

## STRESS ECHOCARDIOGRAPHY EXAMINATION PROTOCOL

purpose of this examination is to assess the response of the left ventricular myocardium to exercise stress. The examination is performed to assess regional wall motion and wall thickness during exercise.

### COMMON INDICATIONS:

- Murmur
- Chest Pain
- Syncope
- Breathlessness
- Jaw Pain
- Pre-operative evaluation
- Post-operative follow-up

### PUBLISHED INDICATIONS:

- Chest Pain
- Chest Tightness
- Syncope
- Breathlessness
- Jaw Pain
- Pre-operative evaluation
- Post-operative follow-up

### PATIENT COMMUNICATION AND POSITIONING:

Upon arrival in the echocardiography department, the patient should be made comfortable and relaxed with their surroundings. The sonographer should give the patient an introduction and explain the procedure. The patient should be placed in the left lateral decubitus position for performance of the stress echocardiography examination. The patient should be positioned with a view window for maximum cardiac motion. The patient will be asked to perform the exercise. The patient should be informed of the target heart rate and the time to achieve the target heart rate. Once target heart rate is achieved, post-stress images should be taken immediately.

### PATIENT ASSESSMENT:

Patient assessment must be completed before the examination is performed. The sonographer should obtain a history of the patient's symptoms and medical history. The patient should be informed of the procedure and the risks of the examination. The patient should be informed of the target heart rate and the time to achieve the target heart rate.

### EQUIPMENT:

- The sonographer selects the appropriate presets on the **YOUR EQUIPMENT** ultrasound machine and the appropriate transducer (Phased Array 3-5MHz) to



# SAMPLE ONLY

## PLAX

1. Record ventricular motion on real time clips.
2. Zoom and focus ROI on LV wall motion.

## PSAX

1. Record real time 2D clips of a superior to inferior sweep from the aortic root to the ventricular apex.
2. Zoom and focus ROI on LV wall motion in area of papillary muscles.

## APICAL 4

1. Record real time 2D clips of LV motion.
2. Zoom and focus ROI on LV wall motion.

1. Record real time 2D clips of LV motion.
2. Zoom and focus ROI on LV wall motion.

## Post-Stress

### APICAL 2

1. Record real time 2D clips of LV motion.
  2. Zoom and focus ROI on LV wall motion.
1. Record real time 2D clips of RV motion.
  2. Zoom and focus ROI on RV wall motion as appropriate.

## PLAX

1. Record real time 2D clips of a superior to inferior sweep from the aortic root to the ventricular apex.
2. Zoom and focus ROI on LV wall motion in area of papillary muscles.

## PLAX

1. Record ventricular motion on real time clips.
2. Zoom and focus ROI on LV wall motion.

- Record pre and post stress side by side documentation
- Record all appropriate data and comments on ventricular and valvular function on worksheet
- Include ECG display with image clips

# SAMPLE ONLY

# SAMPLE ONLY

# SAMPLE ONLY

# SAMPLE ONLY