

## HOW TO CALCULATE VO<sub>2</sub> USING SELF ADMINISTERED ACTIVITY QUESTIONNAIRE (SAQ) SCORE:

**Step 1:** Instruct patient to complete SAQ

**Step 2:** Determine the individual, highest MET value for that patient to calculate their SAQ according to the following table: *e.g. if the patients highest scoring question was question e. then their SAQ=7.00*

<i>Can you complete the following without symptoms?</i>	<i>MET value</i>
m. Dress without stopping because of symptoms?	2.00
j. Do moderate work around the house like vacuum, sweep floors, or carry groceries?	2.50
a. Walk down a flight of stairs unassisted and without stopping?	3.00
k. Do heavy work around the house like strip and make the bed, hang out washing, or wash the car?	3.25
c. Do moderate gardening like weed or rake the leaves?	4.25
l. Push an electric or petrol mower on level ground?	4.50
h. Participate in moderate activities like walk at a normal pace (4km/hr) or play golf and carry the clubs?	4.75
d. Walk briskly around an oval?	5.00
g. Do outdoor work like split wood or dig in the garden?	5.50
b. Carry an 8kg weight (e.g. a load of wet washing) up 8 steps?	6.00
e. Carry at least 10kg (e.g. a suitcase) up 8 steps?	7.00
f. Carry objects that weigh at least 35kg (e.g. an 11 year old child)?	7.50
i. Participate in vigorous activities like swimming (crawl), jogging (8km/hr), cycling (17km/hr) or singles tennis?	9.00
<b><i>MET = metabolic equivalent</i></b>	

**Step 3:** Record the patient's age in years, height in centimetres and weight in kilograms.

**Step 4:** To calculate VO<sub>2</sub>; substitute these values into the following equation:

$$\text{VO}_2 = 2.36(\text{SAQ}) + 0.35(\text{HEIGHT cm}) - 0.19(\text{AGE yrs}) - 0.16(\text{WEIGHT kg}) - 33.89$$

## SELF-ADMINISTERED PHYSICAL ACTIVITY QUESTIONNAIRE (SAQ)

**Can you complete the following activities at a normal rate?  
Circle YES or NO**

	*
a. Walk down a flight of stairs unassisted and without stopping?	YES NO
b. Carry an 8kg weight (e.g. a load of wet washing) up 8 steps?	YES NO
c. Do moderate gardening like weed or rake the leaves?	YES NO
d. Walk briskly around an oval?	YES NO
e. Carry at least 10kg (e.g. a suitcase) up 8 steps?	YES NO
f. Carry objects that weigh at least 35kg (e.g. an 11 year old child)?	YES NO
g. Do outdoor work like split wood or dig in the garden?	YES NO
h. Participate in moderate activities like walk at a normal pace (4km/hr) or play golf and carry the clubs?	YES NO
i. Participate in vigorous activities like swimming (crawl), jogging (8km/hr), cycling (17km/hr) or singles tennis?	YES NO
j. Do moderate work around the house like vacuum, sweep floors, or carry groceries?	YES NO
k. Do heavy work around the house like strip and make the bed, hang out washing, or wash the car?	YES NO
l. Push an electric or petrol mower on level ground?	YES NO
m. Dress without stopping because of symptoms?	YES NO

**\* If you answered "NO" to any of the above questions, what stops you doing these activities? (e.g. shortness of breath, angina, recent surgery etc.)**

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