

8.14 Six Minute Walk Test vs Sit To Stand Test in assessment of the post COVID-19 Patient

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The 6-min walk test (6MWT) is one of the most commonly used tests to assess exercise capacity in chronic respiratory conditions, however, it is a relatively time-consuming test. Previous studies have shown that Sit To Stand Test (STST) can be used as an alternative for 6MWT in patients with COPD, it is a simpler method and is just as effective to determine functional status, as well as being less time consuming and producing less hemodynamical stress compared to 6MWT. Given the large number of patient that required assessment in the post COVID setting, we wanted to assess whether STST could be used as an alternative to 6MWT in the assessment of post COVID-19 patients. We conducted a retrospective study of 80 patients, 40 of whom underwent a 6MWT and 40 a STST, they were matched according to age, gender and clinical course of their COVID-19 infection. The results in terms of dyspnoea, BORG score and heart rate post 6MWT and STST were similar between the two cohorts. As like as 6MWT, STST can determine functional status post COVID-19, whilst been less time consuming. STST should be considered as an alternative for 6MWT in assessment of patients post COVID-19. apnoea is a potential manifestation of Long Covid syndrome and intervention is effective as already established.

Conflict of Interest: None to declare