

## DASI Questionnaire

**Patient Details (attach sticker):**

**Date Completed:**

**Can you:**

**Please circle yes or no**

1. Take care of yourself, that is eat, dress, bathe or use the toilet?	Yes/No
2. Walk indoors, such as around your house?	Yes/No
3. Walk a block or two on level ground?	Yes/No
4. Climb a flight of stairs or walk up a hill?	Yes/No
5. Run a short distance?	Yes/No
6. Do light work around the house like dusting or washing dishes?	Yes/No
7. Do moderate work around the house like vacuuming, sweeping floors, or carrying groceries?	Yes/No
8. Do heavy work around the house like scrubbing floors or lifting or moving heavy furniture?	Yes/No
9. Do yard work like raking leaves, weeding or pushing a lawnmower?	Yes/No
10. Have sexual relations?	Yes/No
11. Participate in moderate recreational activities like golf, bowling, dancing, doubles tennis or throwing a ball?	Yes/No
12. Participate in strenuous sports like swimming, singles tennis, football, basketball or skiing?	Yes/No

**Duke Activity Status Index (DASI) score (to be added by member of staff) =**

## DASI Scoring Form

A score is given if a patient answers 'yes' to a question (to be completed by member of staff).

	If answered:	Yes	No
1. Take care of yourself, that is eat, dress, bathe or use the toilet?		2.75	0
2. Walk indoors, such as around your house?		1.75	0
3. Walk a block or two on level ground?		2.75	0
4. Climb a flight of stairs or walk up a hill?		5.50	0
5. Run a short distance?		8.00	0
6. Do light work around the house like dusting or washing dishes?		2.70	0
7. Do moderate work around the house like vacuuming, sweeping floors, or carrying groceries?		3.50	0
8. Do heavy work around the house like scrubbing floors or lifting or moving heavy furniture?		8.00	0
9. Do yard work like raking leaves, weeding or pushing a lawnmower?		4.50	0
10. Have sexual relations?		5.25	0
11. Participate in moderate recreational activities like golf, bowling, dancing, doubles tennis or throwing a ball?		6.00	0
12. Participate in strenuous sports like swimming, singles tennis, football, basketball or skiing?		7.50	0

**Note:**

Higher DASI scores indicate better functional ability

Sum all the "yes" answers =

$VO_{2peak} = (0.43 \times \text{DASI score}) + 9.6 =$

$VO_{2peak}$  (cardio fitness) =   
( $\text{ml.kg}^{-1}.\text{min}^{-1}$ )