

CDU stationary bike record

Patients with pain, particularly chest pain from trauma or pleural conditions, often report significant improvement when they exercise on a stationary bike rather than using their trunk muscles during couch / incentive spirometry.

We would like to record the use of the CDU bike in patients and to help you use their exercise tolerance to facilitate clinical decision making.

Please encourage the patient to exercise as they desire but explain the benefits of exercise, particularly in promoting safe hospital discharge.

The Borg score (score of perceived level of exertion) is on the CDU wall in front of the bike. Please ask each patient to state their exertion level during each exercise session.

Please attach patient ID sticker or
Name:
DoB:
MRN

Please record:

- Date date/time
- Heart rate (HR)
- O2 saturations (Sats)
- Pain score (1-10)
- Patient's reported Borg level (1-10)
- Total time/power at end


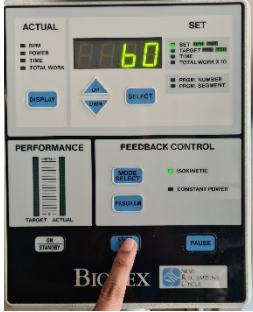
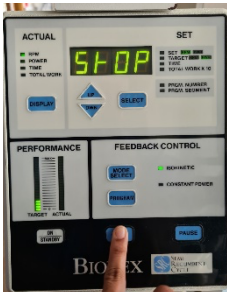

Please record these:

- At the "cycle" start
- At the patients maximum effort
- Shortly after stop (total time / power)

Date	Time	HR	Sats	Pain	Borg	Total Time	Total work

Please keep this record with the patient's clinical notes and tick "bike" on the electronic CDU record.

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	<p>Turn power at wall socket off for a few seconds then back on again. The bike screen will flash for 2 second then the screen defaults to “60”</p>
	<p>Once the patient is comfortable and before starting exercise, please press .</p> <p style="text-align: center;">Start/Stop</p> <p>The Screen will then show “0”</p> <p>Ask the patient to start exercising.</p>
	<p>At the end of the session, please press :</p> <p style="text-align: center;">Start/Stop</p> <p>STOP will appear</p>
	<p>Please scroll through</p> <p style="text-align: center;">Display</p> <p>and note record (in the patient’s clinical “bike” record)</p> <ul style="list-style-type: none"> • Total time and • Total power output

Date	Time	HR	Sats	Pain	Borg	Total Time	Total Work

Please store the “Bike” record sheet in the patient’s clinical notes.