

## Six Minute Walk Test Results Record

Appendix F

Patient Name:

Date:

Age:

MR #: \_\_\_\_\_

Medications:

Diagnoses:

FEV<sub>1</sub>:

FVC:

Predicted HRmax (220-age):

### Test #1

Date:

Time:

Bronchodilator / time since last dose:

BP	Supplemental Oxygen		Chest Aid	
Time (min)	SpO <sub>2</sub>	HR	Dyspnea	Flashes
Rest				
1				
2				
3				
4				
5				
6				
Recovery 1				
2				

Distance walked:

Limiting factor(s) to the test:

☐ SOB ☐ Low SpO<sub>2</sub>

☐ Leg fatigue

☐ Other (specify): \_\_\_\_\_

### Test #2

Date:

Time:

Bronchodilator / time since last dose:

BP	Supplemental Oxygen		Chest Aid	
Time (min)	SpO <sub>2</sub>	HR	Dyspnea	Flashes
Rest				
1				
2				
3				
4				
5				
6				
Recovery 1				
2				

Distance walked:

Limiting factor(s) to the test:

☐ SOB ☐ Low SpO<sub>2</sub>

☐ Leg fatigue

☐ Other (specify): \_\_\_\_\_

# 6 Minute Walk Test Forms

**Cynthia M. Otto,Erik Wilsson,Mia Cobb**

## **6 Minute Walk Test Forms:**

**Respiratory Care Clinical Competency Lab Manual** Sandra T Hinski, 2013-12-10 Respiratory Care Clinical Competency Lab Manual provides the practical skills needed to apply classroom theory to clinical practice This text has the flexibility to be used in conjunction with all other respiratory care titles as well as in other disciplines that require competencies in respiratory therapy With detailed step by step procedures supporting procedural illustrations hands on lab exercises case studies and critical thinking questions this text helps you understand and apply theoretical knowledge by demonstrating specific skills Procedural competency evaluation forms help you to assess your progress and performance of specific procedures Detailed structured lab activities provide hands on opportunities to assess psychomotor and patient communication skills in a controlled environment Content correlation to NBRC combined CRT RRT exam content outlines helps you better prepare for credentialing exams Step by step procedural competencies prepare you for the RT competency areas established by the American Association of Respiratory Care AARC and meet the national practice standards for patient care Up to date coverage of current technology equipment Clinical Practice Guidelines CPGs CPR guidelines and CDC recommendations and mass casualty disaster management equips you with the most state of the art training for respiratory care Integration of case based questions within the lab activities helps you develop and promote your critical thinking abilities UNIQUE Coverage of polysomnography addresses clinical evaluation in this expanding specialty area Over 200 images provide visual guidance on how to perform procedures UNIQUE Reality Check boxes arm you with practical knowledge on real world application of various procedures UNIQUE Tip boxes supply you with helpful pointers for the clinical arena Glossary of terms offers quick reference to terms presented in the text [Guidelines for Pulmonary Rehabilitation Programs](#) AACVPR, 2019-03-26 As the field of pulmonary rehabilitation has continued to advance and evolve standards for patient care and for programs have become increasingly important Guidelines for Pulmonary Rehabilitation Programs Fifth Edition With Web Resource offers the best practices for patient care and serves as the must have resource for programs to prepare for the American Association of Cardiovascular and Pulmonary Rehabilitation AACVPR pulmonary rehabilitation program certification Readers will learn to tailor individualized care for respiratory patients as well as to improve new programs or update existing programs For this revised fifth edition AACVPR has assembled an expert team of nationally and internationally recognized authors Together they present the individuated and interrelated components of pulmonary rehabilitation including initial and ongoing assessment collaborative self management education exercise training psychosocial support and outcome measurement Highlighted guidelines have been included throughout the book giving readers easy to find guidance for implementing treatment programs and helping patients stay on track Guidelines for Pulmonary Rehabilitation Programs Fifth Edition With Web Resource offers an evidence based review in several areas based on the rapid expansion of high quality scientific evidence since the last edition To learn best practices for care and program

