



Submaximal Exercise Testing in Cardiovascular Rehabilitation Settings (BEST Study)

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Background: This study compared changes in measured versus predicted peak aerobic power ($\dot{V}O_{2peak}$) following cardiovascular rehabilitation (CR). Peak cardiopulmonary exercise testing (CPET) results were compared to four $\dot{V}O_{2peak}$ estimation methods: the submaximal modified Bruce treadmill, Astrand-Ryhming cycle ergometer, and Chester step tests, and the Duke Activity Status Index (DASI).

Methods: Adults with cardiovascular disease (CVD) who completed a 12-week CR program were assessed at baseline and 12 weeks follow-up. CPET, the DASI and three subsequent submaximal exercise tests were performed in a random order.

Results: Of the 50 adults (age: 57 ± 11 years) who participated, 46 completed the 12-week CR program and exercise tests. At baseline 69, 68, and 38% of the treadmill, step and cycle tests were successfully completed, respectively. At follow-up 67, 80, and 46% of the treadmill, step and cycle tests were successfully completed, respectively. No severe adverse events occurred. Significant improvements in $\dot{V}O_{2peak}$ were observed with CPET ($3.6 \pm 5.5 \text{ mL}\cdot\text{kg}^{-1}\cdot\text{min}^{-1}$, $p < 0.001$) and the DASI ($2.3 \pm 4.2 \text{ mL}\cdot\text{kg}^{-1}\cdot\text{min}^{-1}$, $p < 0.001$). Bland-Altman plots of the change in $\dot{V}O_{2peak}$ between CPET and the four $\dot{V}O_{2peak}$ estimation methods revealed the following: a proportional bias and heteroscedastic 95% limits of agreement (95% LoA) for the treadmill test, and for the cycle and step tests and DASI, mean bias' and 95% LoA of $1.0 \text{ mL}\cdot\text{kg}^{-1}\cdot\text{min}^{-1}$ (21.3, -19.3), $1.4 \text{ mL}\cdot\text{kg}^{-1}\cdot\text{min}^{-1}$ (15.0, -12.3) and $1.0 \text{ mL}\cdot\text{kg}^{-1}\cdot\text{min}^{-1}$ (13.8, -11.8), respectively.

Conclusion: Given the greater number of successful tests, no serious adverse events and acceptable mean bias, the step test appears to be a valid and safe method for assessing group-level mean changes in $\dot{V}O_{2peak}$ among patients in CR. The DASI also appears to be a valid and practical questionnaire. Wide limits of agreement, however, limit their use to predict individual-level changes.

Keywords: exercise test, cardiovascular diseases, rehabilitation, physiology, submaximal

Submaximal Exercise Volume10

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