

## Exercise Stress Echocardiogram

**Patient:** Michael Birch

**Patient ID:** 28588885

**DOB:** 24/04/1992

**Reported by:** Jason Kaplan

**Date:** 23/02/2024

**Ht / Wt:** cm / kg

**Gender:** Male

**Referred by:** Dr Andrew J Peiser

**Echocardiographer:** Emily Kirala

**Indications:** Chets pain post covid vaccination.

### Summary

**Resting ECG:**

The resting ECG showed sinus rhythm.

**Echocardiography - Rest:**

Normal left ventricular size. Overall systolic function was normal. Normal GLS indice 21.3% with normal bullseye plot pattern.

**Exercise Time:**

The patient exercised according to the ADBRUCE for 6:45 min:s, achieving a work level of Max. METS: 12.60. The resting heart rate of 86 bpm rose to a maximal heart rate of 160 bpm. This value represents 84 % of the maximal, age-predicted heart rate. The resting blood pressure of 100/80 mmHg , rose to a maximum blood pressure of 140/80 mmHg.

**Stress ECG:**

Exercise was stopped due to reaching target heart rate. There were no diagnostic ST segment changes during exercise or recovery. No arrhythmias during exercise or recovery. Heart rate increased to 121bpm when the patient when from a lying to standing position. High exercise capacity.

**Symptoms:**

The patient did not experience chest pain during the exercise or recovery period.

**Echocardiography - Post:**

All segments augmented appropriately with no new wall motion abnormalities.

### Conclusions

1. Electrically negative exercise stress ECG.
2. Negative stress echo for myocardial ischaemia at a high workload.
3. Good exercise capacity.