

Fitness Measurements (F18)

Chronic Kidney Disease in Children (CKiD)

SECTION A: GENERAL INFORMATION

A1. PARTICIPANT ID: AFFIX ID LABEL OR ENTER NUMBER IF ID LABEL IS NOT AVAILABLE

|_| - |_|_| - |_|_|_|

A2. CKiD VISIT #:

A3. FORM VERSION:

0 6 / 0 1 / 1 3a

A4. DATE OF VISIT:

___ / ___ / ___
M M D D Y Y Y Y

A5. FORM COMPLETED BY (INITIALS):

A6. Is the participant 6 years old and older?

Yes..... 1
No..... 2 (END Forms)

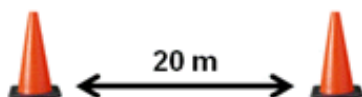
A7. Is the participant able to walk unassisted (i.e., without crutches, cane, leg brace, wheelchair)?

Yes..... 1
No..... 2 (END Forms)

Instructions:

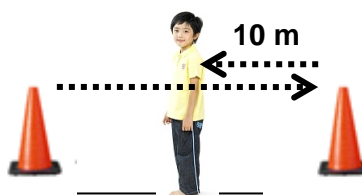
The purpose of this form is to assess the participant's fitness. The participant will complete a six (6) minute walk test. The 6 minute walk test is to find out how far the patient can walk in 6 minutes. Instruct the patient to walk like they are trying to get somewhere they really want to go, but emphasize that hopping, jumping, skipping, and running are not allowed. If the patient pauses before the end of the 6 minutes, encourage them to keep walking.

The length of the course must be 20 meters (one way) or 40 meters per lap. Put a strip of tape at the start and end of the course after you measure it. Place a narrow object (e.g., a cone) at the end of the track so that you can see the patient walk around it.



While the patient is walking, count the number of laps that are completed (1 lap= 40 meters). One complete lap consists of walking from the starting line to the end of the track, turning, and walking back to the starting line. At the end of 6 minutes tell the patient to stop walking. Mark where the patient stops and measure the distance of any partial lap from the beginning of the course to the stopping point (this number should be between 0 and 40 meters).

For example, if a patient walks from the starting line to the end of the track (20 meters), turns and walks back 10 meters before stopping, the distance of their final partial lap distance is 30 meters.



Total distance of partial lap = 30 m

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SECTION B: 6 MINUTE WALK TEST

B1. Did the participant complete the 6 minute walk test?

- Yes..... 1
No..... 2 (END FORM)

B2. Time of day the test was administered: _____ : _____ 1 = AM 2 = PM

B3. Length of course:

- 20 meters 1
Other 2 (END FORM)

B4. Did the participant take any asthma medications before the test?

- Yes..... 1
No..... 2

B5. 6 Minute Walk:

- a. Number of complete laps (1 lap=40 m): _____
b. Distance of final partial lap
(number between 0.00 - 39.99 m): _____ . _____ (m)

Note: Please record the distance of the final partial lap to the nearest centimeter (1cm = 0.01m so record to the second decimal place).

Record the number of meters (0-39) before the decimal point and the number of centimeters (0-99) after the decimal point as shown in the table below:

Examples of how to record partial lap measurements:

Partial lap distance measured:	Measurement as recorded on form:
25 meters and 30 centimeters	<u>2</u> <u>5</u> . <u>3</u> <u>0</u> (m)
Exactly 10 meters	<u>1</u> <u>0</u> . <u>0</u> <u>0</u> (m)
50 centimeters	<u>0</u> <u>0</u> . <u>5</u> <u>0</u> (m)
3 meters and 6 centimeters	<u>0</u> <u>3</u> . <u>0</u> <u>6</u> (m)

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B6. a. Did the participant stop or pause before the end of the 6 minutes?

Yes 1

No 2 **(Skip to B6b)**

i. Reason: _____

b. Did the participant identify any obstacles that prevented him/her from walking farther?

Yes 1 **(Skip to B6c)**

No 2 **(END FORM)**

c. Indicate which of the following obstacles were experienced during the 6 minute walk test. Circle "yes" to all that apply and "no" if not applicable.

	<u>Yes</u>	<u>No</u>
1. Participant/family refused.....	1	2
2. Shortness of breath.....	1	2
3. Pain.....	1	2
4. Hallway too crowded.....	1	2
5. Improper shoes.....	1	2
6. Embarrassed	1	2
7. Other.....	1	2

i. Specify: _____