



Cardiopulmonary Exercise Stress Test

Facility:

(Affix identification label here)

URN:

Family name:

Given name(s):

Address:

Date of birth:

Sex: M F I

A. Interpreter / cultural needs

- An Interpreter Service is required? Yes No
- If Yes, is a qualified Interpreter present? Yes No
- A Cultural Support Person is required? Yes No
- If Yes, is a Cultural Support Person present? Yes No

B. Condition and treatment

The doctor has explained that you have the following condition: *(Doctor to document in patient's own words)*

.....

This condition requires the following investigation. *(Doctor to document - include site and/or side where relevant to the procedure)*

.....

The following will be performed on an exercise bike:

At the start, electrocardiogram (ECG) leads are put on your chest to monitor your heart during the test. A device is attached to your finger to monitor your oxygen level during the test. Your blood pressure will be measured.

You will pedal the exercise bike at a set speed. The bike becomes harder to pedal each minute of the test. Pedal until you are tired or unable to continue.

You are asked to:

- show how breathless you are and how tired your legs are by pointing to a chart.
- mention if you have chest pain, dizziness or discomfort during the test. If any problems arise the test may be stopped.

At the end of the test, continue to pedal at a slower rate to reduce the risk of fainting. If you feel unwell at any stage of the procedure, you should tell staff at once.

C. Risks of a cardiopulmonary exercise stress test

In recommending this procedure your doctor has balanced the benefits and risks of the procedure against the benefits and risks of not proceeding. Your doctor believes there is a net benefit to you going ahead.

There are risks and complications with this investigation. They include but are not limited to the following.

Common risks and complications (more than 5%) include:

- Mild angina.
- Shortness of breath.
- Musculoskeletal discomfort.

Uncommon risks and complications (1- 5%) include:

- Low blood pressure.
- Chest pain. This is treated with medications.

Rare risks and complications (less than 1%) include:

- Fainting.
- Abnormal heart rhythm that continues for a long time. This may need an electric shock to correct.
- Heart attack.
- Death as a result of this procedure is extremely rare.

D. Significant risks and investigation options

(Doctor to document in space provided. Continue in Medical Record if necessary.)

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.....

E. Risks of not having this investigation

(Doctor to document in space provided. Continue in Medical Record if necessary.)

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.....
.....



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F. Patient consent

I acknowledge that the doctor has explained;

- my medical condition and the proposed investigation, including additional treatment if the doctor finds something unexpected. I understand the risks, including the risks that are specific to me.
- other relevant treatment options and their associated risks.
- my prognosis and the risks of not having the investigation.
- that no guarantee has been made that the investigation will improve my condition even though it has been carried out with due professional care.
- if immediate life-threatening events happen during the investigation, they will be treated based on my discussions with the doctor or my Acute Resuscitation Plan.
- a doctor other than the Consultant may conduct the investigation. I understand this could be a doctor undergoing further training.

I have been given the following Patient Information Sheet/s:

Cardiopulmonary Exercise Stress Test

- I was able to ask questions and raise concerns with the doctor about my condition, the proposed investigation and its risks, and my treatment options. My questions and concerns have been discussed and answered to my satisfaction.
- I understand I have the right to change my mind at any time, including after I have signed this form but, preferably following a discussion with my doctor.
- I understand that image/s or video footage may be recorded as part of and during my investigation and that these image/s or video/s will assist the doctor to provide appropriate treatment.

On the basis of the above statements,

I request to have the investigation

Name of Patient:

Signature:

Date:

Patients who lack capacity to provide consent

Consent must be obtained from a substitute decision maker/s in the order below.

Does the patient have an Advance Health Directive (AHD)?

Yes ▶ Location of the original or certified copy of the AHD:

No ▶ Name of Substitute Decision Maker/s:

Signature:

Relationship to patient:

Date: PH No:

Source of decision making authority (tick one):

- Tribunal-appointed Guardian
- Attorney/s for health matters under Enduring Power of Attorney or AHD
- Statutory Health Attorney
- If none of these, the Adult Guardian has provided consent.

G. Doctor/delegate statement

I have explained to the patient all the above points under the Patient Consent section (F) and I am of the opinion that the patient/substitute decision-maker has understood the information.

Name of Doctor/delegate:

Designation:

Signature:

Date:

H. Interpreter's statement

I have given a sight translation in

.....
(state the patient's language here) of the consent form and assisted in the provision of any verbal and written information given to the patient/parent or guardian/substitute decision-maker by the doctor.

Name of Interpreter:

Signature:

Date:

