

Impairment in Ischemic Heart Disease

Overview:

Following a myocardial infarction a patient may be impaired by the level of exertion that he or she is able to tolerate. This may restrict the amount of work that the person is able to perform.

percent impairment following infarction = $\frac{(\text{MET level prior to ischemic event}) - (\text{MET level after ischemic event})}{(\text{MET level prior to ischemic event})} * 100$

where:

- The resting maximum oxygen consumption in mL per minute per kilogram is defined as 1 MET = 3.5 mL/min/kg.

Impairment Rating based on Maximum Oxygen Consumption

maximum oxygen consumption in mL/kg/min	Impairment Rating
> 25	none
20 - 25	mild to moderate
15 - 20	severe
< 15	total

Haskell Work Classification in Ischemic Heart Disease

Work Classification	Peak METS	Activity
heavy	> 6	climbing stairs
medium	4 - 6	carrying 50 lbs.
light	2 - 4	carrying 20 lbs.
sedentary	< 2	sitting or carrying 10 lbs

References:

Alpern HL. Chapter 30: Cardiac Disability. pages 355-377. IN: Demeter SL Andersson GBJ Smith GM. Disability Evaluation. Mosby. American Medical Association. 1996.

McKirnan MD Froelicher VF. Chapter 1: General principles of exercise testing. pages 3-27. IN: Skinner JS. Exercise Testing and Exercise Prescription for Special Cases Second Edition. Lea and Febiger. 1993.