



Appendix A

Health Screen Questionnaire (HSQ)

The purpose of this HSQ is to identify any individual who may be at risk during the Six-Minute Walk Test.

Check “Yes” or “No” in response to the following questions:

1. During the past 12 months have you at any time (during physical activity or while resting) experienced pain, discomfort or pressure in your chest?
 Yes No
2. During the past 12 months have you experienced difficulty breathing or shortness of breath, dizziness, fainting, or blackout?
 Yes No
3. Have you ever been diagnosed or treated for any heart disease, heart murmur, chest pain (angina), palpitations (irregular beat), or heart attack?
 Yes No
4. Have you ever had heart surgery, angioplasty, or a pace maker, valve replacement, or heart transplant?
 Yes No
5. Have you had any arthritis, back trouble, hip /knee/joint /pain, or any other bone or joint condition within the past year that could be aggravated or made worse by the 6MWT?
 Yes No
6. Do you have personal experience or doctor’s advice of any other medical or physical reason that would prohibit you from taking the 6MWT?
 Yes No
7. Has your personal physician recommended against taking the 6MWT because of asthma, diabetes, epilepsy or elevated cholesterol or a hernia?
 Yes No

The questionnaire was directly modified from the USDA Forest Service/Department of the Interior HSQ (<http://wildlandfire.sd.gov/docs/WCT%20-%20HSQ.pdf>).

Signature

Printed Name

Date

Appendix B

Six-Minute Walk Test Protocol

6 Minute Walk Test (6MWT)

Set Up:

- Hallway or open area at least 12 meters long with smooth, consistent surface
- Mark start (0 meters) and turn around (12 meters)
- Object (e.g. cone) at each end for turnaround; turning area should be 49 in (124 cm) wide.
- Place chair at one end
- Allow patient to rest prior to starting the test

Instructions:

- “The aim of this test is to walk as far as possible in six minutes. You will walk back and forth in the hallway. Six minutes is a long time to walk, so you will be exerting yourself. You may get out of breath or become tired. You are allowed to slow down, to stop, and to rest as necessary. You may lean against the wall while resting but resume walking as soon as you are able. Are you ready to do that?”
- “Walk around the object at each end. I am going to use this counter to keep track of the laps you complete. Remember the aim is to walk as far as possible, but do not run or jog.” “Start now or when you are ready.”

Count laps and give standard encouragement:

- Encouragement is given after each minute of the test (e.g., “You’re doing a good job and you have 5 minutes left”, or “Keep up the good work. You have 4 minutes to go.”); no other communication should occur during the test.
- At 6 minutes: “Stop”
Distance (in meters) covered in six minutes is calculated by multiplying the number of total laps by 12 meters and adding the distance of the partial lap completed at the time the test ended.

Notes:

- Standing rests are OK, keep the timer going
- Document assistive device/bracing used and keep consistent between trials; if the patient no longer needs the device/ brace or has progressed to a less restrictive device/brace, the test should be repeated, and these changes documented.
- Document the level of physical assistance provided
(see instructions: 6 MWT & 10mWT: Documenting Level of Physical Assistance)