



CLINICAL POLICY

Six (6) Minute Walk Test

A. EFFECTIVE DATE :

October 19, 2021

B. PURPOSE :

To determine the process for ordering and obtaining a 6 Minute Walk Test for outpatients.

C. POLICY :

1. A pulmonary function requisition must be completed prior to scheduling of test and must include all patient demographic information, diagnostic test ordered and ICD 10 code.
2. Informed consent is not needed for testing.

D. SCOPE :

All UCONN Health outpatient clinics

E. DEFINITIONS :

The **6 Minute Walk Test (6MWT)** measures the response to therapy in patients with severe cardiopulmonary disease. The 6MWT is performed on a flat surface, length of marked surface (orange cones) of 100ft. Incremental markers of 10 feet are needed to help measure distance walked at end of test.

F. MATERIAL(S) NEEDED :

Datascope monitor/oximeter

6MWT worksheet

Orange Cones

Timer

G. PROCEDURE :

1. The Pulmonary Clinic receives an order for a Six Minute Walk test from an UConn Health practitioner or other community provider.
2. The Pulmonary Office staff receives the order and schedules the patient for the 6MWT
3. On the day of testing, The Pulmonary Office staff will register the patient.
4. The Pulmonary Function Technologist will:
 - a. Bring the patient to the PFT Lab following implementation of the Safety Absolute for patient identification using 2 unique identifiers
 - b. Review the practitioner's order.
 - c. Arrive the patient in EPIC and transfer the patient's demographics to the testing software.
 - d. Review the patient's allergies and medication list.

- e. Explain the testing procedure to the patient. Read the 6MWT standard instruction to the patient
- f. Obtain baseline vitals (HR, SpO2, blood pressure and dyspnea and fatigue measures using BORG scale.
- g. Accompany patient on the 6 minute walk and record the distance
- h. Obtain and record vital signs and document patient and PFT tech comments in report
- i. Generate a report and send to EPIC
- j. Complete patient charges in EPIC upon test completion

H. ATTACHMENTS :

None

I. REFERENCES :

American Thoracic Society: Standardization of the measurement of Pulmonary Function
Manual of pulmonary function testing: Greg Ruppel

J. SEARCH WORDS :

6 minute walk, 6MWT, Six minute walk

K. ENFORCEMENT:

Violations of this policy or associated procedures may result in appropriate disciplinary measures in accordance with University By-Laws, General Rules of Conduct for All University Employees, applicable collective bargaining agreements, the University of Connecticut Student Code, other applicable University Policies, or as outlined in any procedures document related to this policy.

L. STAKEHOLDER APPROVALS :

On File

M. COMMITTEE APPROVALS :

None

N. FINAL APPROVAL :

- | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|
| <p>1. <u>Andrew Agwunobi, MD (Signed)</u>
Andrew Agwunobi, MD, MBA
UConn Health Chief Executive Officer</p> | <p><u>10/21/2021</u>
Date</p> |
| <p>2. <u>Anne D. Horbatuck, (Signed)</u>
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Clinical Policy Committee Co-Chair</p> | <p><u>10/21/2021</u>
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Clinical Policy Committee Co-Chair</p> | <p><u>10/21/2021</u>
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REVISION HISTORY :

Date Issued: 11/28/17

Date Revised:

Date Reviewed: 10/19/21