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|------------------------------|-------|---|--|---|------------------------------------|
| NAME: | | HEART CONDITIONS LOG | | | |
| Date | Time | Activity Golfing Light Yard Work (Weeding) Mowing the lawn Brisk walk Showering | Symptoms 1- Dyspnea (Difficulty Breathing) 2- Fatigue 3- Angina (Chest Pains) 4- Dizziness 5- Syncope (Temporary Loss of Consciousness) | | Symptoms Experienced (Daily Notes) |
| 04/05/2021 | 12:30 | Mowing the Lawn | 1, 2, 3, 4, 5 | Example: I was mowing the lawn with a power mower, when I suddenly had difficulty breathing, chest pains and I was extremely tired. I had to rest and quit mowing the lawn. | |
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Basic Rating Criteria for Cardiovascular System 38 CFR § 4.104

Symptoms during activity:

The METs level checked below reflects the lowest activity level at which the veteran reports any of the following symptoms (*check all symptoms that the veteran reports at the indicated METs level of activity*):

☐ Dyspnea ☐ Fatigue ☐ Angina ☐ Dizziness ☐ Syncope

METs and Applicable Activities

Results:

METs level on most recent interview-based METs test:

- ☐ (1-3 METs) This METs level has been found to be consistent with activities such as eating, dressing, taking a shower, slow walking (2 mph) for 1-2 blocks
- ☐ (>3-5 METs) This METs level has been found to be consistent with activities such as light yard work (weeding), mowing lawn (power mower), brisk walking (4 mph)
- ☐ (>5-7 METs) This METs level has been found to be consistent with activities such as walking 1 flight of stairs, golfing (without cart), mowing lawn (push mower), heavy yard work (digging)
- ☐ (>7-10 METs) This METs level has been found to be consistent with activities such as climbing stairs quickly, moderate bicycling, sawing wood, jogging (6 mph)
- ☐ The veteran denies experiencing above symptoms with any level of physical activity

Rating Criteria for Respective Evaluations

100 PERCENT:

Chronic congestive heart failure, or; workload of 3 METs or less results in dyspnea, fatigue, angina, dizziness, or syncope, or; left ventricular dysfunction with an ejection fraction of less than 30 percent.

60 PERCENT:

More than one episode of acute congestive heart failure in the past year, or; workload of greater than 3 METs but not greater than 5 METs results in dyspnea, fatigue, angina, dizziness, or syncope, or; left ventricular dysfunction with an ejection fraction of 30 to 50 percent.

30 PERCENT:

Workload of greater than 5 METs but not greater than 7 METs results in dyspnea, fatigue, angina, dizziness, or syncope, or; evidence of cardiac hypertrophy or dilatation on electrocardiogram, echocardiogram, or X-ray.

10 PERCENT:

Workload of greater than 7 METs but not greater than 10 METs results in dyspnea, fatigue, angina, dizziness, or syncope, or; continuous medication required.

Medical Definitions

Dyspnea - Difficult or labored breathing

Angina - Severe pain in the chest, often also spreading to the shoulders, arms, and neck

Syncope - Fainting, or a sudden temporary loss of consciousness