

Safety of the six-minute walk test performed in hospital in the acute myocardial infarction phase

Participants

N=130
 Mean age 61.4±11.3
 Male 74.6%
 NSTEMI/STEMI 53.1/46.9%



Myocardial Infarction Therapy

- Percutaneous coronary intervention
 - Medication therapy
 - Physiotherapy



6 Minute Walk Test (6 MWT)

A widely used, simple, low cost, validated submaximal exercise test to assess the daily activity performance by patients with heart diseases



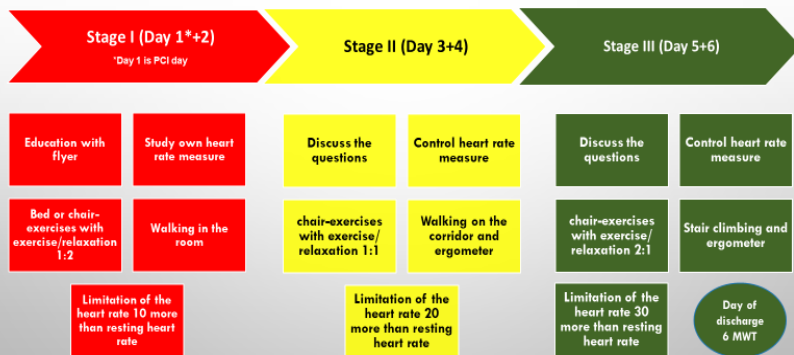
Results

None of the 130 patients had to discontinue the 6 MWT. The average distance covered by the participants was 442.4±81.1 meters. Four patients (3%) out of 130 reported clinical complications without the need for intervention.

Conclusion

There is no theoretical or practical evidence that 6 MWT should not be used from the 3rd day after acute myocardial infarction.

REUTLINGEN MYOCARDIAL INFARCTION THERAPY MODEL



STOP by discomfort (Borg scale, pulse limit exceeded, systolic pressure value 20> mmHg than at rest, respiratory rate >32 min⁻¹)