

6 Minute Walk Test — Self-Directed Quiz

1. What is the primary purpose of the 6-Minute Walk Test?

- A. To diagnose the cause of dyspnea on exertion
 - B. To measure functional exercise capacity
 - C. To determine peak oxygen uptake
 - D. To replace cardiopulmonary exercise testing
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2. Which of the following best describes how the 6MWT is performed?

- A. The patient walks on a treadmill while speed increases every 3 minutes
 - B. The patient walks up and down stairs until fatigue occurs
 - C. The patient walks back and forth along a measured flat corridor for 6 minutes
 - D. The patient completes spirometry before and after running
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3. Which patient population is commonly appropriate for the 6MWT?

- A. Patients with moderate to severe heart or lung disease
 - B. Healthy athletes only
 - C. Patients requiring only diagnostic bronchoscopy
 - D. Patients with no functional limitation
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4. Which of the following is an absolute contraindication to performing the 6MWT?

- A. Use of supplemental oxygen
 - B. Stable COPD
 - C. Unstable angina during the previous month
 - D. Age greater than 65 years
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5. Which of the following is listed as a reason to stop the 6MWT?

- A. Mild fatigue
 - B. Chest pain
 - C. Patient asks how much time is left
 - D. Oxygen saturation is being monitored
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6. What is the recommended walking course for the standard 6MWT?

- A. A treadmill course
 - B. A 10-meter shuttle course
 - C. A straight, flat, 100-foot hallway
 - D. A stairwell with handrails
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7. Why should the technician avoid walking with the patient during the 6MWT?

- A. It prevents measurement of blood pressure
 - B. It may influence the patient's pace and effort
 - C. It makes oxygen use impossible
 - D. It invalidates the Borg scale
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8. What is the purpose of using the Borg Scale during the 6MWT?

- A. To calculate the patient's exact oxygen consumption
 - B. To measure the patient's perceived exertion, dyspnea, and/or fatigue
 - C. To determine whether the patient qualifies for spirometry
 - D. To replace the need for post-test documentation
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9. What should be done if a patient stops to rest during the test but is willing to continue?

- A. Stop the timer until the patient begins walking again
 - B. Restart the test from the beginning
 - C. Allow the patient to rest, but do not stop the timer
 - D. End the test immediately and record a failed attempt
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10. How should 6MWT results generally be reported?

- A. Only as a pass/fail result
- B. As absolute distance walked, with comparison to prior testing when applicable
- C. Only as percent predicted
- D. Only by the patient's Borg score