

Six-minute walk test predicts pulmonary HTN outcomes

3 June 2015



More information: [Full Text \(subscription or payment may be required\)](#)

Copyright © 2015 [HealthDay](#). All rights reserved.

(HealthDay)—For patients with pulmonary hypertension associated with heart failure and preserved ejection fraction (PH-HFpEF), the six-minute walk distance (6-MWD) test can independently predict outcome, according to a study published in the June issue of *JACC: Heart Failure*.

Caroline Zotter-Tufaro, from the Medical University of Vienna, and colleagues examined the prognostic significance and clinical determinants of the 6-MWD. Data were included for 142 patients with PH-HFpEF, as confirmed by right heart catheter.

The researchers found that 30.3 percent of patients reached the combined end point of hospitalization for [heart failure](#) and/or death for cardiac reasons after a mean follow-up of 14.0 months. The 6-MWD independently predicted outcome and was affected by clinical, echocardiographic, hemodynamic, laboratory, and pulmonary parameters. The 6-MWD and the extent of extracellular matrix in the left ventricular myocardium were significantly inversely correlated.

"Impaired exercise capacity in PH-HFpEF patients is explained by cardiac and noncardiac factors," the authors write. "The 6-MWD predicts outcome and may be a useful end point in clinical trials."

APA citation: Six-minute walk test predicts pulmonary HTN outcomes (2015, June 3) retrieved 5 May 2021 from <https://medicalxpress.com/news/2015-06-minute-pulmonary-htn-outcomes.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.