

Indicators of functional status include the following:

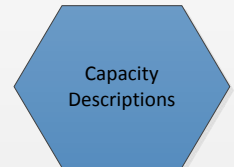
- Can take care of self, such as eat, dress, or use the toilet (1 MET)

- Can walk up a flight of steps or a hill or walk on level ground at 3 to 4 mph (4 METs)

- Can do heavy work around the house, such as scrubbing floors or lifting or moving heavy furniture, or climb two flights of stairs (between 4 and 10 METs)

- Can participate in strenuous sports such as swimming, singles tennis, football, basketball, and skiing (>10 METs)

10-High  
2-9 Medium  
1-Low



Reference to "Cardiac Risk od Noncardiac Surgery" document.  
Where do we pull the calculator from???