



**ZENA**  
Healthcare Services  
Professional | Accuracy | Precision

Professional Accuracy Precision

Regd. No. : 1834

# ZENA HEALTHCARE SERVICES

(A Unit of Zena Enterprises)

**Patient Name :** MS. PRABHAKARISHMA MAJHI

**Age / Gender :** 31 years / Female

**Patient ID :** 22422

**Referral :** MEDI WHEEL

**Collection Time :** 10/08/2024, 09:50 AM

**Reporting Time :** 10/08/2024, 04:54 PM

**Sample ID :**



25571

Test Description	Value(s)	Reference Range	Unit
<b>Complete Blood Count</b>			
Hemoglobin (Hb)	<b>11.2</b>	12.0 - 15.0	gm/dL
Erythrocyte (RBC) Count	<b>5.37</b>	3.8 - 4.8	mil/cu.mm
Packed Cell Volume (PCV)	36.1	36 - 46	%
Mean Cell Volume (MCV)	<b>67.23</b>	83 - 101	fL
Mean Cell Haemoglobin (MCH)	<b>20.86</b>	27 - 32	pg
Mean Corpuscular Hb Concn. (MCHC)	<b>31.02</b>	31.5 - 34.5	g/dL
Red Cell Distribution Width (RDW)	13.3	11.6 - 14.0	%
Total Leucocytes (WBC) Count	4300	4000-10000	cell/cu.mm
Neutrophils	65	40 - 80	%
Lymphocytes	29	20 - 40	%
Monocytes	04	2 - 10	%
Eosinophils	02	1 - 6	%
Basophils	<b>00</b>	1-2	%
Platelet Count	203	150 - 410	10 <sup>3</sup> /ul
Mean Platelet Volume (MPV)	<b>12.9</b>	7.2 - 11.7	fL
PCT	0.26	0.2 - 0.5	%
PDW	<b>17.7</b>	9.0 - 17.0	%

\*\*END OF REPORT\*\*

Lab technician

**Dr. Kundan Kumar Sahoo**  
CONSULTANT PATHOLOGIST /  
MICROBIOLOGIST

For Home Collection Please Call at Number :

**Zena Healthcare Services**

Plot No. 119, Opp. Water tank Lane, Near Police Phandi, Saheed Nagar, Bhubaneswar-07  
Ph. : 0674-2549902, 9692276908, 8337964922, E-mail : zenahealthcare@gmail.com

Website : [www.zenacare.in](http://www.zenacare.in)

Wishing Good Health

**Patient Name :** MS. PRABHAKARISHMA MAJHI  
**Age / Gender :** 31 years / Female  
**Patient ID :** 22422

**Referral :** MEDI WHEEL  
**Collection Time :** 10/08/2024, 09:50 AM  
**Reporting Time :** 10/08/2024, 04:55 PM  
**Sample ID :**



Test Description	Value(s)	Reference Range	Unit
<b><u>LFT, Liver Function Test</u></b>			
Bilirubin - Total Method : Serum, Jendrassik Grof	0.61	0.00 - 1.00	mg/dL
Bilirubin - Direct Method : Serum, Diazotization	0.18	0.00 - 0.20	mg/dL
Bilirubin - Indirect Method : Serum, Calculated	0.43	0.10 - 0.80	mg/dL
SGOT Method : Serum, UV with P5P, IFCC 37 degree	17.25	8 - 33	U/L
SGPT Method : Serum, UV with P5P, IFCC 37 degree	24.33	3 - 35	U/L
GGT-Gamma Glutamyl Transpeptidase Method : Serum, G-glutamyl-carboxy-nitroanilide	7.08	< 38	U/L
Alkaline Phosphatase Method : PNPP-AMP Buffer/Kinetic	74.26	42-141	U/L
Total Protein Method : Serum, Biuret, reagent blank end point	6.94	6.60 - 8.70	g/dL
Albumin Method : Serum, Bromocresol green	3.86	3.50 - 5.30	g/dL
Globulin Method : Serum, EIA	3.08	2.00-3.50	g/dL
A/G Ratio Method : Serum, EIA	1.25	1.2 - 2.2	

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Lab technician

  
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**Collection Time :** 10/08/2024, 09:50 AM

**Reporting Time :** 10/08/2024, 04:56 PM

**Sample ID :**



25571

Test Description	Value(s)	Reference Range	Unit
<b><u>Lipid Profile</u></b>			
Cholesterol-Total Method : Spectrophotometry	165.23	Desirable level   < 200 Borderline High   200-239 High   >or = 240	mg/dL
Triglycerides Method : Serum, Enzymatic, endpoint	143.58	Normal: < 150 Borderline High: 150-199 High: 200-499 Very High: >= 500	mg/dL
HDL Cholesterol Method : Serum, Direct measure-PEG	41.30	Normal: > 40 Major Risk for Heart: < 40	mg/dL
LDL Cholesterol Method : Enzymatic selective protection	95.21	Optimal < 100 Near / Above Optimal 100-129 Borderline High 130-159 High 160-189 Very High >or = 190	mg/dL
VLDL Cholesterol Method : Serum, Enzymatic	28.72	6 - 38	mg/dL
CHOL/HDL Ratio Method : Serum, Enzymatic	4.00	3.5 - 5.0	
LDL/HDL Ratio Method : Serum, Enzymatic	<b>2.31</b>	2.5 - 3.5	

**Note:**

8-10 hours fasting sample is required.

\*\*END OF REPORT\*\*



Lab Technician



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**Collection Time :** 10/08/2024, 09:50 AM

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**Sample ID :**



Test Description	Value(s)	Reference Range	Unit
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**HbA1c, Glycosylated Hemoglobin**

<b>HbA1c (GLYCOSYLATED HEMOGLOBIN), BLOOD</b>	5.21		%
<b>Method :</b> (HPLC, NGSP certified)			
<b>Estimated Average Glucose :</b>	102.83	-	mg/dL

**Interpretation**

As per American Diabetes Association (ADA)

Reference Group	HbA1c in %
Non diabetic adults $\geq 18$ years	$< 5.7$
At risk (Prediabetes)	5.7 - 6.4
Diagnosing Diabetes	$\geq 6.5$
Therapeutic goals for glycemic control	Age $> 19$ years Goal of therapy: $< 7.0$ Action suggested: $> 8.0$ Age $< 19$ years Goal of therapy: $< 7.5$

**Note:**

1. Since HbA1c reflects long term fluctuations in the blood glucose concentration, a diabetic patient who is recently under good control may still have a high concentration of HbA1c. Converse is true for a diabetic previously under good control but now poorly controlled .
2. Target goals of  $< 7.0$  % may be beneficial in patients with short duration of diabetes, long life expectancy and no significant cardiovascular disease. In patients with significant complications of diabetes, limited life expectancy or extensive co-morbid conditions, targeting a goal of  $< 7.0$  % may not be appropriate.

