6-Minute Walk Test Data Collection and Goal Setting Form

1. Name: _________________________________ 2. Date: __________________________ (mm-dd-yyyy)

3. Age: _________________________________ 4. Sex: □ Male □ Female

5. Screening for Contraindications:

Check the box if any of the following relative contraindications is present. Consult with a physician prior to proceeding with the test if one or more is checked:

- □ Resting HR > 120 bpm
- □ Resting HR < 60 bpm
- □ Resting systolic BP ≥ 160 mmHg
- □ Resting diastolic BP ≥ 100 mmHg
- □ Left main coronary stenosis or its equivalent
- □ Moderate stenotic valvular heart disease
- □ High-degree atrioventricular block
- □ Hypertrophic cardiomyopathy
- □ Significant pulmonary hypertension
- □ Advanced or complicated pregnancy
- □ Electrolyte abnormalities
- □ Orthopedic impairment that prevents walking

Complete for patients with stable exertional angina only:

- □ Patients with stable exertional angina have NOT taken anti-angina medication. Rescue nitrate medication is NOT readily available.

☐ Screening of relative contraindications completed

Check the box if any of the following absolute contraindications is present. Do not conduct the test if any one of the following is present:

- □ Myocardial infarction within 3-5 days
- □ Unstable angina
- □ Uncontrolled arrhythmias causing symptoms
- □ Syncope
- □ Active endocarditis
- □ Acute myocarditis or pericarditis
- □ Symptomatic severe aortic stenosis
- □ Uncontrolled heart failure
- □ Acute pulmonary embolus or pulmonary infarction
- □ Thrombosis of lower extremities
- □ Suspected dissecting aneurysm
- □ Uncontrolled asthma
- □ Pulmonary edema
- □ Oxygen saturation ≤ 85% on room air at rest†
- □ Acute respiratory failure
- □ Acute non-cardiopulmonary disorder that may affect exercise performance or be aggravated by exercise (i.e. infection, renal failure, thyrotoxicosis)
- □ Mental impairment leading to inability to cooperate

☐ Screening of absolute contraindications completed

* If this occurs, provide patient with supplemental oxygen.
† If a patient has a respiratory condition, oxygen saturation should be monitored throughout the 6MWT and the test stopped if the level falls below 80%.
6. Heart Rate, Perceived Exertion, and Blood Pressure Pre-test and Post-test

<table>
<thead>
<tr>
<th>Measure</th>
<th>Pre-Test (at rest)</th>
<th>Post-Test</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart rate</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rating of perceived exertion (0-10)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blood pressure (systolic/diastolic)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

7. Walking aid used:
- □ None
- □ Single point cane
- □ 2-wheeled walker
- □ Stable walker
- □ 4-point cane
- □ Hemi-walker
- □ Other: ____________________________

8. Orthosis used:
- □ None
- □ Rigid plastic (no joint)
- □ Rigid plastic (with joint)
- □ Other: ____________________________

9. Footwear (describe): ____________________________

10. Assistance Required to Walk: Circle the appropriate level

<table>
<thead>
<tr>
<th>Level</th>
<th>Description of Human Assistance Required to Walk</th>
</tr>
</thead>
<tbody>
<tr>
<td>INDEPENDENT</td>
<td>- Another person is not required for the activity (NO HELPER).</td>
</tr>
<tr>
<td></td>
<td>7 Complete Independence - All of the tasks which make up the activity are typically performed safely, without</td>
</tr>
<tr>
<td></td>
<td>modification, assistive devices, or aids, and within a reasonable amount of time.</td>
</tr>
<tr>
<td></td>
<td>6 Modified Independence - One or more of the following may be true: an assistive device (e.g., foot orthoses,</td>
</tr>
<tr>
<td></td>
<td>cane) is required to complete the task; the activity takes more than reasonable time (at least 3 times</td>
</tr>
<tr>
<td></td>
<td>longer than normal); or there are safety (risk) considerations.</td>
</tr>
<tr>
<td>DEPENDENT</td>
<td>- Another person is required for either supervision or physical assistance in order for the activity to be</td>
</tr>
<tr>
<td></td>
<td>performed, or it is not performed (REQUIRES HELPER).</td>
</tr>
<tr>
<td>Modified Dependence</td>
<td>- The client expends half (50%) or more of the effort. The levels of assistance required are:</td>
</tr>
<tr>
<td>5 Supervision</td>
<td>- The client requires no more help than standby supervision, cueing or coaxing, without physical contact.</td>
</tr>
<tr>
<td>4 Minimal Contact Assistance</td>
<td>- The client requires no more help than touching, and client expends 75% or more of the effort.</td>
</tr>
<tr>
<td>3 Moderate Assistance</td>
<td>- The client requires more help than touching, or expends half (50%) or more (up to 75%) of the effort.</td>
</tr>
<tr>
<td>Complete Dependence</td>
<td>- The client expends less than half (less than 50%) of the effort. Maximal or total assistance is required,</td>
</tr>
<tr>
<td></td>
<td>or the activity is not performed. The levels of assistance required are:</td>
</tr>
<tr>
<td>2 Maximal Assistance</td>
<td>- The client expends less than 50% of the effort, but at least 25%.</td>
</tr>
<tr>
<td>1 Total Assistance</td>
<td>- The client expends less than 25% of the effort, 2 persons are required for assistance, or the task is</td>
</tr>
<tr>
<td></td>
<td>not tested for safety reasons.</td>
</tr>
</tbody>
</table>
11. Premature Test Termination: □ Yes □ No

Time the test was stopped: __________________

Reason the test was stopped: □ Limb fatigue: L R UE LE □ Nausea
□ Shortness of breath □ Pain
□ Other: ____________________________________________

12. # Rests: ____________ Time patient stopped: ________ Time patient started: ____________

Time patient stopped: ________ Time patient started: ____________

13. Walkway length (metres): ____________

14. # Lengths Walked: ____________ Partial distance on final length (metres): ______

15. Distance walked in 6 minutes (metres): ____________

16. Age- and sex-specific norm (metres): ____________

17. Distance walked as % of norm: ____________

18. Short-term goal (to achieve in 2 weeks):

I will be able to walk ____________ metres on the 6MWT.

So that I can: __________________________________________________________(meaningful activity)

19. Long-term goal (to achieve in 6 weeks):

I will be able to walk ____________ metres on the 6MWT.

So that I can: __________________________________________________________(meaningful activity)

20. Comments:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

EXAMPLE: DOCUMENTING 6MWT PERFORMANCE IN THE PATIENT’S HEALTH RECORD

6MWT<sub>30m</sub> = 210 m (assistance=Level 5, quad cane, (L) AFO, running shoes, RPE pre/post: 0/4, HR pre/post: 66/79, BP pre-post: 101/70 - 107/63), 36% of norm (norm=574 m, Hill 2011), STG (2 weeks) = 241 m for drugstore visits, LTG (6 weeks) = 380 m for supermarket visits.