



Client Name	
Address / Postal Code / Town	
Phone #	
PHIN / MHSC#	
Gender	
Date of Birth	

**HOME OXYGEN
CONCENTRATOR PROGRAM
BLINDED SIX (6) MINUTE WALK TEST**

DATE OF TEST: _____
(dd/mm/yyyy)

	Test on Medical Air _____ Litres/min				Test on Oxygen _____ Litres/min				
	O ₂ Sat	HR	RR*	Rest Taken and Reason	O ₂ Sat	HR	RR*	Rest Taken and Reason	
At Rest									
1 Minute									
2 Minute									
3 Minute									
4 Minute									
5 Minute									
6 Minute									
Recovery Assessment at rest on Medical Air _____ Litres/min					Recovery Assessment at rest on Oxygen _____ Litres/min				
1 Minute				Total Recovery Time to resting baseline: _____ min				Total Recovery Time to resting baseline: _____ min	
2 Minute									
3 Minute									
4 Minute									
5 Minute									
Total Distance Walked _____ meters					Total Distance Walked _____ meters				
_____ % Difference in Distance Walked**									

**HOME OXYGEN CONCENTRATOR PROGRAM
BLINDED SIX (6) MINUTE WALK TEST GUIDELINES**

Indications:

To assess the medical response to the intervention of oxygen.

Contraindications:

- Unstable angina during previous month
- Myocardial Infarction during previous month
- Resting heart rate > 120
- Systolic blood pressure > 180 mm Hg
- Diastolic blood pressure > 100 mm Hg.

Limiting Factors:

Reasons for immediately stopping test:

1. chest pain
2. intolerable dyspnea
3. leg cramps
4. staggering
5. diaphoresis
6. pale or ashen appearance
7. oxygen saturation of 80%

Performing Test:

Test-giver instructions:

Initial measurements, allowing minimum 10 minute rest period prior to assessment:

- Oxygen saturation
- Heart rate
- Respiratory Rate

Review contraindications

Instruct client they are to attempt to walk for six (6) minutes **at their own pace**.

Blinded Oximetry Testing

The client will perform two tests:

- Using oxygen
- Using medical air

Note: Blinded testing: The client will have no indication if using oxygen or air. Identical litre flow of each gas must be used for both tests.

Location: indoors, preferably a long flat surface without turnaround points, treadmills are not allowed

Time intervals: client can be notified at 2 minute time intervals but no encouragement should be given

Recovery Time: appropriate recovery time post each test allowing client to return to resting baseline.

Same Day testing: client allowed at least minimum 15 minute rest period between tests_

Different Day testing: tests should be performed less than one week apart.

Mobility aides: mobility aides required by client should be used.

Oxygen/air tanks: when possible, should be maneuvered by client.

Testing conditions: identical for both tests.

Timer/stop watch: should not be stopped during rest periods.

Document:

- rest periods
- reason for rests
- stopping test
 - document contributing factors
- mobility aides used
- who maneuvered the oxygen tank during the test
- oxygen saturation and heart rate at end of each minute walked and during recovery period
- respiratory rate at beginning/end of each test and during recovery period
- total distance walked for each test in meters
- % difference in total distance walked between test on compressed air and test on oxygen
- recovery time for client to reach resting baseline

Instructions to the client:

1. You should wear comfortable clothing and walking shoes
2. You should continue routine medication regimen
3. You should not eat a heavy meal prior to the testing
4. You will be performing two 6 minute walk tests with a rest period between each test
5. The test is for you to walk as far as possible in 6 minutes
6. You are allowed to rest if needed but should resume walking as soon as able