

Equipment & Training Costs to Implement the 10-metre & 6-Minute Walk Tests

Table 1 provides equipment and training costs (tax not included) that will allow users to determine the total cost to implement the 10mWT and 6MWT based on equipment they already have and whether the iWalkAssess app is used to administer the walk tests. The costs in Table 1, although accurate at the time of writing, may change.

Table 1. Equipment and training costs to implement 10-metre and 6-minute walk tests

Item	# Units	Purpose	Cost
1-hour training sessions	3	Small group sessions to learn iWalk approach 3 hours x Hourly pay rate x Number of people	Depends on hourly pay
30-metre measuring tape	1	Walkway set up	\$29.99 ^a
Android cell phone for each user group	1	To download iWalkAssess to time walk tests, count lengths, interpret performance	\$79.99 ^b
Blood pressure monitor	1	6MWT screening	\$48.07 ^c
Chart audit	1	Chart retrieval: 10 minutes/chart x 5 charts/person x Number of people Chart review: 5 minutes/chart x Review of 5 charts/person x Number of people Prepare written summaries: 5 minutes/summary x Number of people	Depends on hourly pay
Electrical tape roll	1	Marking 10mWT walking distances on floor	\$0.99 ^d
Heart rate monitor	1	6MWT screening	\$34.95 ^e
iWalkAssess app	1 per therapist	Therapists can download to a smartphone	
iWalk guide	1 per therapist		Depends on cost to print the guide
iWalk video		Available on YouTube; a monitor connected to the Internet is needed to watch the video as a group	free
Label-maker	1	Marking 6MWT walking distances on wall	\$24.96 ^f
Measuring wheel	1		\$69.99 ^g
Mechanical length counter	1	Counting 6MWT lengths	\$13.21 ^h
Pylons	2	Marking walkway end-points	\$6.97 ⁱ
Reflection meeting	1	Meeting to review and discuss practice change: 0.5 hours x Hourly pay rate x Number of people	Depends on hourly pay
Smartphone lanyard	1 per therapist	Hands free option to conduct tests using a smartphone with iWalkAssess app	\$3.99 ^j
Stopwatch	1	Timing walk tests	\$22.99 ^k
Transfer belt	1	For patients at risk of falling to wear during walk tests	\$50.95 ^l

Abbreviations: 6MWT, 6-minute walk test; 10mWT, 10-metre walk test.

Footnotes:

- a. <http://www.canadiantire.ca/en/pdp/mastercraft-fibreglass-tape-0577018p.html#.VUuD9fIVhBc>
- b. <http://www.bestbuy.ca/en-ca/product/blu-dash-l3-unlocked-smartphone/10733775.aspx?>
- c. <https://www.walmart.ca/en/ip/physio-logic-essentia-blood-pressure-monitor-for-home-use-automatic/6000152506324>
- d. <http://www.canadiantire.ca/en/pdp/vinyl-electrical-tape-general-purpose-0528526p.html#.>
- e. VUuUKfIVhBc
- f. <http://www.bestbuy.ca/en-CA/category/heart-rate-monitors/33876.aspx?type=product&page=1&sortBy=price&sortDir=asc>
- g. http://www.staples.ca/en/DYMO-LetraTag-Plus-LT100H-Labeller/product_660790_2-CA_1_20001
- h. <http://www.canadiantire.ca/en/pdp/johnson-measuring-wheel-0577073p.html#srp> http://www.staples.ca/en/Staples-Tally-Counter/product_12367_2-CA_1_20001
- i. <https://www.walmart.ca/en/ip/cintex-9-sports-cones/6000125775352?rrid=richrelevance>
- j. https://www.amazon.com/Universal-Waterproof-Smartphone-Submersible-Cellphone/dp/B01M4FE3WJ/ref=sr_1_6?s=wireless&ie=UTF8&qid=1501009391&sr=1-6&refinements=p_36%3A2491155011%2Cp_n_shipping_option-bin%3A3242350011
- k. http://www.canadiantire.ca/en/pdp/tempo-stopwatch-0840794p.html#.VUuTu_IVhBc
- l. <https://www.orthocanada.com/en/padded-gait-belt>