

Stratification of Risk for Cardiac Events During Exercise Participation

Characteristics of patients at highest risk for exercise participation (any one or combination of these findings places a patient at high risk)

- Presence of complex ventricular arrhythmias during exercise testing or recovery
- Presence of angina or other significant symptoms (shortness of breath, light-headedness, or dizziness at low levels of exertion [<5 METs] or during recovery)
- High level of silent ischemia (ST-segment depression ≥ 2 mm from baseline) during exercise testing or recovery
- Presence of abnormal hemodynamics with exercise testing (i.e., chronotropic incompetence or flat or decreasing systolic BP with increasing workloads) or recovery (i.e., severe postexercise hypotension)
- Functional capacity ≤ 3 METs

Nonexercise testing findings

- Left ventricular dysfunction with resting ejection fraction $<35\%$
- History of cardiac arrest
- Complex dysrhythmias at rest
- Complicated myocardial infarction or incomplete revascularization procedure
- Presence of heart failure
- Presence of signs or symptoms of post-event or post-procedure ischemia
- Presence of clinical depression
- Implanted cardiac defibrillator

Characteristics of patients at moderate risk for exercise participation (any one or combination of these findings places a patient at moderate risk)

- Presence of stable angina or other significant symptoms (e.g., unusual shortness of breath, light-headedness, or dizziness occurring only at high levels of exertion [≥ 7 METs])
- Mild to moderate level of silent ischemia during exercise testing or recovery (ST-segment depression <2 mm from baseline)
- Functional capacity <5 METs

Nonexercise testing findings

- Rest ejection fraction = 35% to 49%

Characteristics of patients at lowest risk for exercise participation (all characteristics listed must be present for patient to remain at lowest risk)

- Absence of complex ventricular dysrhythmia during exercise testing and recovery
- Absence of angina or other significant symptoms (e.g., unusual shortness of breath, light-headedness, or dizziness during exercise testing and recovery)
- Presence of normal hemodynamics during exercise testing and recovery (i.e., appropriate increases and decreases in heart rate and systolic blood pressure with increasing workloads and recovery)
- Functional capacity ≥ 7 METs

Nonexercise testing findings

- Rest ejection fraction $\geq 50\%$
- Uncomplicated myocardial infarction and/or complete revascularization procedure
- Absence of complicated ventricular arrhythmias at rest
- Absence of heart failure
- Absence of signs or symptoms of postevent or postprocedure ischemia
- Absence of clinical depression