



DIANI BEACH HOSPITAL

Cardiac Fitness Assessment:

- Review of family and personal history.
- Complete physical examination (Blood Pressure, BMI, systemic examination).
- 12-lead ECG.
- X-ray of chest.
- Laboratory studies:
 1. Complete Haemogram.
 2. Blood grouping and typing.
 3. Erythrocyte Sedimentation Rate.
 4. Fasting and post-prandial blood sugars.
 5. Lipid profile.
 6. Liver function tests.
 7. Kidney function tests.
 8. Serum Amylase.
 9. Electrolytes.
- Urinalysis – Routine and microscopy.
- Complete written report with recommendations.