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Reserve Andy Wallace at Duke and Ken Cooper in Dallas envisioned that a comprehensive lifestyle approach to the rehabilitation and prevention of patients having had a cardiac event would potentially yield great benefits for the individual patient and the health care system. Until that time the thought of vigorous exercise in the cardiac patient soon after an event was close to anathema. One of us WEK was introduced to Herman Hellerstein in Cleveland in the late 1960s when his father sought medical opinion from him for a cardiac condition. WEK was introduced to Andy Wallace in 1979 by which time the latter had started a multidisciplinary geographically regional cardiac rehabilitation program at Duke based upon consultations with Hellerstein and Cooper. By then cardiac rehabilitation was progressing beyond the vision of exercise only and since then the concept of cardiac rehabilitation has grown into the comprehensive multidisciplinary program that we know today and that we attempt to describe in this volume. The practice of cardiac rehabilitation has grown and metamorphosed in the last thirty years in parallel with the growth and metamorphosis of the practice of cardiovascular medicine. During the formative stages of cardiac rehabilitation the use of coronary care units was in its infancy. The coronary artery bypass operation was less than ten years old. The LIMA bypass had not been invented.

**Exercise And Sports Cardiology (In 3 Volumes)** Paul Davis Thompson, Antonio B Fernandez, 2018-04-24 Cardiac problems in athletic individuals are rare but when they occur can be devastating. This book provides a definitive review of current practice and thinking surrounding the often difficult and life changing practice of sports cardiology. Topics which remain a challenge for practitioners, athletes and families are investigated including cardiovascular screening, exercise participation, prescription and prevention strategies for sudden cardiac arrest. Also given are guidelines for diagnosis, management and prevention of specific cardiac illnesses. This second edition includes new information on a number of key issues surrounding modern sports and cardiology including the athlete at altitude, heat stress in athletes, exercise aspects of swimming and diving and ergogenics in the cardiac care of athletes. Additionally, further details are given on new research related to sports and exercise for individuals with implantable cardioverter defibrillators, advanced echocardiography in athletes and non-compaction cardiomyopathy. Building on the first edition, **Exercise and Sports Cardiology 2nd Edition** provides cardiologists, physicians, coaches, trainers and medical students and researchers with a comprehensive go-to reference for modern day concerns in the expanding field of sports cardiology research and treatment.

**Respiratory Care: Principles and Practice** Dean R. Hess, Neil R. MacIntyre, William F. Galvin, 2020-01-15 More than an introductory text, **Respiratory Care: Principles and Practice Fourth Edition** by Dean Hess is a comprehensive resource that will be referenced and utilized by students throughout their educational and professional careers.

**Senior Fitness Test Manual** Roberta E. Rikli, C. Jessie Jones, 2013 This work details a test that is suitable for measuring the fitness levels of older adults. It includes performance standards and tables for evaluating individuals according to their age and gender.

**Essentials of Cardiopulmonary Physical Therapy - E-Book** Ellen Hillegass, 2016-03-22 Improve your understanding of the cardiopulmonary system with

Essentials of Cardiopulmonary Physical Therapy 4th Edition Based on best practices prescribed in The Guide to Physical Therapist Practice this new edition provides comprehensive coverage of anatomy physiology and cardiopulmonary assessment along with expanded chapters on the growing topics of early mobilization of the ICU patient and acute care management Using a practical approach expert author Ellen Hillegass also discusses pathophysiology pharmacology and interventions in the outpatient setting Evidence based content reflects the latest research in the field and incorporates the use of ICF Material uses best practices defined by the American Physical Therapy Association Clinical tips give you real world hints and suggestions from practicing clinicians NEW Expanded chapters cover early mobilization of the ICU patient and acute care management NEW Updated references emphasize evidence based information from the text NEW Full color printing enhances text

**Physical Rehabilitation** Susan B O'Sullivan, Thomas J Schmitz, George Fulk, 2019-01-25 Rely on this comprehensive curriculum spanning text and reference now and throughout your career You ll find everything you need to know about the rehabilitation management of adult patients from integrating basic surgical medical and therapeutic interventions to how to select the most appropriate evaluation procedures develop rehabilitation goals and implement a treatment plan Online you ll find narrated full color video clips of patients in treatment including the initial examination interventions and outcomes for a variety of the conditions commonly seen in rehabilitation settings

