

March 17, 1967

MEMO TO: All Laboratory Staff
FROM: Dr. Blackburn and Dr. Hamrell
SUBJECT: Exercise Testing on the Premises.

The Laboratory must follow a procedure for exercise testing which will protect both subjects and the lab personnel from damages both real and medico-legal.

1) All stress tests, whether step, bicycle, treadmill or gas inhalations must be discussed and scheduled with Dr. Blackburn or Dr. Hamrell.

2) All subjects must have a medical interview or clearance with one of us, a blood pressure measurement, and a resting electrocardiogram, before stress testing.

3) Except for young athletes previously studied in the laboratory, all subjects must be monitored on an oscilloscope continuously during the stress by someone able to recognize arrhythmias, S-T depressions and other abnormal ECG responses, and by someone who is familiar with the laboratory resuscitation and Code 99 emergency procedures.

4) Either Dr. Blackburn or Dr. Hamrell must be in the building when stress tests are being performed.