Prescription

6MWT - The Six-Minute Walk Test

Every patient should be appropriately titrated using the prescribed ambulatory oxygen system during a Six-Minute Walk Test (6MWT) to ensure the patient is adequately oxygenated at all activity levels.

1. WHAT IS THE 6MWT?

The Six-Minute Walk Test is for measuring the response to medical interventions in patients with moderate to severe heart or lung disease. It is very useful to prescript the suitable respiratory product for every patient.

2. HOW IS THE TEST DONE?

Patients have to walk as far as possible for 6 minutes along a flat circuit delimited by cones, although they are permitted to stop, slow down or rest as necessary. Doctors have to monitor patients in order to execute the test properly.

3. HOW ARE RESULTS MEASURED?

The results of the 6MWT are measured according to the Borg Scale, from 0 (no respiratory problems at all) to 10 (very, very severe respiratory problems). You can find the complete scale in the document below.

Find the suitable Oxygen product for every patient

Patient activity	Oxygen needs	Oxygen system		Pulsed/Continuous
ACTIVE	Pulse dose delivery 4 settings; 3 in 1 carry bag	Only 2,22 kg with one battery	Platinum mobile 	⎍
	Continuous Flow 0.25-6 LMP or variable pulse dose	Refillable cylinder system weighing less than 2.6 kg	HomeFill II 	⎍ + ≈
SEDENTARY	Continuous Flow 1-9 LPM	High Flow stationary concentrator	Platinum 9 	≈
	Continous Flow 0.5-5 LPM	Low Flow stationary concentrator	Perfecto2 V 	≈

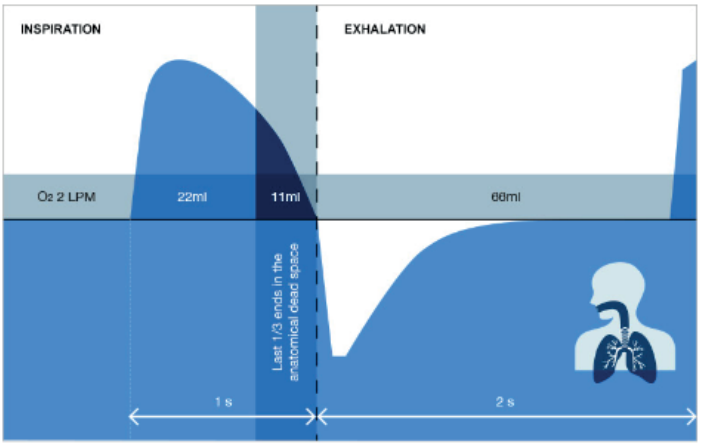
Clinical aspects

The following graphs are included to explain in detail the benefits of the Oxygen Therapy by Invacare. Experts and patients can find here the comparisons between the continuous and the pulse dose delivery systems.

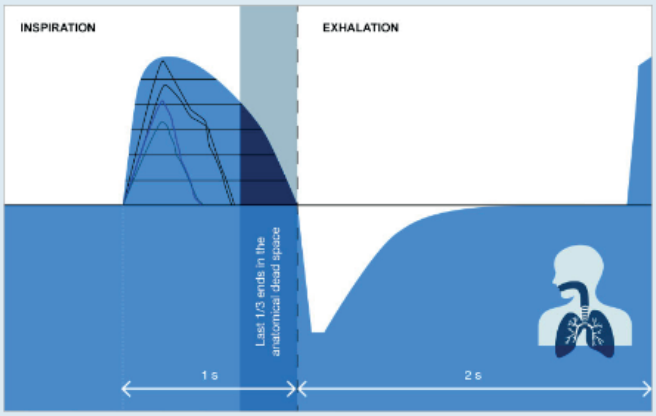
Continuous vs. Pulse dose | FIO_2 | Clinical Evidence

Significant waste of Oxygen

- More than 75% of O2 flow is wasted during exhalation and in dead space.
- At 2 LPM, a patient only uses - 0.5 LPM (22ml x 20).



RR 20/min; I:E 1:2, inspiration 1s, 2LPM = 33ml/s



RR 20/min; I:E 1:2, inspiration 1s, 2LPM = 33ml/s

Pulse Dose

Clinically Efficient:: An oxygen bolus is delivered at the beginning of the inspiration, optimizing gas exchange.

