



HealthTest

Better
outcomes
through better
information

Benefits

- Improved patient safety & clinical outcomes
- Reduced cancelled operations
- Reduced cardiovascular complications
- Reduced unplanned admissions to ICU
- Reduced costs through higher patient throughput & shorter hospital stays
- Reduced readmissions following post operative complications.
- Improved patient experience



CPET for Pre-operative Assessment

Cardio pulmonary exercise testing or CPET provides a safe and cost effective means to assess pre operative risk prior to major surgery.

The test gives an objective measurement of the patient's ability to withstand physiological stress by assessing *dynamically* their cardiac and pulmonary function as well as aerobic capability. Both sets of data are recognised as being the most effective measurements in identifying risk in patients prior to surgery.

CPET can be conducted as part of a pre operative outpatient attendance to identify those at risk of post operative complications and mortality from major surgery.

The CPET result enables patients to be triaged into low, Intermediate and high risk groups, enabling optimisation of peri operative clinical management. Anaesthetists and the surgical team are aware of the patient's cardiac and pulmonary limitations leading to better informed decisions regarding care management.

At HealthTest in addition to the provision of excellent CPET equipment from COSMED we offer a range of e-health complementary services to enhance your CPET solutions:

Consultancy assignments to audit current pre and post operative planning assessment methods and processes.

Advice on CPET's place in the patient peri operative pathway and its integration with existing core patient applications.

Practical strategies towards planning process developments that can result in measurable improvements in KPIs.

On site training in CPET equipment, testing techniques and analysis of the results.

A fully managed service providing automated CPET reporting service by experienced cardiac technicians and expert clinicians.

Full maintenance and support, equipment, spares & consumables management.

A typical CPET Configuration for pre-operative testing includes:

- Cosmed Quark CPET metabolic analyser
- Ergoline cycle ergometer
- CPET diagnostic quality 12 lead ECG
- Pulse Oximeter (spO2)
- BP monitor and cuff
- PC with COSMED analyser software
- 1 large or 2 small monitors
- Small colour printer

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