

Equipment checklist for heart failure and cardio-vascular exercise assessment and training

Equipment requirements vary according to the type of program and local resources. Below are suggestions of items that may be useful

Assessment equipment

- Pulse oximeter
- Sphygmomanometer – ideally manual
- Stethoscope
- Stopwatch
- Six-minute walk test track: 30metres if possible, with marked intervals. (For home programs alternative measures may be more appropriate)
- Weighing scales (capacity to 200kg)
- Tape measure
- Stadiometer (Height scale)
- Hand held dynamometer
- Borg scale of perceived exertion form

Gym equipment

- NB. Some programs may be delivered with minimal or no equipment
- Treadmill
- Bike – upright +/- recumbent
- Upper limb ergometer
- Rowing machine
- Stepping block
- Theraband, various resistance
- Dumbbells 0.5 – 10kg
- Multi-station resistance equipment (e.g. modifiable cable machine with pin weights)

- Balance equipment
- Swiss balls
- Chairs, table, storage, suitable
- Music

Safety-related equipment

- Portable oxygen cylinder
- Oxygen delivery devices – nasal prongs, Hudson mask, multivent mask, non re-breather mask
- Anginine
- CPR mask
- Resus bag/Laerdel
- SAED (semi automated external defibrillator): If not available then emergency protocol and basic life support training are minimum standards
- Glucometer and rapid acting source of glucose (for example glucose tablets, jelly beans) and a longer acting source (e.g. biscuits) for diabetics
- Water
- Phone

Equipment in the home

- Stairs or back steps as a stepping block
- Pantry items such as tins of beans (or equivalent) as weights
- Laps around room, flights of stairs for walking programme
- Bed or seated exercises for those who are frail or less mobile
- Mobile phone for safety when home visiting