Fixed Minute Volume:: SensiPulse technology adjusts the bolus volume per breath in response to the patient's respiratory rate to ensure a constant minute volume of O2 per setting.

Clinically efficient oxygen delivery

The Sensi-Pulse conserver delivers only clinically beneficial oxygen at the beginning of inspiration allowing the maximum opportunity for gas exchange.

Pulse Dose in PLATINUM MOBILE

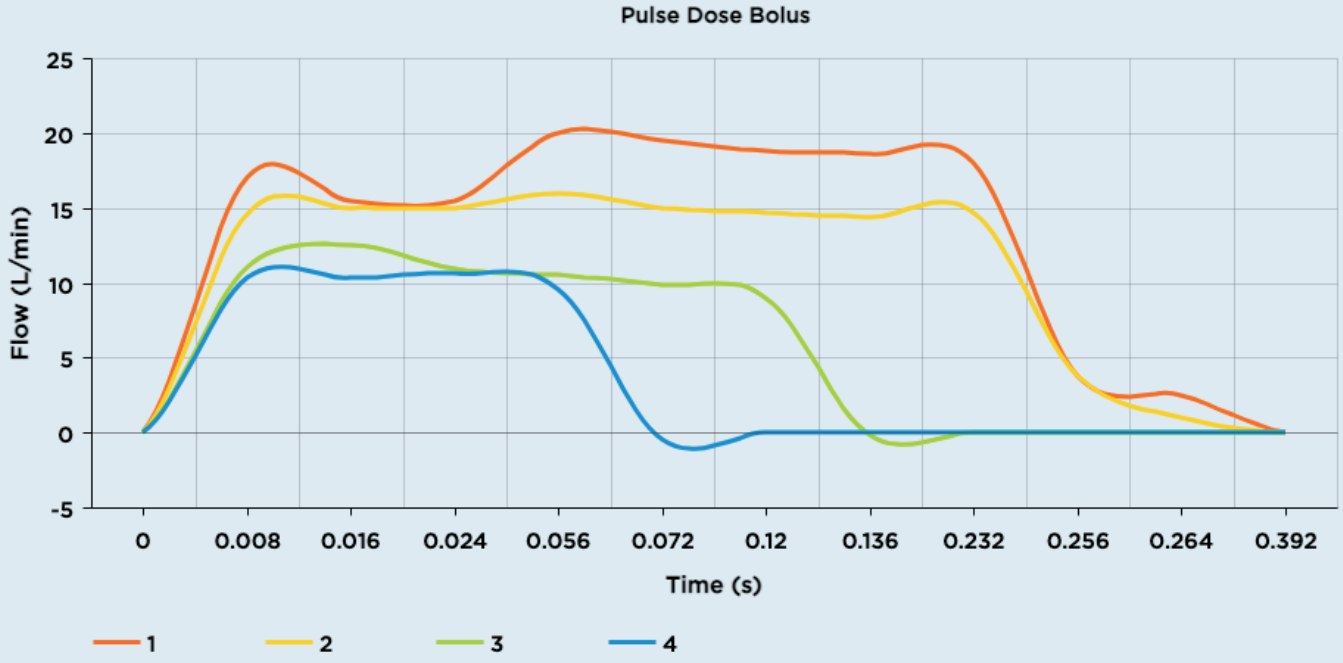
RR 20/min

Setting	Bolus Size	Minute Volume
1	11 ml	220 ml/min
2	22 ml	440 ml/min
3	33 ml	660 ml/min
4	44 ml	880 ml/min

Bolus and MinuteVolume

PLATINUM MOBILE

Trigger Sensitivity: 0,18 cmH2O



Pulse Dose in HomeFill

HomeFill Refillable Oxygen Cylinders

CONSERVER CYLINDERS Duration IN HOURS

Conserver setting	1	2	3	4	5	Continuous flow (2L/min)	Full time
1 Litre Cylinder	9.3	5.9	4.5	3.6	3.0	1h 20min.	1h 20min.
1.7 Litre Cylinder	14.3	9.1	6.9	5.6	4.7	2LPM 5min.	1h 40min.

Setting	Bolus Size	Minute Volume
1	18 ml	360 ml/min
2	36 ml	720 ml/min
3	54 ml	1080 ml/min
4	72 ml	1440 ml/min
5	90 ml	1800 ml/min