

## Duke Activity Status Index

The Duke Activity Status Index is a self-administered questionnaire that measures a patient's functional capacity. It can be used to get a rough estimate of a patient's peak oxygen uptake.

	Yes	No
1 Can you take care of yourself (eating, dressing, bathing or using the toilet)?	2.75	0
2 Can you walk indoors, such as around your house?	1.75	0
3 Can you walk a block or two on level ground?	2.75	0
4 Can you climb a flight of stairs or walk up a hill?	5.50	0
5 Can you run a short distance?	8.00	0
6 Can you do light work around the house, such as dusting or washing dishes?	2.70	0
7 Can you do moderate work around the house, such as vacuuming, sweeping floors or carrying in groceries?	3.50	0
8 Can you do heavy work around the house, such as scrubbing floors or lifting and moving heavy furniture?	8.00	0
9 Can you do yard work, such as raking leaves, weeding or pushing a power mower?	4.50	0
10 Can you have sexual relations?	5.25	0
11 Can you participate in moderate recreational activities, such as golf, bowling, dancing, doubles tennis or throwing a baseball or football?	6.00	0
12 Can you participate in strenuous sports, such as swimming, singles tennis, football, basketball or skiing?	7.50	0

Duke Activity Status Index (DASI) = sum of "Yes" replies \_\_\_\_\_

$VO_{2peak} = (0.43 \times DASI) + 9.6$

$VO_{2peak} = \text{_____ ml/kg/min} \div 3.5 \text{ ml/kg/min} = \text{_____ METS}$