

6th November 2023

Ms Angela ARGYROU
33 Palladium Blvd
Hope Island
Gold Coast QLD 4212

Re: Angela ARGYROU

DOB: 10/12/1974

To whom it may concern,

I am the current treating exercise physiologist for Miss ARGYROU who has been referred to me via an enhanced primary care plan from Dr. Garfield. It is my impression in conjunction with her cardiologist that Miss. Argyrou undergoes cardiac rehabilitation as her current symptoms are affecting her quality of life and ability to safely return to work duties. She has been diagnosed with myocarditis post mRNA COVID vaccination and has been experiencing 'dysautonomia-like symptoms' as well as chest pain and tachycardia. She has since deconditioned and experiences significant fatigue. It is important to gradually expose Miss Argyrou to a cardiac rehabilitation program to gradually improve her exercise and activity tolerance so that she may return to work and have meaningful activity. I have attached the outcomes of her subjective and objective assessments below as information regarding her current level of cardiovascular health:

Resting heart rate: 80BPM

Standing heart rate (after 10 seconds): 98BPM

3 minute step test:

RPE (difficulty): 8/10

Heart rate: 120 BPM

1 minute heart rate recovery: 110BPM.

- Poor heart rate recovery indicating lack of cardiovascular fitness. Postural orthostatic tachycardia symptoms present, accompanied by dizziness after cessation of test. Symptoms disappeared within 2 minutes of resting. Symptoms of myocarditis slightly elevated. After 1 minute of recovery, symptoms disappeared; reported sensation of burning in lungs like 'running a marathon'.
Nil sinister symptoms.

Interpretation: Miss Argyrou currently has poor cardiovascular fitness and exercise tolerance. As she is currently taking beta blockers to control her heart rate, heart rate is not an accurate measure of how hard she is working. Instead, it is best practice to be guided by subjective feelings of exertion and monitoring for any signs of any serious pathology or significantly elevated symptoms.

Fatigue severity scale:

The Fatigue Severity Scale (FSS) is a scale which measures the severity of fatigue and its effect on a person's activities and lifestyle in patients with a variety of disorders.

Score: 49

Interpretation: Significant levels of fatigue that affect quality of life.

Kind Regards,

Dakota Lavis – Accredited Exercise Physiologist dakota.lavis@allsportsphysio.com.au