**Comments**

HbA1c provides an index of average blood glucose levels over the past 8 - 12 weeks and is a much better indicator of long term glycemic control as compared to blood and urinary glucose determinations.

**ADA criteria for correlation between HbA1c & Mean plasma glucose levels.**

HbA1c(%)	Mean Plasma Glucose (mg/dL)
6	126
7	154
8	183
9	212

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25571

Test Description	Value(s)	Reference Range	Unit
10	240		
11	269		
12	298		

**Creatinine**

Creatinine 0.84 0.6 - 1.3 mg/dL  
Method : Serum, Jaffe

**Uric acid, Serum**

Uric Acid 4.69 3.4 - 7.0 mg/dL  
Method : Uricase, Colorimetric

**BUN, Serum**

BUN-Blood Urea Nitrogen 10 06 - 24 mg/dL  
Method : Serum, Urease

**Blood Group ABO & Rh Typing, Blood**

Blood Group (ABO typing) "B"  
Method : Manual-Hemagglutination  
RhD Factor (Rh Typing) Positive  
Method : Manual hemagglutination

**ESR, Erythrocyte Sedimentation Rate**

ESR - Erythrocyte Sedimentation Rate 16 0 - 20 mm/hr  
Method : EDTA Whole Blood, Manual Westergren

**Interpretation:**

- It indicates presence and intensity of an inflammatory process. It does not diagnose a specific disease. Changes in the ESR are more significant than the abnormal results of a single test.
- It is a prognostic test and used to monitor the course or response to treatment of diseases like tuberculosis, bacterial endocarditis, acute rheumatic fever, rheumatoid arthritis, SLE, Hodgkins disease, temporal arteritis and polymyalgia rheumatica.
- It is also increased in pregnancy, multiple myeloma, menstruation, and hypothyroidism.

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Test Description	Value(s)	Reference Range	Unit
<b>Thyroid Profile ( T3, T4, TSH )</b>			
T3-Total Method : CLIA	1.52	0.87 - 2.73	ng/dL
T4-Total Method : CLIA	8.32	6.09 - 12.23	ug/dL
TSH-Ultrasensitive Method : CLIA	2.14	0.45 - 4.5 First Trimester : 0.1-2.5 Second Trimester : 0.2-3.0 Third trimester : 0.3-3.0	uIU/mL

**Interpretation**

TSH	T3	T4	Suggested Interpretation for the Thyroid Function Tests Pattern
Raised	Within range	Within range	Raised Within Range Within Range .Isolated High TSH especially in the range of 4.7 to 15 mIU/ml is commonly associated with Physiological & Biological TSH Variability. Subclinical Autoimmune Hypothyroidism. Intermittent 14 therapy for hypothyroidism .Recovery phase after Non-Thyroidal illness"
Raised	Decreased	Decreased	Chronic Autoimmune Thyroiditis Post thyroidectomy, Post radioiodine Hypothyroid phase of transient thyroiditis"
Raised or within range	Raised	Raised or within range	Interfering antibodies to thyroid hormones (anti-TPO antibodies) Intermittent 14 therapy or T4 overdose •Drug interference- Amiodarone, Heparin, Beta blockers, steroids, anti-epileptics.
Decreased	Raised or within range	Raised or within range	Isolated Low TSH -especially in the range of 0.1 to 0.4 often seen in elderly & Range Range associated with Non-Thyroidal illness .Subclinical Hyperthyroidism .Thyroxine ingestion'
Decreased	Decreased	Decreased	Central Hypothyroidism .Non-Thyroidal illness .Recent treatment for Hyperthyroidism (TSH remains suppressed)"
Decreased	Raised	Raised	Primary Hyperthyroidism (Graves' disease). Multinodular goitre, Toxic nodule •Transient thyroiditis: Postpartum, Silent (lymphocytic), Postviral (granulomatous, subacute, DeQuervain's), Gestational thyrotoxicosis with hyperemesis gravidarum"
Decreased Within Rang	Raised	Within range	T3 toxicosis •Non-Thyroidal illness
Within range	Decreased	Within range	Isolated Low T3-often seen in elderly & associated Non-Thyroidal illness In elderly the drop in T3 level can be upto 25%.

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**Urine(R/M) Routine Examination of Urine**

**General Examination**

Colour	PALE YELLOW	Pale Yellow	
Transparency (Appearance)	CLEAR	Clear	
Deposit	Absent	Absent	
Reaction (pH)	Acidic 6.5	4.5 - 7.0	
Specific gravity	1.015	1.005 - 1.030	

**Chemical Examination**

Urine Protein (Albumin)	Absent	Absent	
Urine Glucose (Sugar)	Absent	Absent	

**Microscopic Examination**

Red blood cells	Absent	0-4	/hpf
Pus cells (WBCs)	0 - 5 /HPF	0-9	/hpf
Epithelial cells	1 - 2 /HPF	0-4	/hpf
Crystals	Absent	Absent	
Cast	Absent	Absent	
Bacteria	Absent	Absent	

