



## Risk Assessment for Exercise Testing

- Risk Assessment before exercise is required to reduce risk of harm to the patient. We feel it is unacceptable to exercise patients outside the “consulting room”, as should they collapse/develop asthma appropriate care is unlikely to be immediately available. The guidance from the HSE for AMEDS seems reasonable.
  - “Before proceeding to an exercise test, the AMED should conduct an assessment of the risk and suitability of undertaking the test. This should take account of the diver’s medical history, examination findings, investigation results, general fitness and the presence of any cardiac risk factors. “
  - “Those undertaking exercise testing of divers should have up to date training in basic life support and resuscitation skills following the standards of the Resuscitation Council (UK). Resuscitation equipment (eg an automated external defibrillator (AED)) should be provided, depending on the findings of the risk assessment. There should be a clear procedure to follow in the event of a collapse. AMEDs should consider the approach in the Resuscitation Council (UK) document *Quality standards for cardiopulmonary resuscitation and training.*<sup>1</sup>”
  - As the divers have an asthmatic history, there should also be the ability to administer beta 2 agonists via an appropriate route, should the need arise.

---

<sup>1</sup> Quality standards for cardiopulmonary resuscitation and training. Resuscitation Council (UK)  
[www.resus.org.uk/quality-standards/](http://www.resus.org.uk/quality-standards/)