

Thursday 19<sup>th</sup> June 2014

### **State of the art CPET machine opens at Russells Hall Hospital**

A brand new machine that tests how well the body responds to exercise has been installed at Russells Hall Hospital to help consultants predict how well a patient will cope with surgery.

This state-of-the art cardiopulmonary exercise testing (CPET) machine evaluates how the heart, lungs and muscle simultaneously respond to exercise, mimicking the physiological stress on the body that surgery causes.

The CPET machine tests are performed on a stationary bike and, as the patient rides, consultants measure how much air they breathe, how much oxygen they require and how fast and efficiently their heart beats.

The service is currently available to patients undergoing major vascular surgery, for which the Trust is a regional centre.

Dr Adrian Jennings, Consultant Anaesthetist, said, "We are now able to more accurately risk assess patients undergoing surgery. This is useful for clinicians as we can better direct care to the patient's individual needs, for example, the type of anaesthetic and the type of postoperative care.

"Moreover, it is useful for patients who can better understand their surgical risk and make better informed decisions about their treatment opinions. In some cases, we may be able to optimise patients' fitness further before they embark on surgery."

David Badger, Non-Executive Director for the Trust, will be unveiling the machine at 10.15am on Tuesday 24<sup>th</sup> June in the Orthopaedic and Surgical Clinical Centre at Russells Hall Hospital.

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Please contact Chace Smith, Communications Apprentice, on (01384) 456111 extension 1316 or email [chace.smith@dgh.nhs.uk](mailto:chace.smith@dgh.nhs.uk)