



INSTRUCTIONS FOR THE TWO MINUTE WALK (TMW) FORM

I. General Instructions

The Two Minute Walk Eligibility (TME) form must be completed before starting the Two Minute Walk (TMW) form. The weight loss questions should be completed even if the participant is not eligible for the TMW test.

Read the Script: “Next I will ask you a few questions about weight loss.”

The time frame for this question is 12 months prior to the interview.

The TMW form includes questions on weight loss followed by the two-minute walk test. The TMW form should be completed in the order written, with the weight loss questions asked first. Other seated tasks should be administered prior to completing the TMW form, providing a brief rest period before beginning the two minute walk.

Footwear: To reduce the effect of different footwear on test performance, the TMW should be performed in tennis shoes or comfortable walking shoes with minimal or no heels. The participant should be instructed during the pre-visit instructions to wear or bring comfortable walking shoes to the clinic.

II. Detailed Instructions for Each Item

1. Read the question as written. If the response to Question 1 is YES, go to Question 2.

If the response to Question 1 is NO, go to Question 3a. If the participant does not know if more than 10 pounds have been lost during the last 12 months, enter ‘Unknown’ for Question 1 and go to Question 3 to determine if the participant was trying to lose weight. This will be informative when combined with objective measures of weight from the clinic exams.

2. If more than 10 pounds were lost (Yes to Question 1), ask how much lower the weight is now than one year ago (Question 2) and go to Question 3. If more than 10 pounds were lost in the last 12 months (YES to Question 1), but more than 10 pounds were regained during the same time period, code ‘0’ in Question 2 to indicate that the participant’s current weight is not lower, but the same or higher than it was a year ago. If the participant reported losing more than 10 pounds in the last 12 months (YES to Q1) and gained back weight, but not as much as they lost, the net result of their loss/gain is recorded in Q2. For example, if they lost 20 pounds in the last 12 months and regained 15 pounds during the same time period, ‘5’ should be recorded in Q2. The weight (loss) reported should be recorded in pounds as integers (and no decimal places) in Question 2. If the difference in weight is reported in fractions of a pound, please round down, without engaging the respondent for clarification; e.g., 0.5 pounds should be recorded as 0; 1.5 pounds should be recorded as 1.

3. Question 3: Read the question, recording whether the participant was trying to lose weight or not.

Click 'Save and Reload' to populate current visit data before proceeding to item 3a.

3a. This item is system generated by CDART **after selecting the 'Save and Reload' button**. The TME form must be completed before Question 3a is able to calculate eligibility for the two minute walk.

If the participant is eligible for the two minute walk, then conduct the two minute walk and go to question 8. If the participant is not eligible for the two minute walk, then proceed to Closing Script A and save and close the TMW form.

If a value of "Q" is generated, then the TME form has not been completed fully and will need to be completed before question 3a can calculate eligibility.

4. No Longer Used

5. No Longer Used

6. No Longer Used

7. No Longer Used

Questions 8-12 related to the testing procedure for participants who are not excluded from the two minute walk test. Start timing the participant when the first foot crosses the start line, before making first footfall.

Read the script as written. Only provide encouragement as directed, but do encourage participants as instructed at one minute and, if the participant rests during the test, during the rest period using the script provided.

Before you begin, tear off a piece of tape to mark the floor behind the participant's heel when the test ends. After 1 minute, 45 seconds into the test, let the participant know the test is about to end by reading the script "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". Walk to the participant, counting down the last 5 seconds and say "Stop". Place the tape on the floor behind the participant's heel that is on the floor.

If a participant rests during the two minutes, make note of the time s/he stopped walking. If they do not resume walking, this time will be entered in question 12.

During the test, cross off a number each time the participant rounds a cone. When s/he is away from the start line, the number should be an odd number. The number will be even when rounding a cone at the start line. The participant must walk around the cones on each end; "figure 8s" are not allowed.

8. Write in the number of cones the participant rounded (these should have been marked off as above) during the two minutes.
9. Measure the distance in feet from the last cone the participant passed to the edge of the tape touching the participant's heel. Enter the distance (in feet) using whole numbers. If the distance is 6 inches or more beyond a foot marker, round up. Otherwise, round down.
10. Record Y if participant stopped during the two minute walk test and N if s/he did not stop.
11. Select the completion status of the two minute walk and follow the prompt indicating which question to go to next. If participants do not believe they can complete the task, record "Not attempted, unable". If they report being unable specifically due to arthritis or pain in joints, record as "Not attempted due to pain in in hips, back, legs, or feet". If "Not attempted, other reason" is selected, including technical problems, provide a brief reason

in question 11a. If participants started the walk but do not complete the walk, mark “Attempted, unable to complete” then go to question 12.

Those who walked for the full two minutes should be recorded “Completed 2 minutes”. Go to Question 13.

12. For participants who begin the walk but do not walk for two minutes, record the time walked in minutes and seconds.

13. Enter comments about unusual or special circumstances in the text field as needed.

Symptoms during/after the TMW: Participants could experience symptoms during the walk. If mild symptoms occur, tell the participant to slow down. If chest pain, pressure or tightness occurs, quickly approach the participant, mark the stopping distance and record the time and distance. Assist the participant to a chair, or if necessary take a chair to the participant. If the participant confirms chest pain or pressure/tightness after resting for 5 minutes notify the nursing or medical staff on site. Symptoms of chest pain, tightness, or pressure with walking that do not resolve with rest are considered a medical emergency. Even if the symptoms resolve with rest this should be reported to the participant and, with the participant’s authorization, to the physician of record as an alert. If the reason for stopping is chest pain, tightness, or pressure, discontinue the test and do not resume.

Except for chest pain/pressure/tightness, the test should not be stopped cold. Participants may resume walking from the marked stopping location if symptoms such as flushing, shortness of breath, cramping, or fatigue resolve and they are willing. Participants can resume walking at the faster pace or continue with the slower pace during the remainder of the walk after a rest period. Always record the reason for stopping the walk on the data collection form.