

Table 10.2: Participants Meeting Specific Exclusion Criteria for Seated Step Test¹

Exclusion	Number	Percent
History of:		
Aortic stenosis	0	0.0
Myocardial infarction (MI) in past 6 months	13	1.3
Unstable angina or angina at rest	41	4.1
Severe hip or knee pain due to arthritis	14	1.4
At time of visit:		
Bedridden	6	0.6
Chairbound	24	2.4
Acute infection	3	0.3
Unstable angina or angina at rest	12	1.2
On examination:		
Loud systolic murmur	87	8.7
Congestive heart failure	2	0.2
Shortness of breath at rest	22	2.2
Resting Diastolic BP >110 mmHg or Systolic BP >200 mmHg	57	5.7
Severe weakness in one or both legs	88	8.8
Resting heart rate exceeds 75% of predicted maximum ²	7	0.7
From ECG:		
Atrial fibrillation	46	4.6
Atrial flutter	1	0.1
Wolf-Parkinson-White or ventricular pre-excitation	0	0.0
Wide QRS \geq 120 m sec	113	11.3
Idioventricular rhythm/complete heart block	2	0.2
Ventricular tachycardia	10	1.0
Acute pericarditis	0	0.0
Any reference to acute injury, ischemia, or MI	3	0.3
Resting heart rate \leq 45 bpm	5	0.5
Resting heart rate \geq 120 bpm	4	0.4
From rhythm strip:		
Ventricular arrhythmias: \geq 3 premature ventricular contractions per 30 seconds	4	0.4
Number of exclusions met		
1	342	34.1
2	84	8.4
3 or more	16	1.6
Participants excluded		
Age group		
65-74	132	34.0
75-84	142	45.7
85+	168	55.5
Disability level		
Moderate	129	37.6
ADL difficulty: receives no help	201	42.1
ADL difficulty: receives help	112	61.9
Total	442	44.1
Did not attempt for other reason ³	23	2.3
Number attempting test	537	53.7

(Women's Health and Aging Study, physical assessment, 1992-1995)

¹ Results are based on unweighted data.

² .75(200-age)

³ Did not meet exclusion criteria and responded "Yes" to "Do you see any reason why you could not perform this test?"