**1.0 SCOPE**

1.0 This SOP applies to the process of collecting the data trials on the 6 Minute Walk Test.

2.0 **DEFINITIONS**

3.0 **PROCEDURES**

3.0 Prep

3.0.1 Ensure the walking space is free of obstacles

3.0.2 A measured distance of 15m, marked with two cones. Note: the standard published distance for this test is 25m, however not every site was able to confirm they had a straight line distance of 25m, so a shorter distance was chosen to standardize across all sites.

3.0.3 Additional markers of distance can be used to help calculate total distance covered (i.e. distance markers at 5m, 10m, etc.)

3.0.4 Stopwatch for time keeping

3.1 Participant Prep

3.1.1 “Cover as much ground as possible over 6 minutes by walking from cone to cone. 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. When you come to each cone, be sure to go all the way around it.”

3.2 Data Collection

3.2.1 Participant walks without physical assistance for 6 minutes and the distance is measured

3.2.2 Start timing when the participant is instructed to “Go”

3.2.3 Stop timing at 6 minutes

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

3.2.5 If physical assistance is required to walk, this should not be performed

3.2.6 A measuring wheel is helpful to determine distance walked. Or if not available, distance markers can be placed along the course to help calculate distance traveled if full laps are not completed.

3.2.7 Should be performed at the fastest speed possible. The tester should use a counter to keep track of completed laps.

DATA COLLECTION FORM

Date: \_\_\_\_

Total Distance walked: \_\_\_ (m)

*Check if applicable:* \_ Assistive devices used

If checked, what assistive devices were used? \_\_\_\_

*Check if applicable:* \_ Physical Assistance required, test not performed

Notes:

An increase in the distance walked indicates improvement in basic mobility.

Reference

American Thoracic Society. ATS Statement: Guidelines for the Six-Minute Walk Test. Am J Respir Crit Care Med Vol 166. pp 111–117, 2002. DOI: 10.1164/rccm.166/1/111

Six Minute Walk Test / 6 Minute Walk Test. (2022, January 3). Physiopedia. Retrieved 1/25/2023 from https://www.physio-pedia.com/index.php?title=Six\_Minute\_Walk\_Test\_/\_6\_Minute\_Walk\_Test&oldid=290353.