

6 Minute Walk Test Protocol



Lung
Foundation
Australia

when you can't breathe... nothing else matters®

Perform twice

At least 30 mins rest between tests or less than a week apart

Identical walking track for all tests for a patient

30m if possible

Standard instructions:

“The aim of this test is to walk as far as possible for 6 minutes. You will walk along this hallway between the markers, as many times as you can in 6 minutes. I will let you know as each minute goes past, and then at 6 minutes I will ask you to stop where you are. 6 minutes is a long time to walk, so you will be exerting yourself. You are permitted to slow down, to stop, and to rest as necessary, but please resume walking as soon as you are able. Remember that the objective is the walk AS FAR AS POSSIBLE for 6 minutes, but don't run or jog. Do you have any questions?”

Begin the test with:

“Start walking now”

During the test use the following standard encouragements:

- 1 min** “You are doing well. You have 5 minutes to go”.
- 2 min** “Keep up the good work. You have 4 minutes to go”.
- 3 min** “You are doing well. You are halfway”.
- 4 min** “Keep up the good work. You have only 2 minutes left”.
- 5 min** “You are doing well. You have only 1 minute to go”.
- 6 min** “Please stop where you are”.

If the patient stops during the 6 minutes:

- Record SpO₂% and HR
- Ask patient why they stopped and record
- Record time patient stopped
- Give the following encouragement and repeat every 30 seconds:
“Begin walking as soon as you feel able”

Adapted from Field walking test technical standards (Holland et al, 2014)

