

Study Questions: Special Populations

1. List some of the contra-indications for exercising a patient with congestive heart failure.
2. You are writing an exercise prescription for a patient with congestive heart failure. They are taking a beta-blocker and you notice during the initial functional capacity test that you cannot raise their heart rate above about 135 bpm. Describe how you might prescribe and monitor exercise intensity for this patient.
3. True or false. Patients with a fixed-rate pacemaker should not be expected to perform exercise to maintain their health.
4. Name at least 2 medical conditions where a pacemaker might be required.
5. Name some special exercise precautions for a patient with a rate-modulating pacemaker, with an accelerometer as the sensor. With an implantable ICD (intracardiac defibrillator)?
6. True or false. Cardiac transplant patients cannot exercise very much because their heart rate does not increase with exercise.
7. You are performing a stress test on a new patient. You examine his EKG and see 2 P waves, and his heart rate response to exercise is blunted—increases more slowly. His maximum HR also is much lower than his age-predicted HR_{max}. What might be the medical diagnosis of this patient?