I. **Statement of Purpose**
To determine the patient’s toleration of ambulation with oxygen.

II. **Definitions**

III. **Statement of Policy**

IV. **Procedure**

4.1. Obtain order from physician or health care provider to perform 6 minute walk oximetry study.
4.2. Have the patient sit in a chair and obtain information needed from patient to complete the top of the 6 minute walk flow sheet.
4.3. Obtain baseline vitals on the patient and use the Borg scale for dyspnea.
4.4. Attach the oximeter to the patient and obtain baseline reading.
   4.4.1. If SPO2 is <88% at rest, seated or standing, then stop – no need to go further as the patient has demonstrated sufficient oxygen desaturation to qualify for oxygen.
   4.4.2. If O2 SPO2 is ≥88% at rest, seated or standing then proceed with 6 minute walk.
   4.4.3. If the patient is already on O2, then proceed with the 6 minute walk at the baseline oxygen flow rate of < 88%.
4.5. Place chair at the beginning and at the end of the hallway, this is 50 feet in one direction. Have the patient start walking at their own pace and time them with a stopwatch.
4.6. Continue to monitor the SPO2 throughout the walk. If the patient desats to 88% or less, then stop the test.
4.7. Walk the patient for 6 minutes and let the patient set the pace at which they normally walk.
4.7.1. If the patient stops to rest, continue recoding the time to 6 minutes, then total distance walked in 6 minutes. Also note time of rest, how often and why.

4.7.2. Determine oxygen flow rate to maintain the desired oxygen saturation. Adjust the oxygen until O2 saturation 88 – 90%, then continue 6 minute walking test. Start at 1 LPM with nasal cannula.

4.7.3. Allow saturation to stabilize at each level at least one minute.

4.7.4. Determine oxygen needs to keep oxygen saturation at 88%.

4.7.4.1. If the patient is on supplemental oxygen, decrease oxygen flow until a stable 88% saturation is reached over 3 minutes. Then begin a 6 minute walk while determining heart rate, symptoms, oximetry, and oxygen flow. If the oxygen saturation decreases to less than 88%, then increase the oxygen flow by one liter, allow to stabilize, then continue the walk. Continue increasing oxygen when stabilized over 1 to 2 minutes until the saturation stays stable at 88%.

4.8. If the patient tires, he/she may rest sitting in the chair. If unable to finish the walk, place the patient in a wheelchair and return to the setup room.

4.9. When the walk is complete, return the patient to the chair and monitor their SPO2 while the patient is recovering from the walk. Note the final O2 setting and O2 Sa O2.

4.10. Recheck the patient’s HR, RR, and use the Borg scale for dyspnea. Record the information on the 6 minute walk flow sheet. See attached.

4.11. Note any other findings on the flow sheet.

4.12. Remove the oximeter from the patient and discharge the patient.

4.13. Fax 6 minute walk flow sheet to the ordering physician and forward a copy to medical records they will file it in the electronic medical record.

Contraindications

5.1 Resting oxygen saturation less than 90%.

5.2 Heart attack, angioplasty, or heart surgery within the past 3 months.

5.3 Resting heart rate less than 50 or greater than 110.

5.4 Systolic blood pressure greater than 200 or diastolic blood pressure greater than 110.

5.5 Previous echo evidence of severe aortic stenosis

5.6 New or worsening symptoms of chest pain, shortening of breath, or fainting in the past 8 weeks.
# 6 MINUTE WALK FLOW SHEET

Date: ______________

Patient name: ____________________________   Patient MR #: ________________________

Gender: M/F   Age: _______   Height: _____ feet _____ inches   Weight: _______

Medications taken before the test (dose and time): ______________________________________

___________________________________________________

___________________________________________________

___________________________________________________

Supplemental oxygen during the test: No/ Yes Flow _______ L/min, type ___________________

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<th>Baseline</th>
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<tr>
<td>Time</td>
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<td>RR</td>
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<td>Heart Rate</td>
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Stopped or paused before 6 minutes? Y/N   Reason: ________________________________

Other symptoms at the end of exercise: Angina   Dizziness   Hip, leg, or calf pain

Distance walked in 6 minutes; __________________________________________________________

Therapist/Technician signature: ______________________________________________________