

PATIENT INFORMATION

Cardiopulmonary Exercise Testing

ACCESS BLUE ZONE – OLD TOWER BLOCK SURGICAL ADMISSIONS / PREASSESSMENT LEVEL 7

BACKGROUND TO THE PERIOPERATIVE MEDICINE CLINIC.

Torbay Hospital is nationally regarded as a Leader in this specialty. We audit long-term outcomes for patients who attend the clinic. Our most recent development is making audiovisual records of consultations for training and educational purposes. We always ask your permission before recording a consultation and this recording would be securely stored.

These are a few of the main reasons for attending this clinic:

- To assess and optimise any medical conditions you may have.
- To assess your fitness as you are being considered for surgery.
- To offer an exercise programme to improve your fitness
- To confirm the decision to have surgery is the right choice for you.
- To plan your postoperative care.

HOW TO PREPARE FOR MY CLINIC APPOINTMENT

You are welcome to bring a friend or family member with you. Before your appointment think about what questions you would like to ask. If it helps, write your questions down before attending the clinic. Please bring a list of all your medications and expect questions about your previous and current healthcare.

CARDIOPULMONARY EXERCISE TESTING DURING THE PANDEMIC

In line with national guidelines, we are not currently exercising all of our patients unless it is necessary. Your medical history will have been reviewed by a Consultant Anaesthetist, they will determine if a test would help in your perioperative management. If a test is not considered necessary you may be asked to attend for a face-to-face consultation or we will speak to you on the phone. It is possible that after your initial consultation, if more information comes to light, you may be invited to have a test on a later date.

Every patient booked in for a physical test will require a negative covid-19 lateral flow test. Unfortunately, we do not have a supply of tests but they can be

ordered free-of-charge from the following government website: <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

Please order these lateral flow tests in advance of coming in for your exercise test. You will need to swab yourself within 72 hours of your exercise test, and log a negative covid-19 test result on the government website. This will be explained to you further when we call you to book you an appointment.

Should you develop a new high temperature (37.8°C or more), continuous cough, change or loss of smell, new breathlessness, a significant sore throat, or a new severe headache, please contact the Perioperative Medicine office before coming in.

WHAT TO EXPECT

The consultation with the doctor will be between 15 and 60 minutes. Consultations involving an exercise test will be 60 minutes. Some patients may also have an additional consultation with one of the pre-assessment nurses before or after your perioperative medicine clinic visit. This will have been booked with you. After your test you will be offered a consultation with a fitness instructor. They will assess your ability to exercise and design a bespoke programme with you if you wish to improve your fitness before surgery

WHAT IS CARDIOPULMONARY EXERCISE TESTING (CPET)?

It is a method of evaluating how your lungs, heart and muscles react to exercise.

HOW IS THE TEST PERFORMED?

First, we take some breathing measurements by asking you to breathe through a mouthpiece. Next, we will apply stickers to your chest to monitor your heart and a clip on your finger to measure the oxygen level in the blood. We help you safely get onto the exercise bike; if you feel you are unable to cycle the consultation with the Dr is still important and useful. The test begins by you pedalling against no resistance for 3 minutes. The resistance then slowly increases until you are unable to pedal a. The test is designed so that **the more you do, the more information is gained**. Be prepared to feel out of breath and possibly sweaty. Most tests last **10-15 minutes**. After another short period of rest sat on the bike, we will then help you get off the exercise bike.

WHAT DO I WEAR FOR THE TEST?

Please wear comfortable clothing that is suitable to exercise in. Trousers/shorts are preferable to skirts. Please do **not** wear a dress or shoes with high heels.

CAN I EAT BEFORE THE TEST?

Avoid a large meal beforehand. A light meal a few hours before the test is ideal.

SHOULD I TAKE ALL MY USUAL MEDICATIONS PRIOR TO THE TEST?

Yes. Unless we specifically advise you otherwise.

WHY IS ALL THIS INFORMATION USEFUL?

This information may help in having a **shared decision-making consultation** on your preferred choice of treatment. It is used to plan your postoperative care and sometimes helps to check medical conditions are optimally treated. It is also used to assess baseline fitness before starting an exercise programme.

ARE THERE ANY RISKS?

The risks are **the same as for any moderate exercise**. The number of patients who develop symptoms is low (approximately 1 in 1000). Symptoms or complications might include light-headedness or fainting, and problems with heart rate or rhythm.

HOW WILL I KNOW MY RESULTS?

The test results will be discussed with you once you have recovered. A letter with the details of your test will be sent to your surgeon, GP and yourself (if you would like a copy).

WILL ANYONE ELSE SEE MY TEST RESULTS?

The test results will only be seen by those directly caring for you. We are continually improving our accuracy in determining risk, to do this we may use your data to check our performance (audit) or to find out new information (research). We would remove any personal details before publication of any of this work.

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.