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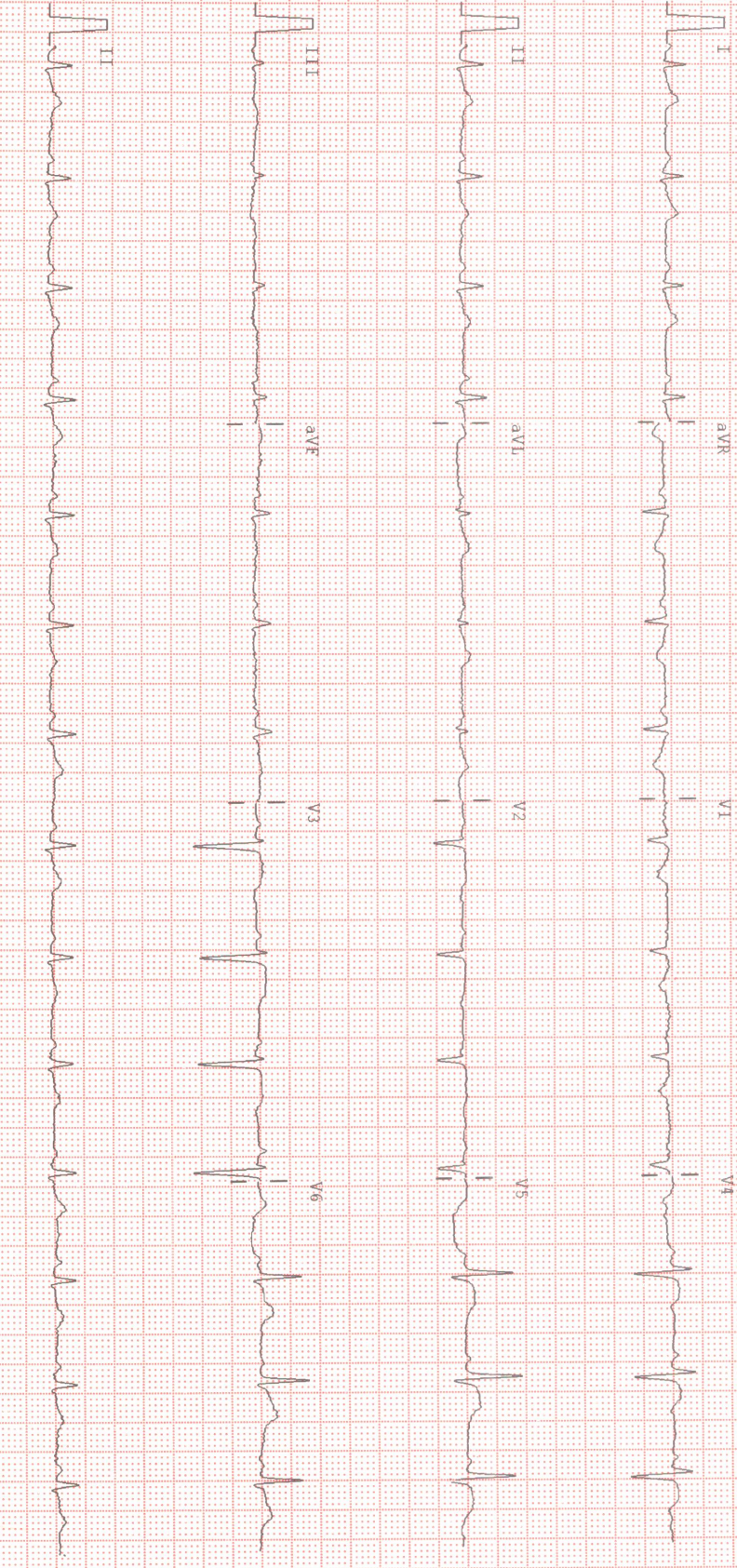
ID: 2418    CASE: PRABHA KAPUSHMA    MDJHI    10/08/2024 10:55:23  
AGE: 31 Y M D    CMS: K9    ZENA HEALHCARE  
PLOT-119, SAHIDNAGAR, BHUBANESWAR

DATE: 03/08/2024    STINOS RHYTHM  
P-R: 721 ms    POSSIBLE ANTERIOR INFARCT - AGE UNDETERMINED  
P-R: 132 ms    GENERALIZED LOW QRS VOLTAGES  
QRS: 80 ms  
QT: 356 ms  
QTc: 396 ms  
- AXIS -

P: 26°  
QRS: 45°  
T: 15°  
ABNORMAL ECG  
12 SL. REPORT FORMAT 3x4+1L SQ

REF:

Dr.



STINOS RHYTHM  
GENERALIZED LOW QRS VOLTAGES  
POSSIBLE ANTERIOR INFARCT - AGE UNDETERMINED





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Regd. No. : 1834

# ZENA HEALTHCARE SERVICES

(A Unit of Zena Enterprises)

NAME:-PRABHA KARISHMA MAJHI  
AGE:- 31YRS  
Patient ID:-05

REFERRAL:-MEDI WHEEL  
DATE:-10.08.2024  
SEX:-FEMALE

CHEST X-RAY PA VIEW SHOWS.

- Both side lung fields are clear.
- Trachea within normal limit.
- Both costophrenic cardiophrenic angle are clear.
- Cardiac shadow within normal limit.
- Media stinum in position

IMPRESSION:-NORMAL STUDY.

*B. Pradhan*

Dr. Bhagaban Pradhan  
M.D.(Radio diagnosis)

Consultant Radiologist

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Website : [www.zenacare.in](http://www.zenacare.in)

Wishing Good Health



Prabhakarishma Majhi

# MATERNITY CARE HOSPITAL

NAME: PRAVA KARISMA MAJHI

SONOGRAPHER : DR. PARUL PATI

AGE- 31Y/F

DATE-10/08/2024

## USG OF WHOLE ABDOMEN

**LIVER:** normal in size, shape and parenchymal echotexture. No. SOL seen. Intrahepatic biliary channels normal in caliber and contains no echogenic structure. Portal and hepatic vascular systems within normal limits. P. V. measures 7.3mm.

**Gall bladder-** Normal seen

**SPLEEN :** Normal in size, shape and parenchymal echotexture. Spleen measures 10.5cm.

**PANCREAS:** Normal in size, shape and parenchymal echotexture. Pancreatic duct not dilated.

**KIDNEYS:** Both the kidneys normal in size, shape and position. Renal cortical echotexture is within normal limits. Cortico medullary differentiation maintained. No evidence of any calculus or hydronephrosis on both sides. Pelvi-calyceal systems appear normal. No focal lesion seen.

- Left kidney measures: 9.8 x 6.4cms.
- Right kidney measures: 8.9 x 5.6cms.

**URETERS:** Both ureters not visualized (normal).

Appendix- not visualized.

**uterus :** *uterus is normal in size shape 62.61 X44.38X44.18MM size, and normal endometrium seen in cavity.*

**Ovary-** Right ovary polycystic *in echopattern*

**Left ovary falicular cyst seen**

**Cervix-***cervical canal normal , cervix normal.*

**POD-** *is free of fluid or sol.*

**Impression:**Right ovary pcos,Left ovary falicular cyst.

*Parul pati*

DR. PARUL PATI (O&G MD)

Regd. No: 5569

MATERNITY CARE HOSPITAL & IVF CENTER  
A-142/A-143, Sahid Nagar, Bhubaneswar

**ZENA HEALTHCARE**

SAHIDNAGAR, BHUBANESWAR

1111 / PRABHA KARISHMA MAJHI / 31 Yrs / Female / 157 Cm / 46 Kg

**6 x 2 + Rhythm**  
Recovery(1:00)



Date: 10 - 08 - 2024 11:39:32 AM METS : 1.1 HR : 165 Target HR : 87% of 189 BP : 124/84

