



# STAFF INSTRUCTIONS FOR SET UP OF TELEREHABILITATION KIT

## Home Visit Checklist:

- Bike set up (bike and power-cord should be there)
- Music stand set up
- Mount set up
- Oxygen saturation monitor holder set up
- iPad set up and connected to patient's WIFI
- iPad instructions provided
- Oximeter instructions provided
- Zoom instructions provided
- Test video call
- Bike seat height
- Bike instructions and safety
- RPE/Borg explanation
- Supervised session on bike + exercise prescription
- Explanation of home exercise diary use + goals for week 1 written

Set out the bike like the photos below:



Use the weight to weigh the stand down as below:



Here is a setup of the iPad stand on the music stand:



**The iPad should be place in the holder with the home button on the right hand side.**

Please ensure the iPad is adjusted so the screen looks like the following photo by using the **reverse camera function** –

You should be able to see:

- The Oximeter reading
- The patient clearly (adjust for height)



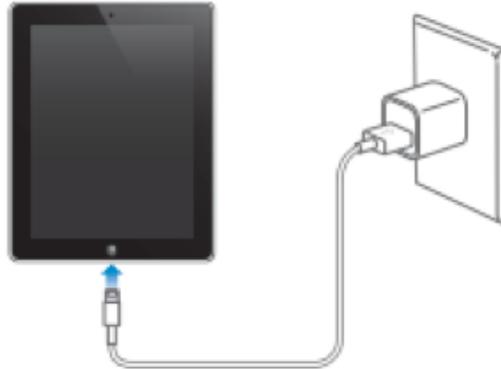
## IPad Instructions

|   |  |
|---|--|
| <p>1. Press on the silver “sleep/wake” button on the top of the iPad and wait a few seconds</p>   |    |
| <p>2. Once the Date and time screen has appear, swipe/slide with your finger to the right (slide to unlock) and a keypad will show stating “Enter Password”<br/>Enter 1 2 3 4 5 6</p>       |    |
| <p>3. Once you have entered the 6 digit password, you will be at the home screen.</p>   |   |
| <p>4. Make sure the volume is on the loudest setting.</p> <p>You can increase the volume by pressing the top bottom of the two volume buttons located on the side of the iPad</p>           |  |
| <p>5. When pressing the volume buttons. A symbol will appear on the screen looking like the one pictured.</p> <p>If all the boxes are white, the iPad is at the highest level of volume</p> |  |

## Charging your iPad

You will be required to charge your iPad over the 8 week program. You can charge your iPad by connecting the charger cord into the bottom of the iPad.

It would be best to charge your iPad the night before each session.



You can see how much power your iPad has by looking at the top right hand part of the screen.

The picture on the right has 62% battery life remaining



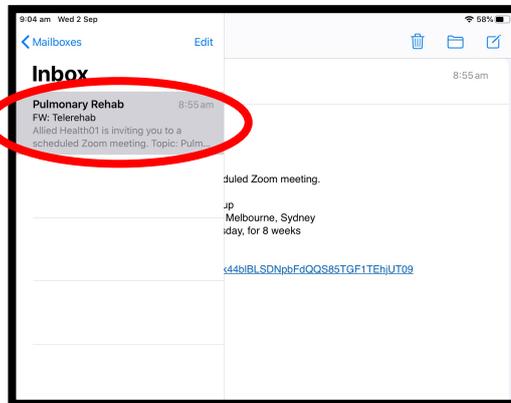


## Zoom instructions

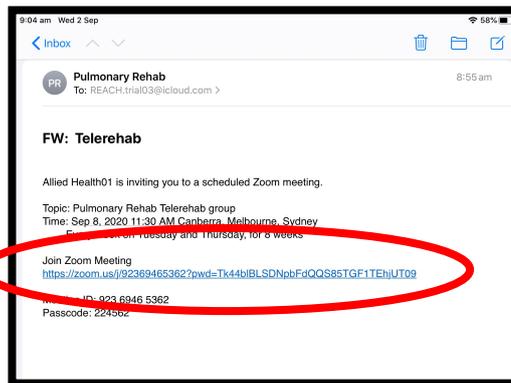
Tap on the blue EMAIL button.



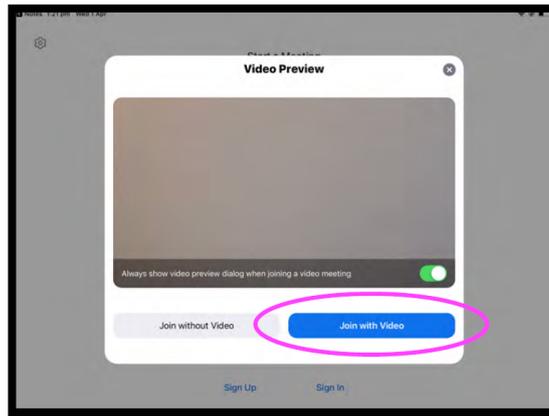
Go to INBOX and click on the PULMONARY REHAB email.



