



Open Access

Preliminary results for 6 minute walk values in healthy German children

Ivan Foeldvari^{*}, Günther W Himmelmann

From 18th Pediatric Rheumatology European Society (PReS) Congress Bruges, Belgium. 14-18 September 2011

Introduction

6 minute walk is a primary outcome measure in therapeutic studies for patients with pulmonary hypertension. Currently we have a two of sets of data [1,2] regarding test results in the 6 minute walk test (6MWT) in healthy children with a large span in the norm values in the different age groups.

Aim of the study

To establish norm values for healthy German children for the 6 Minute Walk Test.

Method

The team of an occupational therapist and a study nurse is visiting schools, were previously the parents agreed on the participation of the students on the test. Always just students from one class are invited to participate in the test. The students are performing the test according the international guidelines. The demographic data of the students are collected and the parents fill out a short survey regarding the physical activity and the health condition. Children with chronic diseases, which decrease the stamina are excluded.

Results

Up till now 354 students participated from the age 7 to 12 years. 22 in the age group 6; 49 in the age group of 7; 61 in the age group of 8 years; 64 in the age group of 9 years ; 50 in the age group of 10 years; 51 in the age goup of 11 and 57 in the age group of 12. The mean 6 minute walk distance was 449.1 m in the age group of 6, 470 m in the age group of 7; 484 m in the age group of 8 ; 491,6 m in the age group of 9 ; 471,3 m in the age group of 10, 571 m in the age group of 11 and 502,3 m

Hamburger Zentrum fuer Kinder- und Jugendrheumatologie, Germany

in the age group of 12 years. BMI correlated with the walked distance.

Conclusion

Our results are in the range of the patients from the UK published by Lammers et al 1 and are in significantly lower range than in the Chinese population collected data by Li et al.2. This reflects the importance of this study to gain norm values for our patient population.

Published: 14 September 2011

References

- 1. Lammers, et al: Arch Dis Child 2008, 93:464.
- 2. Am J respir Crit Care Med 2007, **176**:174.

doi:10.1186/1546-0096-9-S1-P74

Cite this article as: Foeldvari and Himmelmann: Preliminary results for 6 minute walk values in healthy German children. *Pediatric Rheumatology* 2011 9(Suppl 1):P74.

Submit your next manuscript to BioMed Central and take full advantage of:

- Convenient online submission
- Thorough peer review
- No space constraints or color figure charges
- Immediate publication on acceptance
- Inclusion in PubMed, CAS, Scopus and Google Scholar
- Research which is freely available for redistribution

) Bio Med Central

Submit your manuscript at www.biomedcentral.com/submit



© 2011 Foeldvari and Himmelmann; licensee BioMed Central Ltd. This is an open access article distributed under the terms of the Creative Commons Attribution License (http://creativecommons.org/licenses/by/2.0), which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.