**Original article:**

**Study of cardiopulmonary exercise test in apparently healthy indivduals at a tertiary care centre.**

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**ABSTRACT**

**INTRODUCTION :** Cardiopulmonary exercise testing (CPET) is increasingly being used in a wide spectrum of clinical applications for the evaluation of undiagnosed exercise intolerance and for the objective determination of functional capacity and impairment. The objective of the study was to study exercise tolerance in normal healthy adults and to study variations in exercise tolerance as per demographic and anthropometric parameters.

**METHODOLOGY:** This prospective study was conducted at a Cardiopulmonary exercise testing unit of a tertiary care public hospital. 50 healthy adult participants with no history of cardiac and respiratory disorders were screened for and included in the study to determine their exercise tolerance.

**RESULTS:** The males had a higher exercise tolerance compared to females. Significant inverse correlation was found between VO2max and age, weight, BMI whereas significant linear correlation was found between height and VO2max. Significant inverse correlation was found between AT and age, BMI, significant positive correlation was found between height and AT, no correlation was found between weight and AT.Significant inverse correlation was found between METS and age, BMI whereas significant linear correlation was found between height and METS and no correlation between weight and METS.

**CONCLUSION:** The exercise tolerance varied in the population studied as per their age, gender and anthropometric parameters. Exercise tolerance was more in males and younger subjects. Height and BMI showed a more consistent correlation with exercise tolerance than weight

**KEY WORDS:** Exercise tolerance , Cardiopulmonary exercise