

Pulmonary Rehabilitation

PROGRAM CHECKLIST

www.pulmonaryrehab.com.au



What do I need for the incremental shuttle walking test?

Essential Requirements	Yes	No
Do I have access to a health professional trained in CPR and with the expertise to run the test?	<input type="checkbox"/>	<input type="checkbox"/>
Do I have access to a flat, straight walking track at least 10 meters in length?	<input type="checkbox"/>	<input type="checkbox"/>
Is the walking track clear of hospital traffic and obstacles?	<input type="checkbox"/>	<input type="checkbox"/>
Can the walking test be conducted in a comfortable ambient temperature and humidity?	<input type="checkbox"/>	<input type="checkbox"/>
Do I have a stethoscope?	<input type="checkbox"/>	<input type="checkbox"/>
Do I have a sphygmomanometer?	<input type="checkbox"/>	<input type="checkbox"/>
Do I have a pulse oximeter?	<input type="checkbox"/>	<input type="checkbox"/>
Do I have two cones?	<input type="checkbox"/>	<input type="checkbox"/>
Do I have a cassette tape or CD of the test?	<input type="checkbox"/>	<input type="checkbox"/>
Do I have a cassette or CD player?	<input type="checkbox"/>	<input type="checkbox"/>
Do I have access to a mains power source?	<input type="checkbox"/>	<input type="checkbox"/>
Do I have a stopwatch?	<input type="checkbox"/>	<input type="checkbox"/>
Do I have a portable oxygen delivery system?	<input type="checkbox"/>	<input type="checkbox"/>
Do I have a dyspnoea scale?	<input type="checkbox"/>	<input type="checkbox"/>
Do I have chairs positioned to allow for patient rest at the end of the test?	<input type="checkbox"/>	<input type="checkbox"/>