

Johns Hopkins Bayview Medical Center

GENERAL CLINICAL RESEARCH CENTER

Policy # 166

Six Minute Walk Procedure

Original Date: 03/19/04

Previous Date: None

Reviewed Date: None

Purpose: to outline the procedure for the Six Minute Walk test

Equipment: Measuring Wheel
Stop Watch

Procedure:

1. Verify that the protocol requires a Six minute walk test
2. Before you begin the test, make sure the measuring wheel is set on zero, Use a stop watch to record the 6 minutes.
3. Explain the procedure to the subject.
4. A sample introduction would be; “for this task, you will walk as far as possible in six minutes. When I say “GO” please begin walking and continue to walk until I say “STOP”. At that point stay where you are until I record the distance that you have walked”

If you experience chest pain, breathing problems, or other major problems, let me know immediately. It is important for you to walk the entire six minutes if possible. During the test I will not give you feedback regarding how much time has passed or how much time remains so please keep going as quickly as you can for as far as you can until I say “STOP”

Do you have any questions?”

Once the subject understands what they are required to do, please say to the subject: “When I say the word “GO”, I would like you to walk as far as you can in six minutes”.

5. Have the subject walk from one end of the hallway to the other in a circle. You will follow directly behind the subject with the measuring wheel placed on the floor recording the distance the subject has walked.
6. Record the distance walked at the exact spot the subject stops after the 6 minutes.
7. Record the number of stops the subject makes and any symptoms experienced

Reviewed by: General Clinical Research Center Advisory Committee

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