

Duke Activity Status Index

Overview:

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.

Item	Activity	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 like dusting or washing dishes?	2.70	0
7	Can you do moderate work around the house like vacuuming sweeping floors or carrying in groceries?	3.50	0
8	Can you do heavy work around the house like scrubbing floors or lifting and moving heavy furniture?	8.00	0
9	Can you do yardwork like 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 like golf bowling dancing doubles tennis or throwing a baseball or football?	6.00	0
12	Can you participate in strenuous sports like swimming singles tennis football basketball or skiing?	7.50	0

Duke activity status index =

= SUM(values for all 12 questions)

Interpretation:

- maximum value 58.2
- minimum value 0

estimated peak oxygen uptake in mL/min =

= (0.43 * (duke activity status index)) + 9.6

References:

Hltaky MA Boineau RE et al. A brief self-administered questionnaire to determine functional capacity (The Duke Activity Status Index). Am J Cardio. 1989; 64: 651-654