

# New York Heart Association (NYHA) classification

NYHA grading		MET*
Class I	No limitations. Ordinary physical activity does not cause undue fatigue, dyspnoea or palpitations (asymptomatic LV dysfunction).	>7
Class II	Slight limitation of physical activity. Ordinary physical activity results in fatigue, palpitation, dyspnoea or angina pectoris (mild CHF).	5
Class III	Marked limitation of physical activity. Less than ordinary physical activity leads to symptoms (moderate CHF).	2–3
Class IV	Unable to carry on any physical activity without discomfort. Symptoms of CHF present at rest (severe CHF).	1.6

\*MET (metabolic equivalent) is defined as the resting  $\text{VO}_2$  for a 40-year-old 70kg man.<sup>1</sup> MET = 3.5mL  $\text{O}_2$ /min/kg body weight.

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