Gandhi National Open University  
New Delhi

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## **LOG-BOOK PREPARATION TEAM**

---

Dr. George Cherian  
Prof. and Senior Consultant Cardiology  
Narayan Hrudayalaya Institute of Cardiac Sciences,  
Bangalore

Prof. A.K. Agarwal  
School of Health Sciences  
Indira Gandhi National Open University  
New Delhi

Dr. Biplab Jamatia  
School of Health Sciences,  
Indira Gandhi National Open University  
New Delhi

---

## **COORDINATION**

---

Prof. S.B. Arora  
Director  
SOHS, IGNOU  
New Delhi

Prof. A.K. Agarwal  
Programme Coordinator  
SOHS, IGNOU  
New Delhi

Dr. Biplab Jamatia  
Programme Coordinator  
SOHS, IGNOU  
New Delhi

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## **PRODUCTION**

---

Mr. Sunil Kumar  
Section Officer (Pub.)  
SOHS, IGNOU  
New Delhi

Mrs. Promila Soni  
Section Officer (Pub.)  
SOHS, IGNOU  
New Delhi

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# 1. GENERAL INSTRUCTIONS TO STUDENTS

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This log-book is a compulsory component of the Cardiovascular Evaluation-I(MCCL-001). As you are aware that this course mainly deals with history taking, general physical examination, electrocardiography, stress test and holter. You are required to maintain sample of learning activities that you perform as a part of this course. You are required to fill up the case record proforma at PSC as mentioned. You will only fill up the log of activities in the space provided against the respective variety of cases separately. The posting duration for this course is three months period. Initially for a few weeks you will be posted as observer in stress test department, since this is a special posting for all of you. Hands on training will be given after few weeks in transthoracic echocardiography. Your posting will be rotating in ECG lab, stress lab, holter monitoring for orientation in various procedures.

Initial part of the log-book is designed to maintain a summary form of case record of your day to day activity. Individual case record pages are just after the end of the summary form of case record. This log-book is specially designed to maintain the case record of stress test carried out by you.

## 1.1 Objectives

The objectives of the log-book are:

- indications for stress test;
- contraindication for stress test;
- various methods of conducting the stress test;
- preparation of the patient for the test;
- parameter to monitor during the test;
- condition under which the test should terminate; and
- interpretation of the result of the test.

## 1.2 How to Use the Log-book?

Your Programme In-charge (PIC) and Academic Counsellors (ACs) will help you to learn many practical skills in your day to day practice. You will come across different variety of cases in a repeated manner which enhance your learning process. We are expecting you to fill at **least 50 different cases** to monitor and evaluate your day to day activity, Although the actual number of cases attended by you is much more. The cases recorded in this log-book are just representative of your learning activity. This record of log-book should be counter signed by respective counsellors.

## 2. EXAMINATION RECORD FORM IN PSC

Sl. No.	Date	Name and Admission No.	Diagnosis	Signature of Student	Signature of Counsellor
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					

Sl. No.	Date	Name and Admission No.	Diagnosis	Signature of Student	Signature of Counsellor
11.					
12.					
13.					
14.					
15.					
16.					
17.					
18.					
19.					
20.					

Sl. No.	Date	Name and Admission No.	Diagnosis	Signature of Student	Signature of Counsellor
21					
22.					
23.					
24					
25.					
26					
27.					
28					
29.					
30.					

Sl. No.	Date	Name and Admission No.	Diagnosis	Signature of Student	Signature of Counsellor
31					
32					
33					
34					
35.					
36					
37.					
38.					
39.					
40					



Sl. No.	Date	Name and Admission No.	Diagnosis	Signature of Student	Signature of Counsellor
41.					
42.					
43.					
44.					
45.					
46.					
47.					
48.					
49.					
50.					

**Report of Stress Test**

Name ..... Age..... Sex: M/F Admission No. ....

Regn. No..... Lab No..... Date .....

Diagnosis.....

Medicines.....

Type of Exercise and Protocol used: D.M.T./Cycle/ T.M.T.  
Bruce/ Modified Bruce/ other

Max predicted HR.....85% of MPHR.....

Exercise duration:.....Exercise stage reached:..... METs.....

HR achieved.....% of MPHR..... R-P product.....

Reason for test termination:.....

Monitor lead.....

Resting E.C.G.....

Stage	Time (min.)	HR (bpm)	BP (mmHg)	Symptoms
Supine				
Standing				
Hyperventilation				
Any other maneuver				
Stage 1				
Stage 2				
Stage 3				
Stage 4				
Stage 5				
Recovery				
1 min				
3 min				
6 min				
9 min				
15 min				

**ECG changes:**

<b>Stage</b>	<b>ST-T changes</b>	<b>R-wave</b>	<b>Arrhythmia</b>
Supine			
Standing			
Hyperventilation			
Any other maneuver			
Stage 1			
Stage 2			
Stage 3			
Stage 4			
Stage 5			
Recovery			
1 min			
3 min			
6 min			
9 min			
15 min			

**Result:**

Exercise capacity

B.P. Response

ECG Response (ST Segment)

Arrhythmia

Exercise Score

**Final Impression:**

Done by

Checked by

**Consent**

I hereby give my consent for Exercise test to be done on me. The details of the test and likely complications have been explained to me.

Patient's Signature:

Date:

**Name and signature of the candidate**

**Name and signature of the Academic Counsellor**

**Report of Stress Test**

Name ..... Age..... Sex: M/F Admission No. ....

Regn. No..... Lab No..... Date .....

Diagnosis.....

Medicines.....

Type of Exercise and Protocol used:      D.M.T./Cycle/      T.M.T.  
   Bruce/      Modified Bruce/      other

Max predicted HR.....85% of MPHR.....

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