

Occupational Health Programs

Exercise Challenge Test

1. Has the subject used any the following "quick relief" inhalers or pills today?

albuterol	Maxair	ProAir	ipratropium
Alupent	Proventil	Accuneb	Primatene
Atrovent	Ventolin	DuoNeb	adrenaline
Combivent	Xopenex	metaproterenol	epinephrine

No Yes → Time taken? _____
 If in last 6 hours, cancel test

2. Has the subject had any symptoms related to asthma today?

No Yes → Cancel test

3. Is a serum albuterol level needed per the Protocol Sheet?

No Yes → perform phlebotomy

4. Has spirometry been done within the past hour using the spirometer in front of you?

Yes No → perform spirometry with repeated efforts as
 needed to obtain two FEV1 values within 5% of
 each other. Write your initials and time on the
 tracing.

5. Give instructions for running on a treadmill. Tell the subject that less than a maximal effort may result in an un-interpretable test which will need to be repeated on another day.

6. Perform a maximal effort treadmill run using the Bruce protocol and record the following:

Treadmill Start Time: _____ Treadmill Stop Time: _____

Reason for Stop: _____

7. At Stop Time plus 5 minutes, do one blow on spirogram (unless FEV1 invalid). Print out both flow-volume and volume-time curves for this effort. Record time on tracing.

8. At Stop Time plus 10 minutes, do one blow on spirogram (unless FEV1 invalid). Print out both flow-volume and volume-time curves for this effort. Record time on tracing.

9. At Stop Time plus 20 minutes, do one blow on spirogram (unless FEV1 invalid). Print out both flow-volume and volume-time curves for this effort. Record time on tracing.

10. If FEV1 at 20 minutes is less than that at 10 minutes, repeat spirogram at Stop Time plus 30 minutes. If this FEV1 is less than that at 20 minutes, call staff physician.