

# Cardiac Patient Outcomes Summary

**Name** Ball, John  
**Program** XYZ Hospital

## Patient Background

**Sex** Male **Date of Birth** 1/1/1942  
**Primary Diagnosis** Stable Angina  
**Secondary Diagnosis** Other  
**Physician** Referring: Doe, John  
**Insurance Provider** Anthem

## Program Involvement

**Maintenance Program** Involved **Phase 2 Sessions Completed** 36

		<u>12/11/1998</u>	<u>4/19/1999</u>	<u>Change</u>
		<u>Pre Program</u>	<u>Post Program</u>	
<b><u>Behavioral Domain</u></b>				
<b>Cigarettes Smoked</b>	(cigs)	0	0	
<b><u>Behavioral Compliance</u></b>				
<b>Follows Diet</b>	(1-5)	3	4	33.33%
<b>Follows Medications</b>	(1-5)	5	5	0.00%
<b><u>Exercise Activity</u></b>				
<b>Days per Week of Exercise</b>	(days/week)	0	3	
<b>Minutes Exercising per Session</b>	(minutes)	0	50	
<b><u>Clinical Domain</u></b>				
<b>Weight</b>	(lbs.)	170	172	1.18%
<b>Height</b>	(inches)	70	70	0.00%
<b>Body Mass Index</b>	(Kg/M <sup>2</sup> )	24.4	24.69	1.19%
<b><u>6MDW: Resting</u></b>				
<b>Heart Rate</b>	(bpm)	67	54	-19.40%
<b>Systolic Blood Pressure</b>	(mm Hg)	122	108	-11.48%
<b>Diastolic Blood Pressure</b>	(mm Hg)	70	58	-17.14%
<b><u>6MDW: Peak</u></b>				
<b>Distance Walked</b>	(feet)	1454	1588	9.22%
<b>METs</b>	(METs)	3.11	3.31	6.43%
<b>Heart Rate</b>	(bpm)	95	103	8.42%
<b>Systolic Blood Pressure</b>	(mm Hg)	120	132	10.00%
<b>Diastolic Blood Pressure</b>	(mm Hg)	72	60	-16.67%
<b>Rating of Perceived Exertion</b>	(6-20)	11	12	9.09%
<b><u>6MDW: Recovery</u></b>				
<b>Heart Rate</b>	(bpm)	64	56	-12.50%

Continued - Ball, John

		<u>12/11/1998</u>	<u>4/19/1999</u>	<u>Change</u>
		<u>Pre Program</u>	<u>Post Program</u>	
<i>Systolic Blood Pressure</i>	(mm Hg)	122	104	-14.75%
<i>Diastolic Blood Pressure</i>	(mm Hg)	70	56	-20.00%
<b><u>Health Domain</u></b>				
<b><u>SF-36v2™ Health Survey</u></b>				
<i>Physical Function</i>	(NBS)	43.66	52.39	20.00%
<i>Role Functioning Physical</i>	(NBS)	40.77	55.56	36.28%
<i>Role Functioning Emotional</i>	(NBS)	55.66	55.66	0.00%
<i>Bodily Pain</i>	(NBS)	51.91	60.4	16.36%
<i>General Health</i>	(NBS)	38.99	57.33	47.04%
<i>Vitality</i>	(NBS)	42.31	61.47	45.28%
<i>Social Functioning</i>	(NBS)	51.97	57.33	10.31%
<i>Mental Health</i>	(NBS)	59.53	57.31	-3.73%
<i>Reported Health Transition</i>	(1-5)	3	2	-33.33%

**Notes**

Sample