

Northern Alberta Cardiac Rehabilitation Program

Activity Tolerance Protocol (ATP) Checklist (VAD)

On the day of your **ATP** you will be meeting with a nurse and an exercise specialist to complete a 6 minute walk test, hand grip strength measurement and a questionnaire.

In preparation for your **ATP** please:

- Take** your medication as usual.
- Bring** an accurate list of your medications.
- Wear** a short sleeved shirt and comfortable walking or running shoes (no open toe or open back shoes).
- Bring** your completed “**patient history questionnaire**”
- Ensure** you have extra fluids with you.
- Ensure** you have the necessary backup VAD equipment with you.
- Ensure** you bring your daily recording booklet.

Remember...

- No exercise on the day of your ATP assessment.
- No alcohol or recreational drugs 24 hours before testing.
- Expect to be here for at least two hours.

To cancel and rebook your appointment if you are feeling unwell.

Call 780-735-8206
