



A Structured Quality Assurance Program Reduces Six Minute Walk Test Variability: Insights from the OPTIMIZE PAD-1 Trial

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BACKGROUND

- Patients with peripheral artery disease (PAD) have impaired walking capacity and function
- The 6-minute walk test (6MWT) is an important functional assessment, but variability in results may limit its utility and interpretation

STUDY DESIGN

Figure 1. OPTIMIZE PAD-1 Study Design



Objectives:

- 1) To evaluate the efficacy of an interprofessional vascular care team and intensive algorithm-based approach for lipid management versus usual care
- 2) To evaluate the effect of a structured quality assurance program (EQuIP) on variability in 6MWT compared with siteconducted testing

Key eligibility criteria: Patients with non-coronary arterial disease cared for at University of Colorado with goal LDL-C <70 mg/dl per ACC/AHA guidelines and screening LDL-C ≥70 mg/dl

METHODS

- Due to COVID-19, all 6MWT were performed virtually Patients assigned to site-conducted 6MWT were sent a tape measure and written instructions, which were reviewed over the phone
- The EQuIP program included real-time virtual monitoring and multiple features to try to control for variability, including careful assessments of course length, assuring course length; clear of obstacles; impact of carrying objects (add course length)







Variability in 6MWT was assessed using Levene's test









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