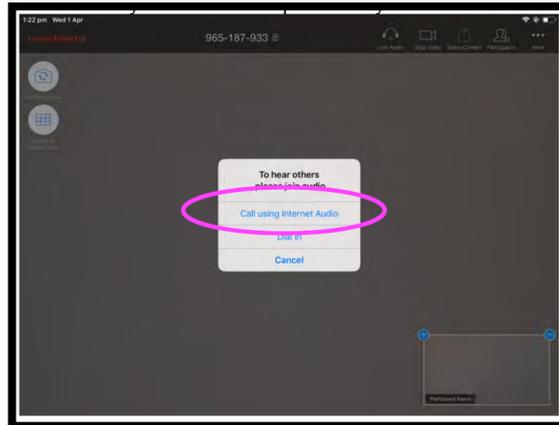
Click on the 'Join Zoom Meeting' link.



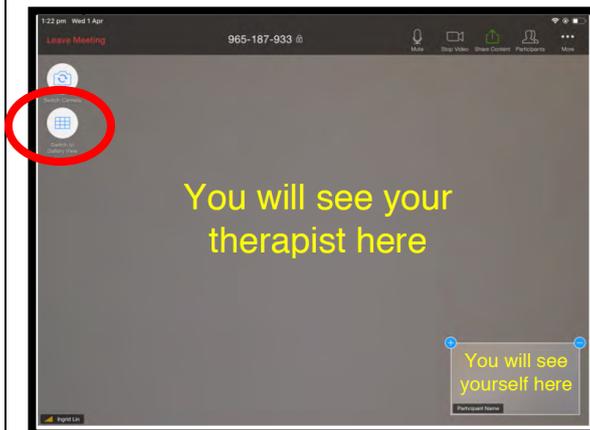
Wait for the host to start the meeting then click 'Join with Video'.



Choose the 'Call using Internet Audio' option.

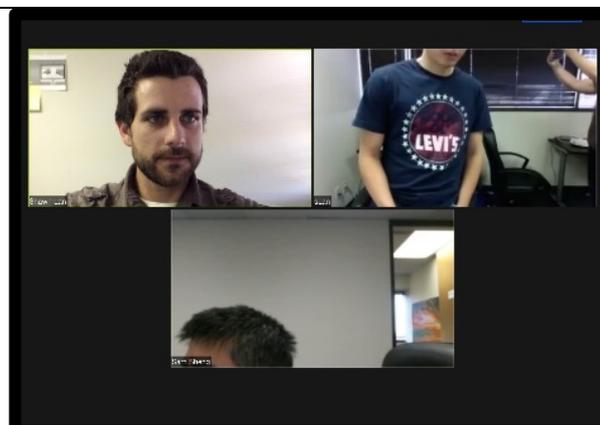


You will be able to see the pulmonary rehab staff on the main screen and yourself in the viewer on the bottom right.



Tap the screen and click on the grid icon on the left side of the screen (the bottom of the two white circles on the top left side of the screen).

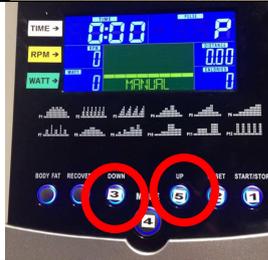
Once you have selected "GALLERY VIEW", your screen should look similar to the one shown on the right. You should be able to see multiple screens, each representing a different participant in the group.



## Turn on your oxygen monitor (oximeter) by following

|  |   |
|--|---|
| <p>1. Press the blue button at the centre of the monitor for a few seconds. (The device should turn on and red numbers should appear).</p>                             |   |
| <p>2. Clip the sensor onto your finger after you sit on the bike</p>   |   |
| <p><b>When you finish your exercise session.</b><br/>Remove the sensor from your finger.<br/>Press the blue button at the centre of the monitor for a few seconds.</p> |  |

## Bike Instructions:

|  |  |
|--|--|
| <p>Press the Button 1 (START/STOP) once on the right of your control panel and start pedalling</p>   |    |
| <p>The timer (TIME white arrow) will start to count up.</p>  |    |
| <p>Now adjust the exercise load using button 5 (UP) or button 3 (DOWN) according to the physiotherapists instructions.</p>   |   |
| <p>Your WATT is recorded at the (Green WATT arrow). Your physio will inform you what number you are aiming for during your session.<br/><br/>e.g 35 Watts shown in picture</p>   |  |
| <p>Your RPM is recorded at the (Yellow RPM arrow). We need this to be at least 50 RPM. Your physio may ask you this number during your session. Note: this number will flash between RPM and SPEED. The higher of the readings is the RPM.</p> |  |
| <p>When you finish your exercise session<br/>Press button 1 (START/STOP) to stop the timer.<br/><br/>Turn off the bike at the power point</p>  |  |