ExTime : 08:09 1.1 mph/0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz





Date: 10 - 08 - 2024 11:39:32 AM METs : 1.0 HR : 124 Target HR : 66% of 189 BP : 122/82

ExTime : 08:09 0.0 mph/0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz



**ZENA HEALTHCARE**

SAHIDNAGAR, BHUBANESWAR

1111 / PRABHA KARISHMA MAJHI / 31 Yrs / Female / 157 Cm / 46 Kg

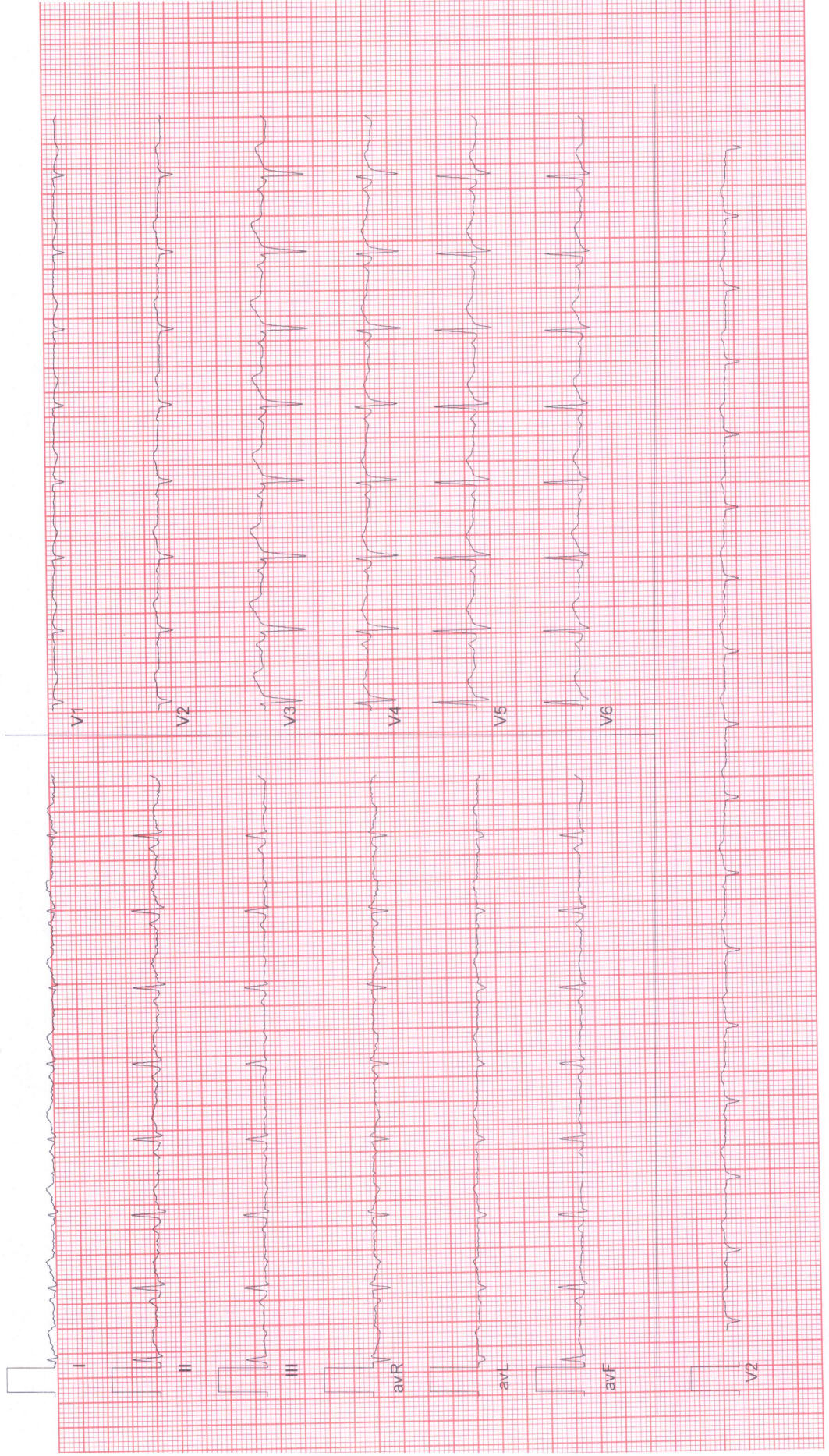
**6 x 2 + Rhythm**

BRUCE: Supine(0:32)



Date: 10 - 08 - 2024 11:39:32 AM METs : 1.0 HR : 95 Target HR : 50% of 189 BP : 120/80

