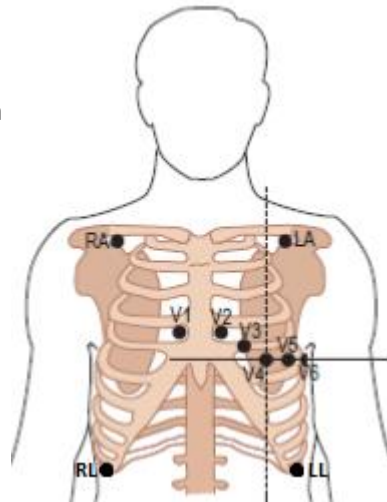


# Stress ECG Protocol

## Test Preparation

1. Set up equipment for test
  - ☐ Data sheet and pen
  - ☐ Alcohol wipes
  - ☐ Kimtech
  - ☐ Nuprep
  - ☐ ECG dots
  - ☐ Electrodes
  - ☐ Sphygmometer
  - ☐ Stethoscope
  - ☐ Pulse oximeter
  - ☐ Chair for recovery








- V1: fourth intercostal space adjacent to the sternum on the right side  
 V2: fourth intercostal space adjacent to the sternum on the left side  
 V3: to the right and slightly higher than V4  
 V4: under breast on mid clavicular line  
 V5: same horizontal level as V4, on anterior axillary line  
 V6: same horizontal level as V4, on the mid-axillary line

## Pre-Test

2. Greet client. Complete/check APSS form/consent form with client
  - a. Could I check the forms that you have filled out? You have answered no to all of the components in stage 1, and you have less than 2 risk factors in stage 2, which means that you are a low risk client that is safe to complete this exercise test
3. Check test preparation
  - a. Next I would like to check whether you have followed the pre-test requirements.
    - i. Well hydrated
    - ii. Avoided large meals, alcohol, tobacco and caffeine
4. Detailed introduction and explanation of test and procedures
  - a. Today you will be performing an exercise ECG. ECG is used to look at the electrical activity of your heart and the blood supply to your heart muscles. This test is used to determine if you have any rhythm abnormalities or underlying coronary artery disease. You will performing this test while you are exercising on a treadmill to see how your heart responds to the demands of exercise. This is a maximal test so you will be completing it until exhaustion. Do you have any questions before we begin?
5. Enter details into computer
  - a. Name, DOB, height, weight

## Test

6. Skin preparation and electrode placement and position client for pre-test (explain all components)
  - a. Nuprep -> alcohol wipe

7. Pre-test (supine) 	8. 12 lead supine ECG  <b>verbally interpret</b>	9. Attach belt and walk to treadmill. Pre-test (standing) 	10. Take resting BP and enter into computer 	11. 12 lead standing ECG 
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