

Six Minute Walk Test

Purpose of the six minute walk

The six-minute walk test is used as a basic functional evaluation of patients with chronic lung disease and is most used for assessing home oxygen needs.

What can I expect?

The test will be performed on a flat surface. The tester will walk behind the client. The patient will be encouraged to walk as much distance as they can for the six minutes. Patient talking is discouraged. The individual may rest as necessary.

The following parameters will be evaluated at the initiation of the test, then at three and six minutes. Heart rate and levels of perceived exertion and shortness of breath will also be recorded at these intervals.

	Start	3 Minutes	6 Minutes	3 min Recovery
Heart Rate				
Perceived Exertion				
Perceived Dyspnea				
Oxygen (L/M)				
Oxygen Saturation				
Patient's S/S				

Distance Covered: _____

Number of Rests:(Total time)_____

Supportive Device Used:_____

Comments: _____