Ex Time : 00:00 0.0 mph/0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz



**ZENA HEALTHCARE**

SAHIDNAGAR, BHUBANESWAR

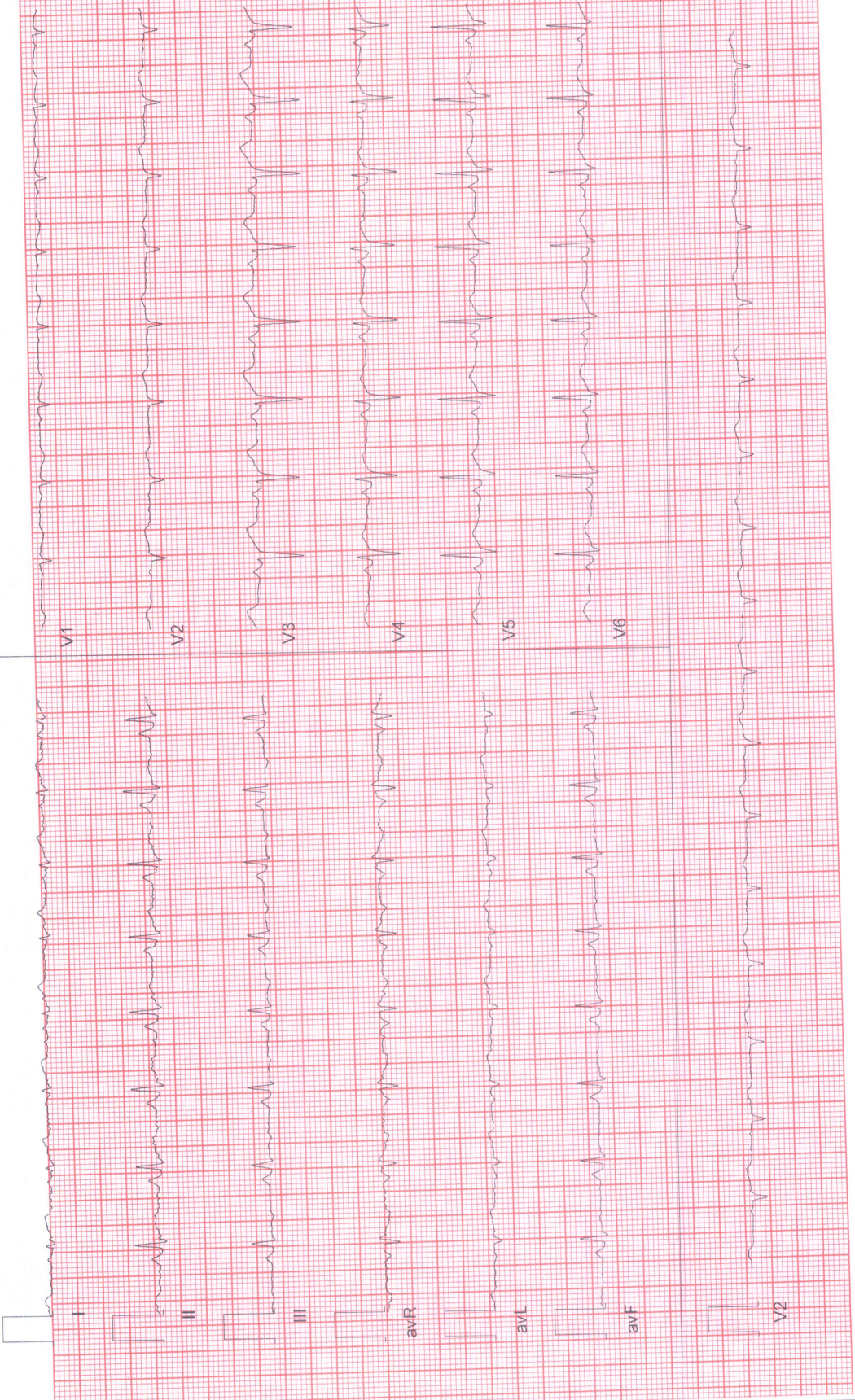
1111 / PRABHA KARISHMA MAJHI / 31 Yrs / Female / 157 Cm / 46 Kg

**6 x 2 + Rhythm**

BRUCE: Standing(0:22)



Date: 10 - 08 - 2024 11:39:32 AM METs : 1.0 HR : 92 Target HR : 49% of 189 BP : 120/80  
Ex Time : 00:00 0.0 mph 0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz

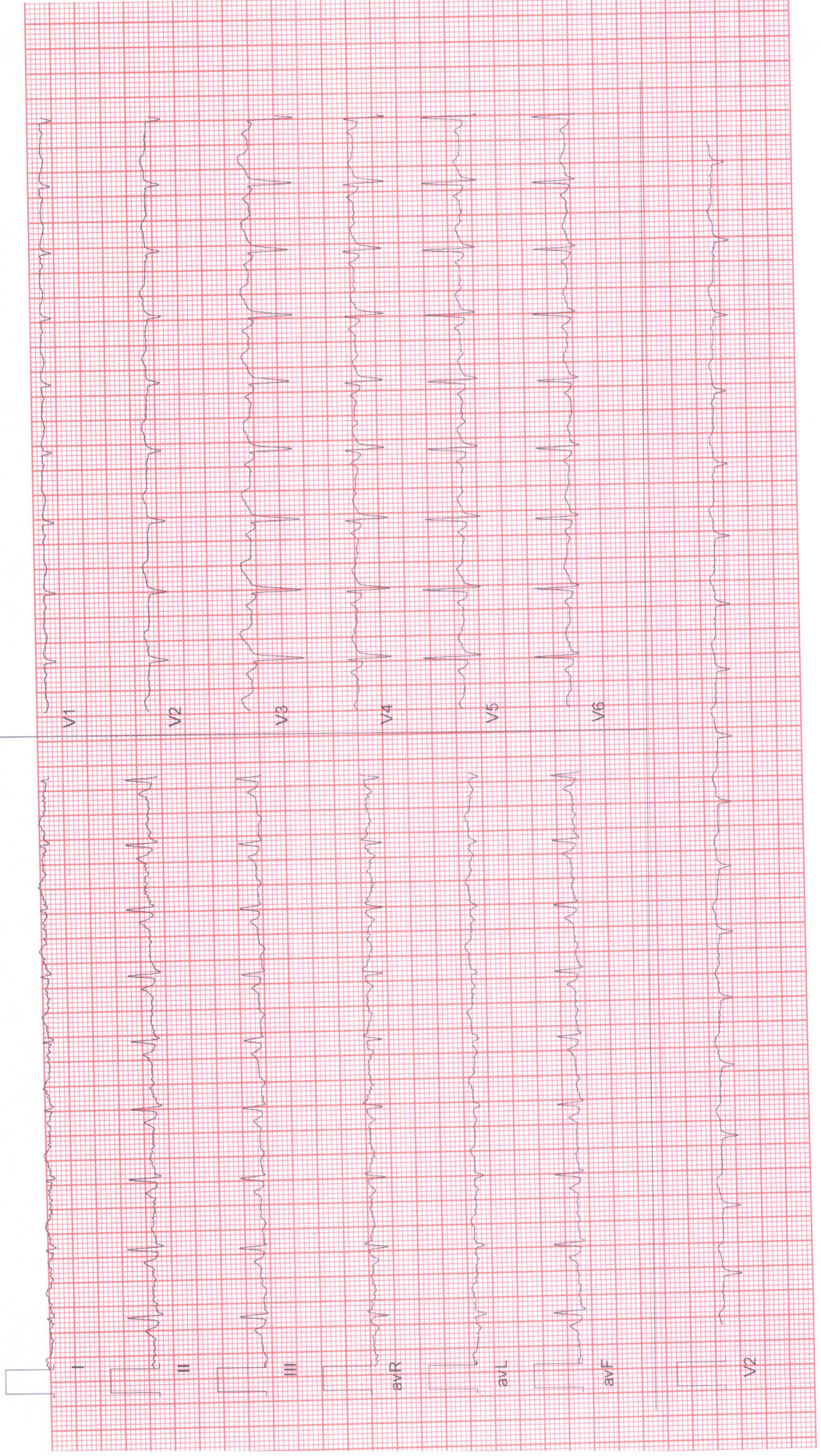


**ZENA HEALTHCARE**  
SAHIDNAGAR, BHUBANESWAR  
1111 / PRABHA KARISHMA MAJHI / 31 Yrs / Female / 157 Cm / 46 Kg

**6 x 2 + Rhythm**  
BRUCE:HV(0:15)



Date: 10 - 08 - 2024 11:39:32 AM METs : 1.0 HR : 104 Target HR : 55% of 189 BP : 120/80 Ex Time : 00:00 0.0 mph 0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz



