

# Pulmonary Rehabilitation Toolkit Checklist

requirements and equipment



Lung  
Foundation  
Australia

when you can't breathe... nothing else matters®

## What staff and exercise equipment will I need?

### Essential Requirements

- Do I have staff with current basic life support training?
- Exercise training staff such as Physiotherapist and/or Accredited Exercise Physiologist?

### Minimum equipment

- Do I have access to a flat, straight or circular area for walking (preferably 30 metres long)?
- Do I have a pulse oximeter?
- Can I measure blood pressure?
- Do I have an emergency plan (community and hospital) or ideally easy access to emergency support including a defibrillator and oxygen therapy (hospital)?
- Do I have a telephone?
- Do I have access to a breathlessness scale (ie modified Borg dyspnoea scale)?
- Do I have tape or similar to mark out the walking track?
- Do I have a stop watch/timer?
- Do I have stable chairs?
- Do I have pens and exercise recording sheets?
- Do I have water and cups available for drinking?
- Do I have tissues/cups available for secretion clearance?
- Do I have alcoholic hand rub?
- Do I have a controlled climate?

### Additional equipment if available

- Do I have a stationary bicycle?
- Do I have access to stairs or a step/step box?
- Do I have access to hand weights and/or theraband resistive exercise bands?
- Do I have an incremental shuttle walk test, including cones, tape measure, CD or tape player?
- Do I have a treadmill?
- Do I have weights machines?
- Do I have an arm crank ergometer?

