

2 Minute and 6 Minute Walk Test Instructions

Pre-Test Measurements (Taken After at Least 10 Minutes of Rest):

- **Heart Rate:** Record the resting heart rate in beats per minute (bpm).
- **Blood Pressure:** Note the resting systolic and diastolic blood pressure in mm Hg.
- **Oxygen Saturation (SpO₂):** If measured, record the baseline SpO₂ percentage and note the regularity of the pulse and the quality of the oximeter signal.
- **Baseline Dyspnea (Borg Scale):** Ask the patient to rate their shortness of breath using the Borg scale (0-10) *before* starting the walk and record the number.
- **Baseline Fatigue (Borg Scale):** Ask the patient to rate their overall fatigue using the Borg scale (0-10) *before* starting the walk and record the number.
- **Contraindications Checklist:** Include a checklist to confirm the absence of absolute contraindications (unstable angina, recent myocardial infarction) and note any relative contraindications (resting heart rate > 120 bpm, systolic BP > 180 mm Hg, diastolic BP > 100 mm Hg) and if physician consultation occurred.

Test Procedure:

- **Corridor Length:** Record the length of the walking course used. The recommended course is 30 meters.
- **Walking Aids Used:** Note if the patient used any walking aids (e.g., cane, walker).
- **Number of Laps Completed:** Record the number of full laps the patient completed at 2-minute and 6-minute.
- **Additional Distance (Partial Lap):** Measure and record the additional distance in meters covered in the completed final partial lap.
- **Total Distance Walked:** Calculate and record the total distance walked in meters, rounded to the nearest meter.
- **Reasons for Stopping (if applicable):** If the test was stopped prematurely, note the time stopped and the reason (e.g., chest pain, intolerable dyspnea, leg cramps).

Post-Test Measurements:

- **Post-Walk Oxygen Saturation (SpO2):** If measured, record the SpO2 percentage immediately after the walk and at recovery at ten minutes.
- **Post-Walk Heart Rate (Optional):** If measured, record the heart rate in bpm immediately after the walk and at ten minutes.
- **Post-Walk Blood Pressure (Optional):** If measured, record the systolic and diastolic blood pressure in mm Hg immediately after the walk and at ten minutes.
- **Post-Walk Dyspnea (Borg Scale):** Ask the patient to rate their shortness of breath using the Borg scale (0-10) *immediately after* the walk and at ten minutes.
- **Post-Walk Fatigue (Borg Scale):** Ask the patient to rate their overall fatigue using the Borg scale (0-10) *immediately after* the walk and at recovery at ten minutes.
- **Patient Comments:** Note any comments from the patient about what kept them from walking further

THE BORG SCALE

- 0 Nothing at all
- 0.5 Very, very slight (just noticeable)
- 1 Very slight
- 2 Slight (light)
- 3 Moderate
- 4 Somewhat severe
- 5 Severe (heavy)
- 6
- 7 Very severe
- 8
- 9
- 10 Very, very severe (maximal)

This Borg scale should be printed on heavy paper (11 inches high and perhaps laminated) in 20-point type size. At the beginning of the 6-minute exercise, show the scale to the patient and ask the patient this: "Please grade your level of shortness of breath using this scale." Then ask this: "Please grade your level of fatigue using this scale."

At the end of the exercise, remind the patient of the breathing number that they chose before the exercise and ask the patient to grade their breathing level again. Then ask the patient to grade their level of fatigue, after reminding them of their grade before the exercise.