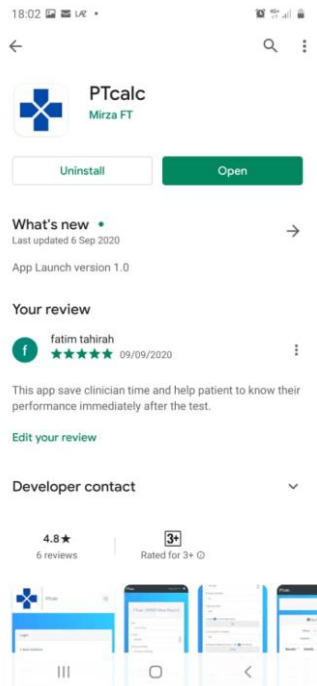
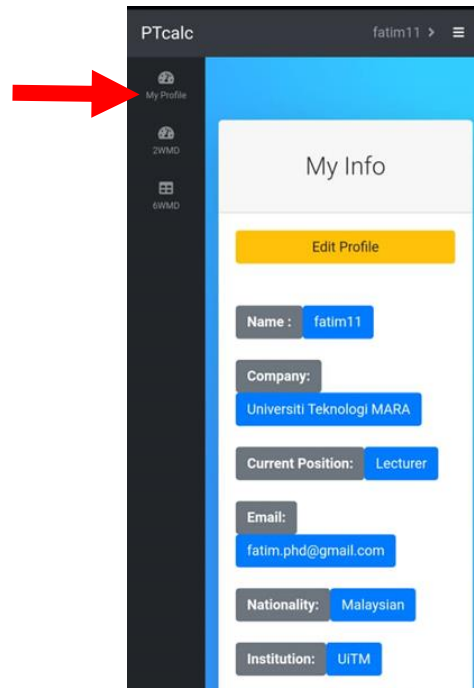


Step-by-step guide to use PTcalc to interpret the 6MWT and the 2MWT

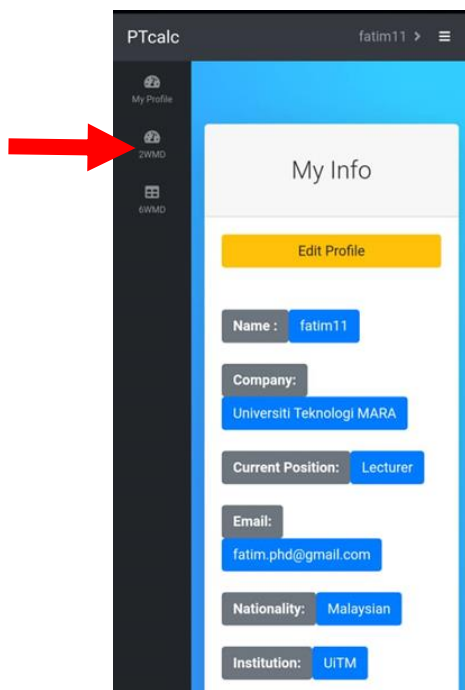
1. Go to play store link:
<https://play.google.com/store/apps/details?id=com.mirza.app> to download the apps into your mobile phone



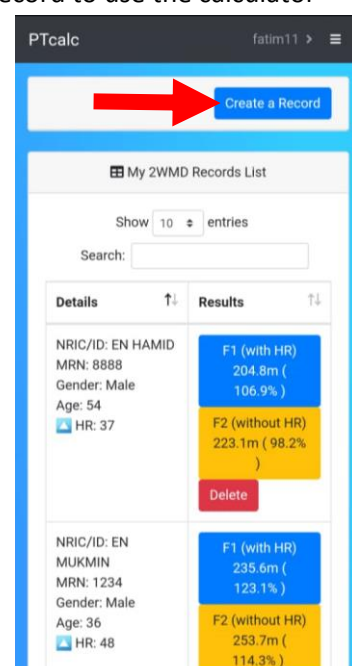
2. Once the app is downloaded into your mobile phone, update your profile with the following information: Name, company, Current position, Email, Nationality and Institution



3. Then click on 2MWD to use the 2MWT calculator



4. You be directed to this page. This page will show all data that you have saved so far. Click create record to use the calculator



5. Fill in the required information with regard to your patient's 2MWT. These include patient details for identification (ID/MRN), **Age, Gender, Resting Heart Rate, Peak Heart Rate and Distance Walked**

2MWD Calculator

NRIC/ID: 1234

MRN: 6666

Age: 45

Gender: Female

Resting Heart Rate: 90

Peak Heart Rate: 120

Change in Heart Rate (bpm): 30

Distance Walked: 120

6. The apps will now calculate your estimated 2MWD and the % of expected distance. In this instance, for a female aged 45 years, walked for 120m during her 2MWT with resting HR of 90bpm and peak HR of 120bpm, by using formula 1, she walked only 68% of someone her age without disease could have walked. You can then save your patient data in your database.

Resting Heart Rate: 90

Peak Heart Rate: 120

Change in Heart Rate (bpm): 30

Distance Walked: 120

Estimated 2MWD (Formula 1, with HR)

176.5 meters 2MWD Expected 2 Minute Walk Distance	67.99 % Percentage of expected distance for healthy patient	148.5 meters Lower Limit Normal
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Estimated 2MWD (Formula 2, without HR)

202.5 meters 2MWD Expected 2 Minute Walk Distance	59.26 % Percentage of expected distance for healthy patient	163.5 meters Lower Limit Normal
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Save