

## Specific Activity Scale Functional Classification of Goldman et al for Cardiovascular Disease

Overview: Goldman et al defined a Specific Activity Scale for the functional classification of patients with cardiovascular disease.

Patient Can Perform to Completion	Patient Cannot Perform to Completion or Does Not Perform	Specific Activity Scale Functional Class
any activity requiring $\geq 7$ metabolic equivalents.	NA	I
any activity requiring $\geq 5$ metabolic equivalents	activities requiring $\geq 7$ metabolic equivalents	II
any activity requiring $\geq 2$ metabolic equivalents	activities requiring $\geq 5$ metabolic equivalents	III
NA	any activity requiring $\geq 2$ metabolic equivalents	IV

where: metabolic equivalent of activity = 1 met

Class I activities:

- carry at least 24 pounds up 8 steps: 10 mets
- carry objects that are at least 80 pounds: 8 mets
- do outdoor work (shovel snow spade soil): 7 mets
- do recreational activities like skiing basketball touch football squash handball: 7 – 10 mets
- jog or walk 5 miles an hour: 9 mets

Class II activities:

- carry anything up a flight of 8 steps without stopping: 5.0 – 5.5 mets
- have sexual intercourse without stopping: 5.0 – 5.5 mets
- garden rake weed: 5.6 mets
- roller skate dance foxtrot: 5 – 6 mets
- walk at a 4 mile per hour rate on level ground: 5 - 6 mets

Class III activities:

- walk down a flight of steps without stopping: 4.5 – 5.2 mets (overlaps with Class II)
- shower without stopping: 3.6 – 4.2 mets
- strip and make a bed: 3.9 – 5.0 mets

- mop floors: 4.2 mets
- hang washed clothes: 4.4 mets
- clean windows: 3.7 mets
- walk 2.5 miles per hour: 3.0 – 3.5 mets
- bowl: 3.0 – 4.4 mets
- play golf with walking and carrying clubs: 4.5 mets
- push power lawn mower: 4 mets
- dress without stopping because of symptoms: 2.0 – 2.3 mets

Clinical Questionnaire (modified Table 3 page 1228):

(1) Can you walk down a flight of steps without stopping?

- If Yes: go to (2).
- If No: go to (4)

(2) Can you carry anything up a flight of 8 steps without stopping or can you do any of the Class II items listed above?

- If Yes: go to (3).
- If No: Class III

(3) Can you carry at least 24 pounds up 8 steps or can you do any of the Class I items listed above?

- If Yes: Class I.
- If No: Class II

(4) Can you shower without stopping or can you do any of the Class III items listed above?

- If Yes: Class III.
- If No: go to (5)

(5) Can you dress without stopping because of symptoms?

- If Yes: Class III.
- If No: Class IV.

References:

Goldman L Hashimoto B et al. Comparative reproducibility and validity of systems for assessing cardiovascular functional class: Advantages of a new specific activity scale. *Circulation*. 1981; 64: 1227-1234.