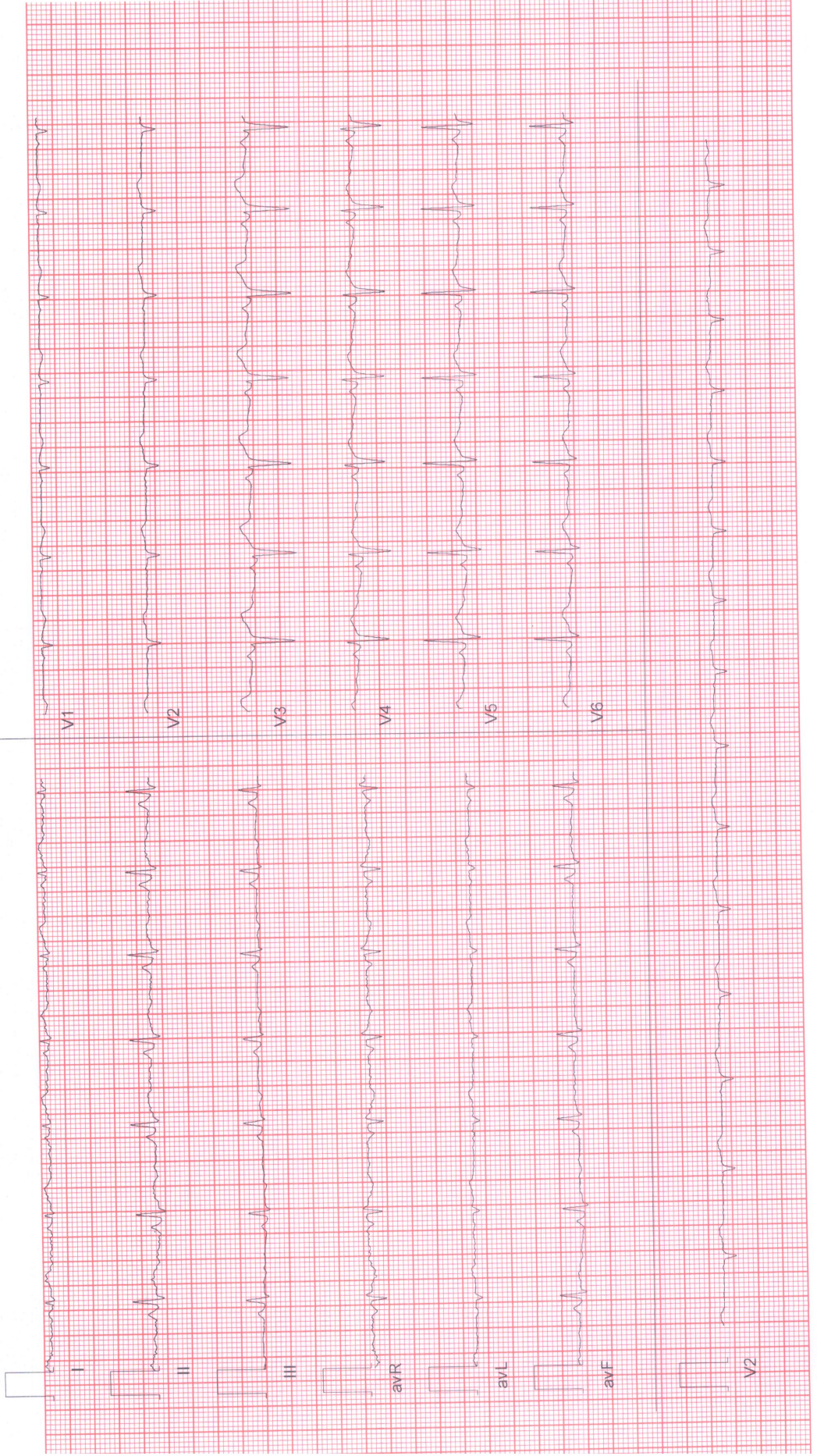


**ZENA HEALTHCARE**  
SAHIDNAGAR, BHUBANESWAR  
1111 / PRABHA KARISHMA MAJHI / 31 Yrs / Female / 157 Cm / 46 Kg

**6 x 2 + Rhythm**  
ExStart



Date: 10 - 08 - 2024 11:39:32 AM METs : 1.0 HR : 104 Target HR : 55% of 189 BP : 120/80  
Ex Time : 00:00 0.0 mph/0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz



