

One-minute sit to stand test instructions

Information for pulmonary hypertension patients

We are asking pulmonary hypertension patients to complete a one-minute sit to stand test at home before a phone or video appointment. This information sheet explains why and provides a step-by-step guide for the one-minute sit to stand test.

Why do I need to carry out the one-minute sit to stand test?

The results of the one-minute sit to stand test will help us see how your body responds to exercise so we can plan your treatment.

Some tips before you start the test

- Wear loose, comfortable clothing and sturdy, non-slip shoes.
- Do not do the test, if:
 - you are feeling more unwell
 - have a current infection
 - the weather is very hot.

The equipment you need

- A straight-backed chair which has a flat, hard seat and no arm rests. A dining chair, for example.
- Stopwatch/timer
- Pulse oximeter




One-minute sit to stand test instructions

1. Place the back of the chair against a wall to stop it moving while you are doing the test.
2. Before you start, measure your oxygen levels and heart rate using your pulse oximeter and measure your breathlessness using the BORG breathlessness scale (see page 2). Write down all the results in the table on page 3.
3. Set a timer for one minute. Make sure you put the timer so you can see it easily when you are doing the test (if you can, ask someone else to time the test).
4. Sit down in the chair so that your feet are flat on the floor.
5. Then put your hands on your hips, let them hang by your sides or hold them loosely together.
6. Stand up from the chair until your legs are completely straight – making sure that you do not use your hands or arms to help you. Then sit back down again. This counts as one sit to stand.

7. Continue sitting up and down on the chair as many times as you can in one minute.
8. Rest for a few seconds if you need to during the test, and then carry on if you can.
9. Stop the test at any time if you feel unwell, have chest pain, dizziness or severe breathlessness.
10. When you finish the test write down how many sit to stand exercises you completed in one minute.
11. Then measure your heart rate and oxygen levels using the pulse oximeter and your breathlessness using the BORG scale.
12. Write down these results in the table on the next page so you can share them with us at your next appointment.

The Borg scale

The BORG scale is a simple way to measure how your breathing feels during exercise. The scale below ranges from 0 (no breathlessness) to 10 (maximum breathlessness). When exercising you should always aim to be moderately breathless which is 3 on the BORG scale. If you are too breathless to speak or cannot say more than one word at a time, you may want to slow down or take a short rest.

0	Nothing at all
0.5	Very, very slight (just noticeable)
1	Very slight
2	Slight (light)
3	Moderate
4	Somewhat severe
5	Severe (heavy)
6	
7	Very severe
8	
9	
10	Very, very severe

One-minute sit to stand test results

Write the results of your one-minute sit to stand test down on the table below:

	Before you start (at rest)	At the end of the test
Oxygen level		
Heart rate		
Breathlessness		
Total number of sit to stands you have completed		

Do not worry if you are unable to complete the sit to stand test because you have joint pain or shortness of breath, for example. Just tell us during your video or phone appointment.

Contact details

If you have any questions or concerns, please contact the pulmonary hypertension service staff caring for you:

Tel: 020 7351 8362 (Monday to Friday, 9am-5pm)

If you need help or advice about any service or department at our hospitals and feel unable to talk to those people responsible for your care, call the Patient Advice and Liaison Service (PALS) on 020 7349 7715 or email pals@rbht.nhs.uk. This is a confidential service.

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