



# Oxford COVID-19 Evidence Service

[www.cebm.net/oxford-covid-19/](http://www.cebm.net/oxford-covid-19/)

## What is the efficacy and safety of rapid exercise tests for exertional desaturation in covid-19?

Greenhalgh T, Javid B, Knight M, et al. Oxford COVID-19 Evidence Service, 2020.

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A 3% drop in pulse oximeter reading on exercise is cause for concern in covid-19. The 1-minute sit-to-stand test (patient goes from sit to stand as many times as they can) has been validated; the unvalidated 40-step test (take 40 steps on a flat surface) is in widespread use. Neither should be attempted outside a supervised care setting if oximeter reading is < 96%.

#EvidenceCOVID

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