APPENDIX
DEPARTMENT OF MEDICINE, M.L.B. MEDICAL COLLEGE, JAUNSI

Study of cardiovascular changes in patients of diabetes Melitus

Case No.

OPD/ MRD No. : Dated:

Name of patients:

Address:

Marital status: Single/Married

Socio-economic status:

Occupation:

Level of activity: Active/sedentary

Consultant I/C:

CHIEF COMPLAINTS

1. 2.

3. 4.

HISTORY OF PRESENT ILLNESS

1. DIABETES: Yes/No

   Duration
   Drugs
   Severity

2. CHEST PAIN: Yes/No

   Duration: Site:
   Character:
   Precipitating factors:
   Releasing factor:
   Frequency:

3. DYSPNOEA: Yes/No

   a. Exertion - Duration, Grade
b. P.N.D.
c. Orthopnoea
d. Pulmonary oedema

4. **PALPITATION**: Yes/No
   Duration:
   Nature: Continuous/Paroxysmal
   - Polyurea
   - Syncope
   - Sweating
   - Others
   - Chest pain

5. **COUGH**: Yes/No
   - Nature: Dry/productive
   - Duration

6. **HAEMOPTYSIS**: Yes/No
   Duration
   Frequency

7. **OTHER SYMPTOMS**

**PAST HISTORY**: Whether suffering from following disease.
- Hypertension
- Tuberculosis
- Hyperlipidemia
- Others
- Gout

**PERSONAL HISTORY**
Vegetarian/Non vegetarian
Smoking: Biri/Cigarette/Cigar/Pipe
   - Amount
   - Duration
   - Alcohol: Amount
   - Duration

**FAMILY HISTORY**
I.H.D.
Hypertension
Diabetes: State Age:
   Relationship
HISTORY OF DRUG INTAKE: Yes/No
Name of drug
Dose
Duration

PHYSICAL EXAMINATION
Wight kg.
P.R. /min.
H.R. /min.
Cyanosis
Hydration
Xanthelasma/Xanthoma
Oedema.

Height cm.
B.P. mm Hg
Pallor
clubbing
Sclera
Lymphnodes

C.V.S.
Inspection:
Palpation:
Auscultation: 1st HS
Accompliment
Aortic Area
Tricuspid Area
2nd HS
Mitral Area
Pulmonary Area

RESPIRATORY SYSTEM

ABDOMEN
Spleen
Liver

INVESTIGATIONS
Blood: Hb gm%, TLC: cells/cumm.

DLC: P %, L %, E %, B %, M %.
E.S.R.: mm in first hour.

Se. cholesterol mg%
HDL mg%
VLDL mg%

STG: mg%
LDL: mg%
Blood sugar: Fasting PP
Uric acid Blood urea
Serum creatinine.

X-ray chest PA view:
Fundus Examination:
E.C.G.

Others: TMT/Coronary angiography/Echocardiography

EXERCISE E.C.G. TESTING

Sl.No. Dated:
Informed Consent
Protocol used:

Indication

Sign & symptoms:

Posture: Supine/standing

Hyperventilation:

<table>
<thead>
<tr>
<th>Stage</th>
<th>Time in stage</th>
<th>B.P.</th>
<th>H.R.</th>
<th>Arrhythmic changes</th>
<th>S.T.</th>
<th>Signs/symptoms</th>
<th>k wave in V5</th>
</tr>
</thead>
</table>

---------------------

RECOVERY

1. Predicted Max. Heart rate 90% or more
2. Max. heart rate achieved 85% or more
3. Total duration of exercise
4. Functional aerobic impairment
5. Double product

Interpretation

RESULTS

ADVICE: TMT INCHARGE

REPORTED BY CARDIOLOGIST