Textbook for the Adult-Gerontology Acute Care Nurse Practitioner Valerie J. Fuller, Paula S. McCauley, 2023-02-13 Nearly 100 expert authors who discuss the evidence based gold standards for diagnostics and tests for optimal detection of multisystem disorders patient management and transitions of care In these chapters learners will gain greater understanding of the etiology and pathophysiology of acute and critical illnesses and the latest in advanced pharmacologic and nonpharmacologic therapies We congratulate the Editors and chapter authors for their efforts in developing a clearly outlined and accurate text for AGACNP use truly the first of its kind April N Kapu DNP APRN ACNP BC FAANP FCCM FAAN Associate Dean for Clinical and Community Partnerships Vanderbilt University School of Nursing Professor of Nursing Vanderbilt University School of Nursing 2021 2023 President American Association of Nurse Practitioners Ruth Kleinpell PhD APRN ACNP BC FAANP FAAN MCCM Associate Dean for Clinical Scholarship Vanderbilt University School of Nursing Professor of Nursing Vanderbilt University School of Nursing 2017 President Society of Critical Care Medicine Encompassing all of the knowledge required to fulfill AACN and NONPF competencies and scope of practice this comprehensive evidence based text is the first written specifically for Adult Gerontology Acute Care NP students and practitioners With contributions from over 100 respected practitioners in the field it encompasses the most current information on the evaluation diagnosis and management of common conditions and integrates advanced nursing practice competencies including leadership skills understanding of complex health care systems and interprofessional team practice The text is organized by body system for ease of reference Each chapter includes a review of the current standard of care for a particular topic including assessment differential

diagnostic modalities interprofessional collaboration evidence based treatment and goals for transitions of care Also covered are specific challenges and professional considerations in acute care Clinical pearls and key takeaway boxes are woven throughout to underscore essential information Special topics on palliative care pain and pain management are also covered Instructor resources include PowerPoints and a test bank Key Features A comprehensive acute care textbook written by NPs for NPs Organized by body system for ease of reference Integrates advanced nursing practice competencies Promotes leadership skills helps students to understand complex health care systems and embodies core principles of interprofessional team practice Includes clinical pearls key takeaway boxes evidence based practice resources Delivers robust teaching learning package

**Improving Critical Care Survivorship** Kimberley J. Haines,Joanne McPeake,Carla M. Sevin,2021-04-22 This book provides a comprehensive overview of improving critical care survivorship Comprised of four sections the text presents interventions that can be used to improve patient outcomes and reduce the burden of post intensive care syndrome across the arc of care from the ICU to returning home The first section of the text focuses on preventing adverse outcomes in the ICU with an emphasis on implementing early mobilization engaging and supporting families and employing various forms of therapy The second section revolves around enhancing recovery post ICU focusing on physical and neurocognitive rehabilitation programs peer support and poly pharmacy management Community reintegration is the subject of the third section with emphasis on socioeconomic reintegration healthcare utilization and volunteerism in ICU recovery The book concludes with a section on future considerations specifically spotlighting preliminary ideas that address long term sequelae and international collaboration to solve critical care challenges Written by experts in the field Improving Critical Care Survivorship A Guide for Prevention Recovery and Reintegration is a valuable resource for critical care clinicians and researchers interested in improving the quality of patient survival after ICU admission

**Cervical Myelopathy** Peter Passias,2015-02-28 Cervical Myelopathy is a comprehensive guide to the treatment of compression of the spinal cord in the neck as a result of spinal stenosis This book is edited by Pete Passias Adult and Paediatric Scoliosis and Spinal Deformity Specialist at the New York University Medical College ensuring authoritative content throughout The book is comprised of six sections divided into 24 chapters The introductory section covers the anatomy of the skull base and cervical spine and diagnosis of cervical myelopathy Further sections cover outcomes of conservative management and surgery diagnostic aetiologies surgical management cervical deformities and the setting of spine tumours Surgical procedures covered in the book include laminectomy laminoplasty and total disc replacement Cervical Myelopathy contains 300 full colour images further enhancing this guide for all orthopaedic surgeons Key Points Guide to treatment of compressed spinal cord in the neck Edited by Pete Passias Adult and Paediatric Scoliosis and Spinal Deformity Specialist at the New York University Medical College 300 full colour images

**Working Dogs: Form and Function, 2nd Edition** Cynthia M. Otto,Erik Wilsson,Mia Cobb,2020-03-27 Dogs partner with humans in a wide array of

work related disciplines As detectors guides guardians stock herders assistants and professional canine athletes there is demand for more scientific knowledge to enhance the performance and success of human and working dog partnerships This topic encompasses a holistic approach to the science of working dog performance The ability of a dog to complete tasks depends on their physical and behavioral traits their ability to exert themselves at various demanding tasks requires both physical and behavioral stamina agility and resilience The influence and interactions of genetics health environment and training are areas that can provide new insight to improve performance in current dogs and future generations The human impact on the success of the working dog team encompasses the human s physical psychological and analytic perspectives and the intersection of human and canine interspecies communication *Physiologic Basis of Respiratory Disease* Qutayba Hamid,2005 Accompanying CD ROM contains the complete text and illustrations in fully searchable PDF files Page 4 of cover

