

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:

- | | |
|--|--|
| <input type="checkbox"/> Resting HR > 120 bpm | <input type="checkbox"/> High-degree atrioventricular block |
| <input type="checkbox"/> Resting HR < 60 bpm | <input type="checkbox"/> Hypertrophic cardiomyopathy |
| <input type="checkbox"/> Resting systolic BP \geq 160 mmHg | <input type="checkbox"/> Significant pulmonary hypertension |
| <input type="checkbox"/> Resting diastolic BP \geq 100 mm Hg | <input type="checkbox"/> Advanced or complicated pregnancy |
| <input type="checkbox"/> Left main coronary stenosis or its equivalent | <input type="checkbox"/> Electrolyte abnormalities |
| <input type="checkbox"/> Moderate stenotic valvular heart disease | <input type="checkbox"/> 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:

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

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

Measure	Pre-Test (at rest)	Post-Test
Heart rate		
Rating of perceived exertion (0-10)		
Blood pressure (systolic/diastolic)		

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

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

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_{30m} = 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.