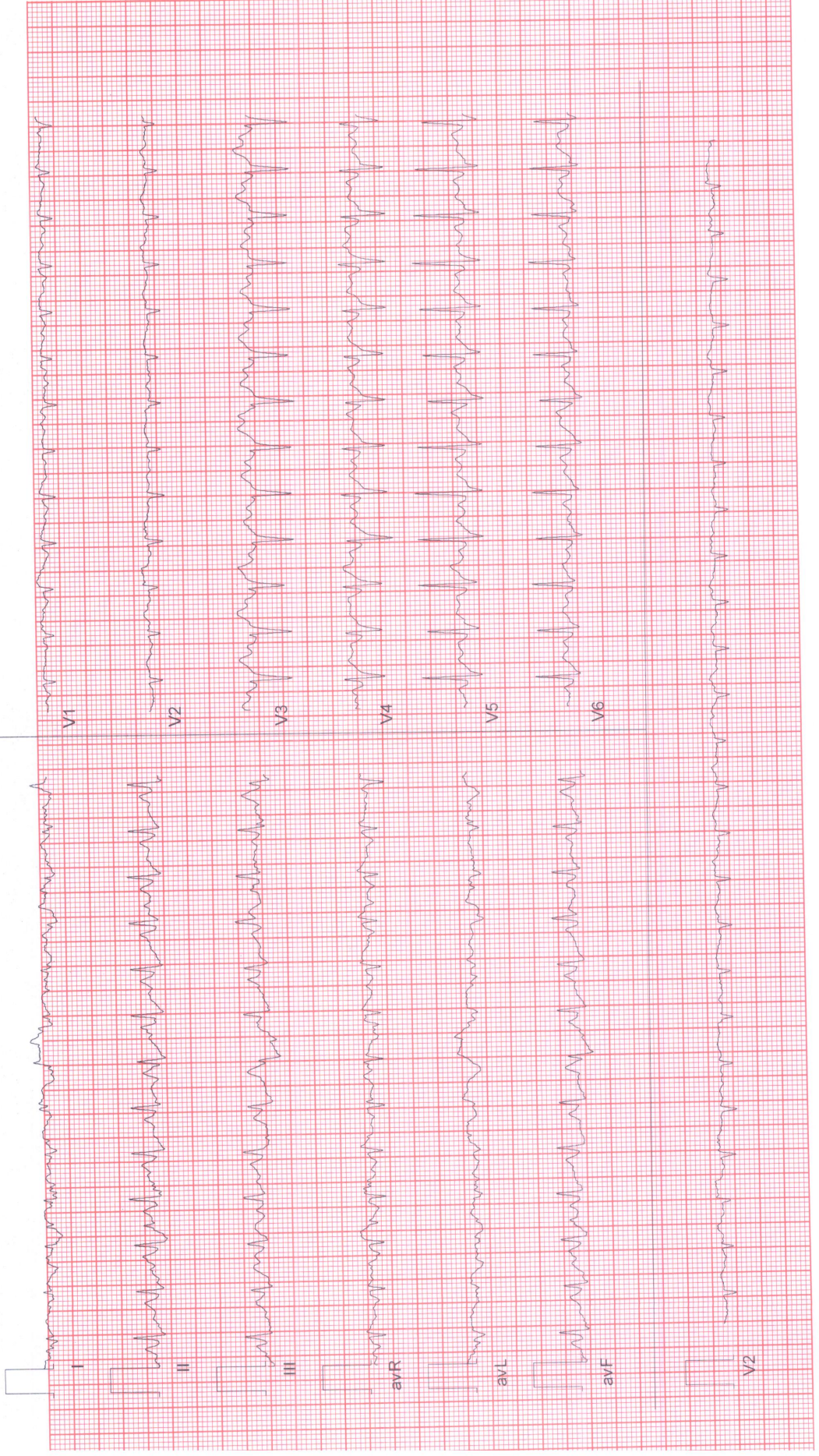
**ZENA HEALTHCARE**

SAHIDNAGAR, BHUBANESWAR  
1111 / PRABHA KARISHMA MAJHI / 31 Yrs / Female / 157 Cm / 46 Kg

**6 x 2 + Rhythm**  
BRUCE: Stage 1 (3:00)



Date: 10 - 08 - 2024 11:39:32 AM METs : 4.7 HR : 154 Target HR : 81% of 189 BP : 122/82 Ex Time : 03:00 1.7 mph/10.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz





Date: 10 - 08 - 2024 11:39:32 AM METs : 7.1 HR : 172 Target HR : 91% of 189 BP : 124/84 Ex Time : 06:00 2.5 mph 12.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Natch On/ HF 0.05 Hz/LF 35 Hz



**ZENA HEALTHCARE**

SAHIDNAGAR, BHUBANESWAR

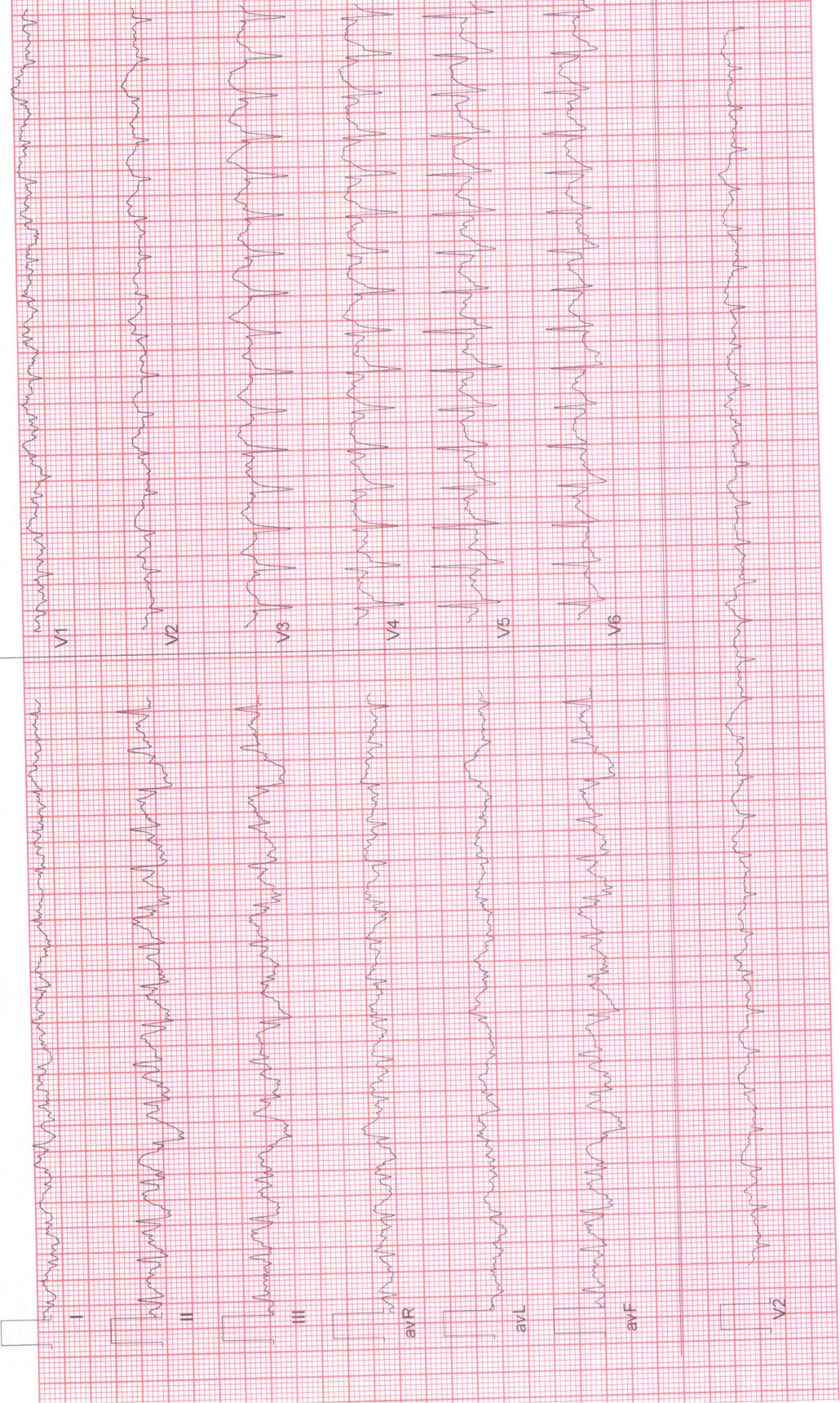
1111 / PRABHA KARISHMA MAJHI / 31 Yrs / Female / 157 Cm / 46 Kg

