



Download the app

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## 6 min.test app

App for determining the submaximal exercise capacity in children and adolescents

**Lungen Kinder**

[www.lungenhochdruck.at](http://www.lungenhochdruck.at)

# 6 min.test app

App for determining the submaximal exercise capacity in children and adolescents

## What is the 6 min.test app?

The app was created as part of the joint project between the University of Innsbruck and the Lungenkinder Forschungsverein (Lung Children Research Association) of the PH Austria – Initiative Lungenhochdruck. For the first time ever, this mobile application provides medical staff with a standardized means to determine 6-minute walk test Z-scores\* for children and adolescents (4-19 years). This is extremely helpful when monitoring chronic illness as children grow. The app is based on published, validated publications. <https://6-min-test.org/studien/>

## The creation of the app

The 6-minute walk test has been used in cardiology and pulmonology for decades to determine the performance, or rather the functional training capacity, of adults. Univ.-Prof. Dr. Ralf Geiger, Clinic Director Department for Pediatrics and Adolescent Medicine, and his team developed a modified test specifically for children and adolescents. The aim was to make it easier to com-

pare test results even for young and chronically ill children as they grow.

## Free of charge in the app store

The 6 min.test app can be downloaded free of charge from the Apple Store and the Google Playstore. If you don't want to use an app, you can use the online test at: <https://6-min-test.org/>

## Distance measuring wheel designed for children

But how do you motivate children and adolescents to take a 6-minute walking test? We at PH Austria were inspired by Dr. Prof. Geiger and purchased distance measuring wheels that are specially adapted to the needs of children and adolescents. Their suitable design motivates children and adolescents to participate in the test. Are you interested in a distance measuring wheel? We are happy to provide them for free. Simply contact us at: [info@phaustria.org](mailto:info@phaustria.org)

# How to use the app

In 3 steps to the result 

## Step 1

Do the 6-minute walk test with your patient.



## Step 2

Enter all the patient's data (gender, age, height, etc.).



## Step 3

Enter the results of the 6-minute walk test.

The Z-score is provided immediately and can be emailed directly to you.

