

6 MINUTE WALK TEST

During this test, an individual walks without physical assistance for 6 minutes and the distance is measured and oxygen level is measured with a pulse oximeter.

The nurse/technician will start timing when he/she instructs the patient to “Go”

Stop timing at 6 minutes

Assistive devices can be used but should be kept consistent and documented from test to test

The walk should be performed at the fastest speed possible

Set-up and equipment: Ensure the hallway free of obstacles, have stop watch available.

Patient Instructions (derived from references below):

“Cover as much ground as possible over 6 minutes. Walk continuously if possible, but do not be concerned if you need to slow down or stop to rest. The goal is to feel at the end of the test that more ground could not have been covered in the 6 minutes. “