

REACH-HF Training programmes – summary of exercise prescription

	Chair based exercise programme (CBE)	Walking Programme (WP)
Duration (support by facilitators)	10-12 weeks	10-12 weeks
Frequency Days/week	2-3 days/week	Progress to 3-4 days/week
Session duration Minutes/session	<p>Range 13-40 mins</p> <p>Level 1 ~ 13 mins includes warm up (WU) and cool down (CD) only *</p> <p>Level 2 ~ 21 mins (6 mins WU & CD)</p> <p>Level 3 ~ 21 mins (6 mins WU & CD)</p> <p>Level 4 ~ 25 mins (6 mins WU & CD)</p> <p>Level 5~ 28 mins (7 mins WU & CD)</p> <p>Level 6 ~ 30 mins (7 mins WU & CD)</p> <p>Level 7 ~ 38 mins (7 mins WU & CD)</p>	<p>Progress to 20-30 mins (with additional 3-5 mins warm up/cool down)</p> <p>Level 1: 5-10 minutes</p> <p>Level 2: 10-15 minutes</p> <p>Level 3: ≥20 minutes</p>
Intensity	<p>'Moderate'</p> <p>The initial exercise training intensity is in the range of 40% to 70% of a patient's capacity. This is ideally based on incremental shuttle walk test (ISWT) or 6-minute walk test (6MWT) calculated metabolic equivalents (METs) prior to commencing the core exercise training component.</p> <p>Each of the seven CBE levels has a known METs value which aligns with roughly 70% of the mean METs score derived from the ISWT and 6MWT. The CBE programme has built in (on screen) pacing and quality assurance of movement (video narrative).</p>	<p>'Moderate'</p> <p>The initial exercise training intensity is in the range of 40% to 70% of a patient's capacity. This is ideally based on ISWT or 6MWT calculated METs prior to commencing the core exercise training component. Each prescribed walking level is based on walk test distances or speeds with goals tailored to patient preferences.</p>
	<p>The allocated CBE level or WP pace or distance is validated by facilitators through</p> <p>(1) subjective checks using patient sensations ("make you breathe heavier, feel warmer and have a slightly faster heartbeat, but you should still be able to talk") and</p> <p>(2) Use of the REACH-HF manual tracker (0 to 10) effort scale where zero ~ no significant effort in carrying out the task to 10 representing excessive effort that is very difficult to maintain. Patients with facilitators are encouraged to understand and gain experience of the effort scale and try to avoid too many occasions where patients go above a rating scale 7 on the effort scale. If the effort required during a period of sustained exercise (e.g. 3 or more mins) is rated as 8 or above then the next exercise period (intensity level) should be adjusted down to a lower level.</p>	
<p><i>*Although the CBE has a defined warm up period of 6 to 7 mins per session all exercises in the main part of each CBE level are also steadily progressive allowing the muscles, joints and physiological responses to adapt with each minute of the exercise.</i></p>		