

Duke Activity Status Index

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

Please circle Yes or No to the following questions:-

		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 gardening, such as raking leaves, weeding or pushing a power mover?	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 ski-ing?	7.50	0

Duke Activity Status Index (DASI) = sum of 'Yes' replies _____

$V_{O2peak} = (0.43 \times DASI) + 9.6$

$V_{O2peak} = \text{_____ ml/kg/min} \div 3.5 \text{ ml/kg/min} = \text{_____ METS}$