**Spinal Muscular Atrophy** Charlotte J Sumner,Sergey Paushkin,Chien-Ping Ko,2016-10-24 Spinal Muscular Atrophy Disease Mechanisms and Therapy provides the latest information on a condition that is characterized by motoneuron loss and muscle atrophy and is the leading genetic cause of infant mortality Since the identification of the gene responsible for SMA in 1995 there have been important advances in the basic understanding of disease mechanisms and in therapeutic development This book provides a comprehensive accounting of recent advances in basic and clinical research that covers SMA clinical features and standards of care multifaceted aspects of SMN protein functions and SMA disease pathology various animal models and biomarkers as well as current therapeutic development This title is ideal for graduate students postdocs and principal investigators who are already in the SMA field and need to keep updated on recent findings and approaches and for those who are new to or would like to join the field Likewise users will find an excellent source of reading for biotech pharma scientists clinical researchers and practitioners regulators and patients and their advocacy organizations Furthermore this book is a handy reference for researchers and clinicians who may want to apply the research strategies and therapeutic approaches in SMA to other rare diseases Provides comprehensive up to date reviews by leading investigators on diverse topics of SMA including clinical features and patient care SMN genetics and protein functions animal models disease pathology and mechanisms biomarkers current therapeutic development and the role of non profit organizations in therapeutic development Written to bridge multiple disciplines and promote better communications among basic scientists clinical researchers and health care providers on the latest developments in SMA Includes outstanding questions and perspectives for future investigations and key references for additional detailed study *Journal of Rehabilitation Research and Development* ,2009 **Pulmonary Function Testing** David A. Kaminsky,Charles G. Irvin,2018-10-04 This book serves as a unique comprehensive resource for physicians and scientists training in pulmonary medicine and learning about pulmonary function testing Pulmonary function testing and the physiological principles that underlie it are often poorly understood by medical students residents fellows and graduate students training in the medical sciences One reason is that



students tend to get overwhelmed by the basic mathematical descriptions that explain the working of the respiratory system and the principles of pulmonary function testing Another reason is that too many approaches focus on the math without explaining the clinical relevance of these principles and the laboratory testing that enables us to measure the very lung function that these principles are describing This book answers that need by providing a series of chapters that guide the reader in a natural order of learning about the respiratory system In particular after a general overview of the structure function design of the lung and the history of pulmonary function testing authors begin with the drive to breathe and then follow the pathway of air as it is drawn into the lung undergoes gas exchange and is then exhaled back out again Each chapter focuses on the key principles and corresponding pulmonary function tests that explain each step in this pathway Each chapter is written by at least two experts one with expertise in the underlying physiology and the other with expertise in the clinical testing and application of pulmonary function testing in practice Many figures and tables highlight key points and multiple case studies in each section provide specific examples of the clinical application of each pulmonary function test This is an ideal guide to pulmonary function tests for practicing pulmonologists residents fellows and medical students

**The Comprehensive Respiratory Therapist Exam Review - E-Book** James R. Sills, 2015-03-16 NEW Therapist Multiple Choice Exam TM CE practice test aligns with the new 2015 NBRC Written Exam UPDATED Revised content reflects the 2015 NBRC Detailed Content Outline and examination matrix so you know exactly what to expect on the exams and can review each of the areas covered on the matrix NEW More analysis type questions added to the end of chapter self study questions reflect changes in the matrix content outlines NEW Greater consistency in formulas abbreviations and equations achieved through aligning the text and Evolve site to comprehensive Abbreviation and Equation Glossaries EXPANDED 22 clinical simulations feature shortened sections and align with the new 2015 NBRC Clinical Simulation Exam in both study mode and exam mode giving you the opportunity to practice this difficult portion of the Registry Exam on Evolve NEW Standard Normal Range Guide features reference tables with normal values of various parameters used in respiratory care assessment EXPANDED New practice exams on Evolve including one 140 question TM CE with automatic scoring to delineate entry and advanced credentialing levels let you assess your understanding in both study untimed and exam timed modes [Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs](#) American Association of Cardiovascular & Pulmonary Rehabilitation, 2004 This edition addresses the cost effectiveness of interventions that educate and motivate patients to assume personal responsibility for long term disease prevention

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