

HEART PHYSICAL CAPACITIES EVALUATION

Patient Name: _____ **Social Security Number** _____

PRIMARY DIAGNOSIS: _____

WE NEED TO DETERMINE YOUR PATIENT'S ABILITY TO DO WORK RELATED PHYSICAL ACTIVITIES ON A **SUSTAINED** BASIS, IN A **WORK** SETTING. PLEASE INDICATE BELOW WHICH OF YOUR PATIENT'S WORK ACTIVITIES ARE LIMITED, AND TO WHAT EXTENT.

1. THE MOST REASONABLE LIFTING AND/OR CARRYING EXPECTATION FOR THIS PERSON DURING A NORMAL WORK DAY IS:

- _____ **50 LBS. OCCASIONALLY TO 25 LBS. FREQUENTLY**
- _____ **20 LBS. OCCASIONALLY TO 10 LBS. FREQUENTLY**
- _____ **10 LBS. OCCASIONALLY TO 5 LBS. FREQUENTLY**
- _____ **5 LBS. OCCASIONALLY TO 1 LB. FREQUENTLY**

2. DURING AN 8 HOUR WORK DAY YOUR PATIENT CAN:

SIT	0	1	2	3	4	5	6	7	8	(HRS)
STAND										
OR WALK	0	1	2	3	4	5	6	7	8	(HRS)

AMERICAN HEART ASSOCIATION CLASSIFICATIONS: (PLEASE CIRCLE THE APPROPRIATE CLASSIFICATION)

CLASS I PATIENTS WITH CARDIAC DISEASE BUT WITHOUT RESULTING LIMITATION OF PHYSICAL ACTIVITY. ORDINARY PHYSICAL ACTIVITY DOES NOT CAUSE UNDUE FATIGUE, PALPITATION, DYSPNEA, OR ANGINAL PAIN.

CLASS II PATIENTS WITH CARDIAC DISEASE RESULTING IN SLIGHT LIMITATION OF PHYSICAL ACTIVITY. THEY ARE COMFORTABLE AT REST. ORDINARY PHYSICAL ACTIVITY CAUSES FATIGUE, PALPITATION, DYSPNEA, OR ANGINAL PAIN.

CLASS III PATIENTS WITH CARDIAC DISEASE RESULTING IN MARKED LIMITATION OF PHYSICAL ACTIVITY. THEY ARE COMFORTABLE AT REST. LESS THAN ORDINARY PHYSICAL ACTIVITY CAUSES FATIGUE, PALPITATION, DYSPNEA, OR ANGINAL PAIN.

CLASS IV PATIENTS WITH CARDIAC DISEASE RESULTING IN INABILITY TO CARRY ON ANY PHYSICAL ACTIVITY WITHOUT DISCOMFORT. SYMPTOMS OF CARDIAC INSUFFICIENCY OR OF ANGINAL SYNDROME ARE PRESENT EVEN AT REST. IF ANY PHYSICAL ACTIVITY IS UNDERTAKEN, DISCOMFORT IS INCREASED.

M.D. _____ DATE

AMERICAN HEART ASSOCIATION **

THE CLASSIFICATION OF PATIENTS WITH DISEASES OF THE HEART

FUNCTIONAL CAPACITY

- Class I** Patients with cardiac disease but without resulting limitation of physical activity. Ordinary physical activity does not cause undue fatigue, palpitation, dyspnea, or anginal pain.
- Class II** Patients with cardiac disease resulting in slight limitation of physical activity. They are comfortable at rest. Ordinary physical activity results in fatigue, palpitation, dyspnea, or anginal pain.
- Class III** Patients with cardiac disease resulting in marked limitation of physical activity. They are comfortable at rest. Less than ordinary activity causes fatigue, palpitation, dyspnea, or anginal pain.
- Class IV** Patients with cardiac disease resulting in inability to carry on any physical activity without discomfort. Symptoms of cardiac insufficiency or of the anginal syndrome are present even at rest. If any physical activity is undertaken, discomfort is increased.

THERAPEUTIC CLASSIFICATION

- Class A** Patients with a cardiac disease whose ordinary physical activity need not be restricted.
- Class B** Patients with cardiac disease whose ordinary physical activity need not be restricted, but who should be advised against severe or competitive physical effects.
- Class C** Patients with cardiac disease whose ordinary physical activity should be moderately restricted, and whose more strenuous efforts should be discontinued.
- Class D** Patients with cardiac disease whose ordinary physical activity should be markedly restricted.
- Class E** Patients with Cardiac Disease who should be at complete rest, confined to bed or chair.

****This classification system is identical to that of the N.Y. Heart Association.**