

## Common Clinical Assessment Tools for Outpatient Cardiac Programs

The following is a list of (paper) assessment instruments that have been scientifically evaluated and extensively used in modern outpatient cardiac rehabilitation settings. This list is not meant to be comprehensive, but to provide clinicians with a reference to the most frequently used tools. Other instruments can be utilized for assessing patient health, but ideally, they should be valid, reliable, and sensitive to change within the framework of cardiopulmonary rehabilitation.

Included in the table below is the web address of the instrument's owner/licensor (if applicable), whether there is a licensing fee required to use the instrument (checked), and whether there is a scoring tool needed or required to get results. (An instrument that has a complicated algorithm for generating results usually requires a customized scoring tool, either purchased from the instrument's owner or developed by a programmer.) Refer to the web site shown for current usage costs. If a web site is not shown, the tool is in the public domain; perform a web search to find sources for the instrument.

Core Component Assessment Area	Outcomes Domain	Name	Web Address	Fee for use?	Scoring tool needed?
Nutrition	Behavioral	Block Dietary Fat Screener *	<a href="http://www.nutritionquest.com">www.nutritionquest.com</a>	Yes	No
		MEDFACTS	<a href="http://www.nhlbi.nih.gov/guidelines/cholesterol/">www.nhlbi.nih.gov/guidelines/cholesterol/</a>	No	No
		Diet Habit Survey	NA	No	No
Depression	Clinical	PHQ-9*	<a href="http://www.depression-primarycare.org">www.depression-primarycare.org</a>	No	No
		Beck Depression Inventory-II	<a href="http://www.pearsonassessments.com">www.pearsonassessments.com</a>	Yes	No
		Hospital Anxiety and Depression Scale	NA	No	No
		Centers for Epidemiologic Studies-Depression *	NA	No	No
Physical Function	Clinical	Duke Activity Status Index *	NA	No	No
		6-minute Walk Test*	<a href="http://www.thoracic.org/statements/resources/pfet/sixminute.pdf">www.thoracic.org/statements/resources/pfet/sixminute.pdf</a>	No	No
Quality of Life	Health	Medical Outcomes Short Form-36 or 12 (version 2) *	<a href="http://www.qualitymetric.com/Default.aspx">www.qualitymetric.com/Default.aspx</a>	Yes	Yes
		Ferrans & Powers Quality of Life Index*	<a href="http://www.uic.edu/orgs/qli/">www.uic.edu/orgs/qli/</a>	No	Yes
		MacNew Heart Disease Quality of Life Instrument *	<a href="http://www.macnew.org">www.macnew.org</a>	Yes	No
		Dartmouth COOP	<a href="http://www.dartmouthcoopproject.org/coopcharts.html">www.dartmouthcoopproject.org/coopcharts.html</a>	Yes	No

\* Denotes tool used in AACVPR Registry