STANDARDIZED PROCEDURE
EXERCISE TOLERANCE TEST (ETT)

These procedures are intended to describe procedures performed by Nurse Practitioners and/or Certified Nurse Midwives (depending on the clinical privileges granted to the individual practitioner) at UC San Diego Health.

I. Policy

The nurse practitioner is authorized to initiate, perform, alter, and/or discontinue an exercise stress test for UCSDMC patients. The nurse practitioner is able to function with remote supervision within UCSDMC Cardiac Non-Invasive Lab or any setting affiliated with UCSDMC Cardiology Service for which competencies have been validated.

II. Protocol

Definition: The exercise tolerance test (EIT), also called the exercise stress test (Esn, is a procedure used to evaluate a patient's cardiac function in response to exercise. This test will be done according to the policy and procedures of the Cardiac Non-invasive Lab.

Data Base: May include but not limited to:

Subjective - Relevant history of past or present illness, surgical history, medication history, social history, family history, allergies, and relevant review of systems.

Objective - Physical exam relevant to pre-procedure screening of the cardiac diagnostic procedure, 12 lead EKG, echocardiogram, pertinent laboratory data including, but not limited to: Cardiac enzymes, myoglobin, and routine hematological and biochemical tests, and previous, pertinent cardiac diagnostic tests.

Diagnosis: Assessment will be dependent upon data derived from subjective and objective data base. If diagnosis is not clear, a list of differential diagnosis will be provided. Diagnosis or diagnoses will be developed based upon, but not limited to:

Subjective - Patient symptoms.

Objective - Heart rate, blood pressure, EKG, maximum predicted heart rate, and exercise capacity.

Plan:

I. Evaluate patient during the pre-procedure screening for contra-indications to exercise stress.
II. Educate the patient about procedure.
III. Monitor patient during exercise and recovery phases of the test.

IV. A preliminary impression will be documented on the preliminary report.
V. Describe preliminary findings to the patient.
VI. Report abnormal findings to a physician or referring provider.
VII. Initiate follow-up evaluation for the patient when indicated.

Record Keeping: Each patient contact will be recorded on a UCSDMC approved form. Pre-procedure evaluation of outpatients will be documented on the outpatient procedure H&P short form. Preliminary impressions will be documented on the Cardiology Preliminary Report Form for the exercise stress test. Further documentation for emergency department or admitted patients may be done on the approved UCSDMC interdisciplinary report form.

III. Requirements for the Nurse Practitioner

All general policies for the experience, training, education, initial evaluation, and ongoing evaluation are in effect for this standardized procedure.

IV. Guidelines for the Nurse Practitioner

1. Patients seen by the nurse practitioner for the exercise stress test include, but are not limited to:
   - UCSDMC new patient referrals
   - UCSDMC established patient referrals
   - Outside referrals
2. Exercise stress patients may include patients from ambulatory or inpatient settings.

V. RESPONSIBILITY

Please contact the Advanced Practice Council if you need help. The administrative assistant for the Chief Nursing Officer can direct you. Call; 619-543-3438.

VI. HISTORY OF PROCEDURE

Revised by the Committee of Interdisciplinary Practices: 2/26/2014, 9/28/2016
Reviewed by the Medical Staff Credentials Committee: 3/5/2014, 10/6/2016
Approved by the Medical Staff Executive Committee: 3/20/2014, 10/7/2016