



SIX MINUTE WALK ASSESSMENT

Purpose: Objective tool done on admission and discharge. Measures distance while ambulating over a six minute time period. Patient is closely monitored during walk for physiological changes.

1. Start with pre walk vitals:

B/P	PULSE
HR	PULSE OX

2. Instruct patient to start ambulating, document start time

Start Time <hr style="width: 80%; margin: 5px auto;"/>
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3. Did the patient have any change in symptoms during the walk?

CIRCLE YES / NO

4. If Yes circled for #3, please indicate symptoms. Mark with X.

CHEST DISCOMFORT	
MARKED FATIGUE	
WORSENING OF SOB/DYSPNEA	
DIZZINESS	
SYNCOPE	
PALPATATIONS	

OTHER (DESCRIBE)

5. Indicate Stop Time, Total Minutes able to walk, Post Walk Vitals, Distance Walked

Post Walk Vitals

Distance Walked

Stop Time <hr style="width: 80%; margin: 5px auto;"/>
Total Minutes Walked

B/P	PULSE
HR	PULSE OX

<10 Ft	
10-20 Ft	
20-30 Ft	
40-50 Ft	
50-75 Ft	
75-100 Ft	
>100 Ft	