

## DAI 500.30.69 Oxygen Therapy

### Attachment A – Six Minute Walk Test Technique

Effective: 12/16/24

Flat, straight corridor 30 m (100 feet) in length
Turnaround points marked with a cone
Patient should wear comfortable clothes and shoes
Patient rests in chair for at least 10 minutes prior to test (ie, no warm-up period)
Heart rate and pulse oxygen saturation (SpO <sub>2</sub> ) should be monitored throughout the test
If the patient is using supplemental oxygen, record the flow rate and type of device
Have patient stand and rate baseline dyspnea and overall fatigue using Borg scale* <sup>[1]</sup>
Set lap counter to zero and timer to six minutes
Instruct the patient: Remember that the object is to walk AS FAR AS POSSIBLE for 6 minutes, but don't run or jog. Pivot briskly around the cone.
Standardized encouragement statements should be provided at one-minute intervals, such as "You are doing well. You have _ minutes to go" and "Keep up the good work. You have _ minutes to go."
At the end of the test, mark the spot where the patient stopped on the floor
If using a pulse oximeter, measure the pulse rate and SpO <sub>2</sub> and record
After the test record the Borg* <sup>[1]</sup> dyspnea and fatigue levels
Ask, "What, if anything, kept you from walking farther?"
Calculate the distance walked and record

#### References:

1. Borg GA. Psychophysical bases of perceived exertion. Med Sci Sports Exerc 1982; 14:377.
2. American Thoracic Society. ATS statement: Guidelines for the six-minute walk test. Am J Respir Crit Care Med 2002; 166:111.
3. Holland AE, Spruit MA, Troosters T, et al. An official European Respiratory Society/American Thoracic Society technical standard: field walking tests in chronic respiratory disease. Eur Respir J 2014; 44:1428.

## The modified Borg Scale for assessing the intensity of dyspnea or fatigue

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 exercise, show the scale to the patient and ask the patient this: "Please rate the intensity of your 'breathing discomfort' using this scale." Then ask this: "Please rate 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.

### Sources:

1. Reproduced with permission from: Borg GA. Psychophysical bases of perceived exertion. *Med Sci Sports Exerc* 1982; 14:377. Copyright © 1982 Lippincott Williams & Wilkins.
2. Reproduced with permission from: the American Thoracic Society. ATS statement: Guidelines for the six-minute walk test. *Am J Respir Crit Care Med* 2002; 166:111.