**6 x 2 + Rhythm**  
PeakEX



Date: 10 - 08 - 2024 11:39:32 AM METs : 9.3 HR : 186 Target HR : 98% of 189 BP : 126/86

Ex Time : 08:10 3.4 mph 14.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz



**ZENA HEALTHCARE**

SAHIDNAGAR, BHUBANESWAR

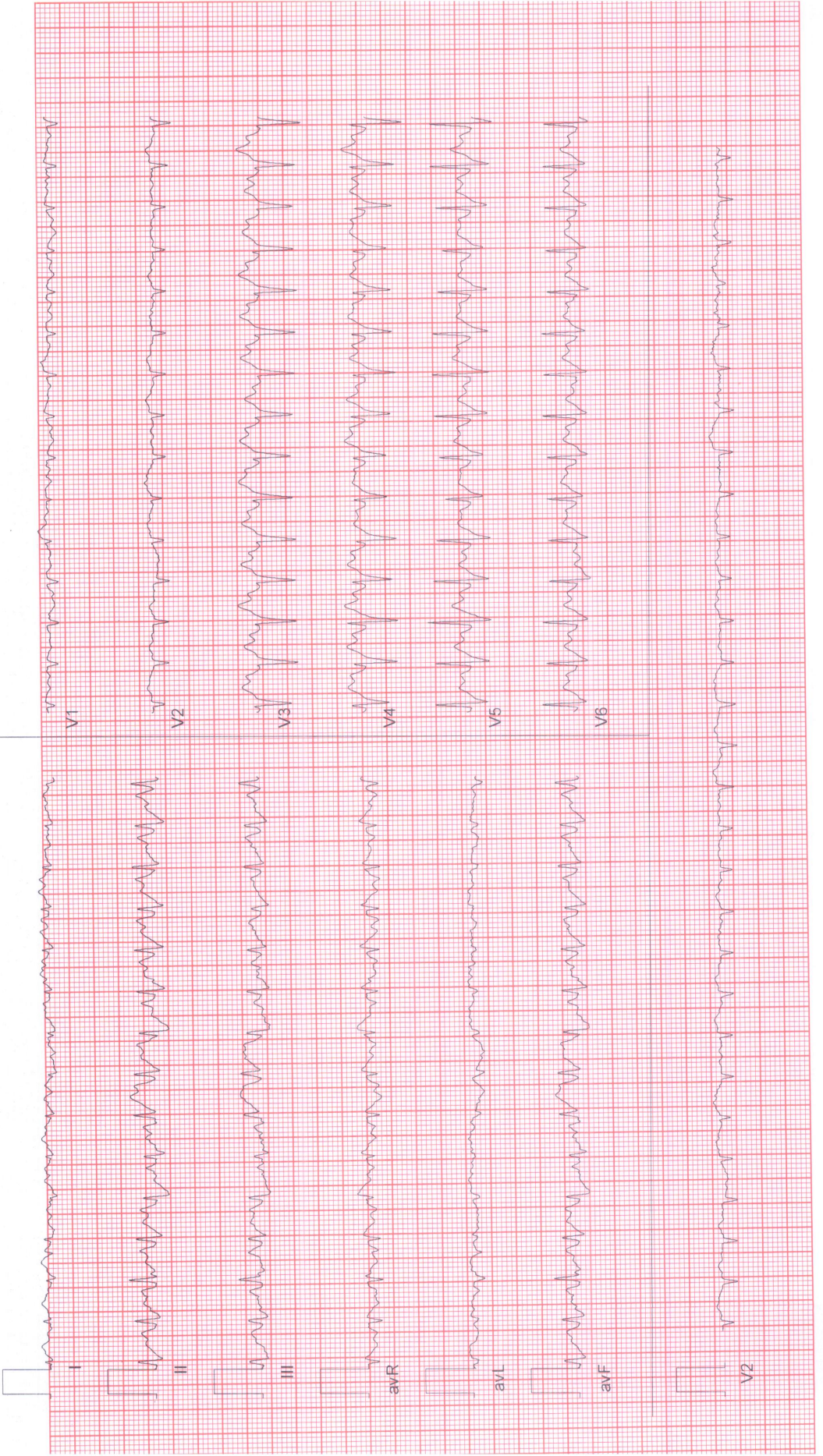
1111 / PRABHA KARISHMA MAJHI / 31 Yrs / Female / 157 Cm / 46 Kg

**6 x 2 + Rhythm**  
Recovery(0:30)



Date: 10 - 08 - 2024 11:39:32 AM METs : 4.1 HR : 172 Target HR : 91% of 189 BP : 126/86

Ex Time : 08:09 1.1 mph/0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz



ZENA HEALTHCARE  
SAHIDNAGAR, BHUBANESWAR

Report



1111 / PRABHA KARISHMA MAJHI / 31 Yrs / F / 157 Cms / 46 Kg Date: 10-Aug-2024 Refd By : MEDI WHEEL Examined By:

Stage	Time	Duration	Speed(mph)	Elevation	METS	Rate	%THR	BP	RPP	PVC	Comments
Supine	00:32	0:32	00.0	00.0	01.0	095	50 %	120/80	114	00	
Standing	00:54	0:22	00.0	00.0	01.0	092	49 %	120/80	110	00	
HV	01:08	0:14	00.0	00.0	01.0	104	55 %	120/80	124	00	
ExStart	01:26	0:18	00.0	00.0	01.0	104	55 %	120/80	124	00	
BRUCE Stage 1	04:26	3:00	01.7	10.0	04.7	154	81 %	122/82	187	00	
BRUCE Stage 2	07:26	3:00	02.5	12.0	07.1	172	91 %	124/84	213	00	
PeakEx	09:35	2:09	03.4	14.0	09.3	186	98 %	126/86	234	00	
Recovery	10:05	0:30	01.1	00.0	04.1	172	91 %	126/86	216	00	
Recovery	10:35	1:00	01.1	00.0	01.1	165	87 %	124/84	204	00	
Recovery	12:35	3:00	00.0	00.0	01.0	124	66 %	122/82	151	00	
Recovery	14:45	5:09	00.0	00.0	01.0	119	63 %	120/80	142	00	

**FINDINGS :**

Exercise Time : 08:09  
 Initial HR (ExStrt) : 104 bpm 55% of Target 189  
 Initial BP (ExStrt) : 120/80  
 Max WorkLoad Attained : 9.3 Good response to induced stress  
 Test End Reasons : Test Complete, Test Complete

Max HR Attained : 186 bpm 98% of Target 189  
 Max BP Attained : 126/86

**REPORT :**

