

Attachment 34

Endurance 2 Minute Walk Test (2MWT)

Name of test: Endurance 2 Minute Walk Test (2MWT)

Estimated time burden: 5 minutes (including instructions)

Materials:

Laptop
Stopwatch
Measuring tape
Cones
Marker tape
Chair
Record sheet
Clipboard

Description:

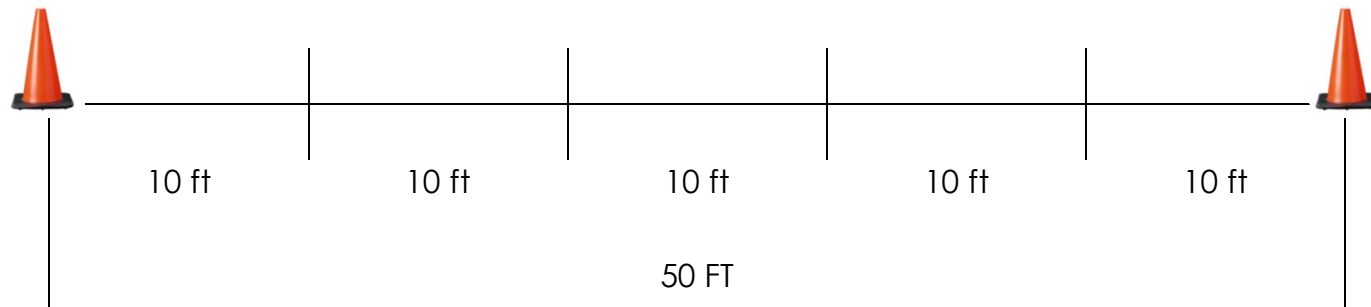
This measure of endurance is administered in an open hallway.

Set-up:

Before the participant arrives, the examiner should use tape to mark a 50-foot course with 10-foot intervals in a wide, flat, open area such as a hallway. The examiner should allow a minimum of 5 feet on each end of the course so that the participant has room to turn around the cone. Place a cone at either end of the

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course. Place a chair near the beginning of the course, in case the participant becomes fatigued and needs to rest. See the diagram below:



NOTE: the course itself may change but the participant will still be asked to walk for 2 minutes.

Administration Instructions:

The examiner should have the participant sit in the chair near the beginning of the walking course, while introducing the task with the following: **“This is an activity that shows how physically fit you are by seeing how far you can walk in 2 minutes. I will ask you to walk as fast as you can until I ask you to stop. I know this is hard for some people so don’t worry if you have to slow down or rest. If you do stop or slow down, start walking again as soon as you feel you are ready do so.”**

Ask, **“Is there any reason you cannot do the walk? Does anything hurt or are you in pain? What I would like here is to have you walk as far as you can in this short period of time.”** If the participant does not feel he or she can do this task, note this on the record sheet and continue with another measure.

Continue, **“You and I will not talk while you are walking because this might make you walk more slowly. I will, however, let you know how much time you have to walk and when you are almost done.”**

While demonstrating the first part of the task, say, **“Let me show you what you are going to do. You will start with your feet behind this line. When I say ‘Go,’ you will walk back and forth around the cones as fast as you can without running or hurting yourself. You will begin after I say ‘Ready, 3, 2, 1, Go!’ As you pass the**

cone, do not stop or slow down. When I tell you to stop, stop where you are on the path until I come to you."

Demonstrate task and say, "Watch me as I show you. You see that I am walking fast but not running and that I am not slowing or stopping when I pass the cone. Do you have any questions?" Answer the questions if necessary.

Ask the participant to walk the course once down and back; say, "Now you can practice. Walk the path, out and back one time; go around the cone without slowing down. Ready, 3, 2, 1, Go!" When the participant is finished, say, "Do you have any questions?" Answer any questions the participant has.

Continue, "This time, I will be timing you. Remember, when I say 'Go,' walk back and forth around the cones as fast as possible for 2 minutes without running or hurting yourself. Ready, 3, 2, 1, Go!"

The examiner should begin timing and marking off the laps on the lap grid as they are completed; specifically, each time the participant goes around a cone, mark off a number on the data sheet grid (all turns around the cone away from the examiner should be odd numbers and all turns around the cone nearest the examiner should be even numbers).

At the same time, the examiner should provide the following feedback**:

1 minute: "You are doing well. You have 1 minute to go." When the time reads 1:45, tell the participant: "In a moment, I'm going to ask you to stop. When I do, just stop right where you are and I will come to you." When 5 seconds remain, the examiner should count down: "5, 4, 3, 2, 1, Stop."

Put a piece of tape on the floor to mark where the participant ended; the tape should be placed in front of the participant's toes. Measure the distance from the last lap to the tape. Put this distance on the record sheet and later transfer it to the computer.

**If the participant is resting at the 1-minute reminder, encourage him/her to continue and change the statement to: "You have only 1 minute left. Rest as long as you need; start walking again as soon as you feel able to do so."