Instruction Manual

Nasco Healthcare
Blood Pressure Trainer 2.0

LF01600 / LF01600M
LF01600EX / LF01600MEX

Nasco
HEALTHCARE

About The Simulator

The Nasco Healthcare Blood Pressure Trainer 2.0 features a realistic, life-like arm, with attached Sphygmomanometer, and SmartScope 2.0 stethoscope. The Trainer replicates human conditions as closely as modern plastics, electronics, and programming will allow. This newly designed product can be programmed to various pulse rates with adjustable volume. The different Korotkoff phases can be identified and an optional auscultatory gap can be selected. Both the Arm and SmartScope devices are newly configured with USB-C charging capability. A palpable radial pulse is present in the wrist. Also included is a Dual-Head attachment compatible with the SmartScope for simultaneous trainer and trainee auscultation..

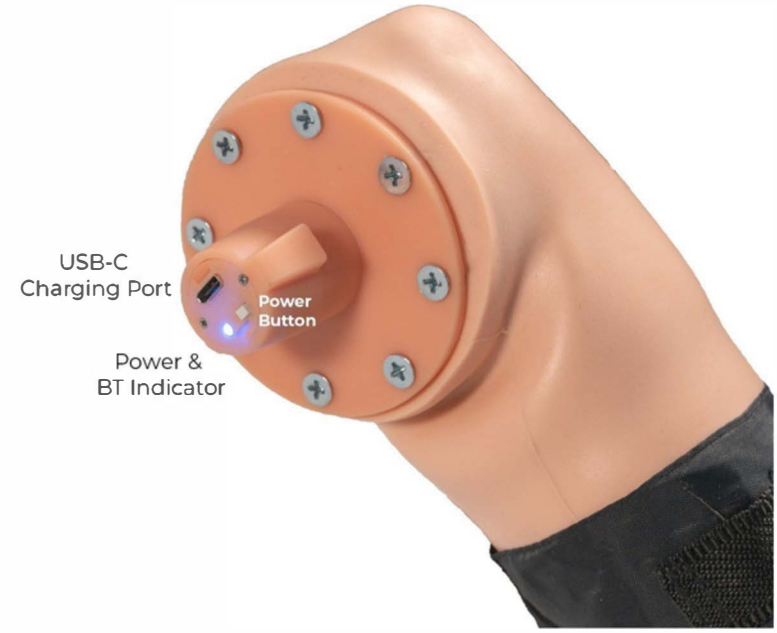
List of Components:

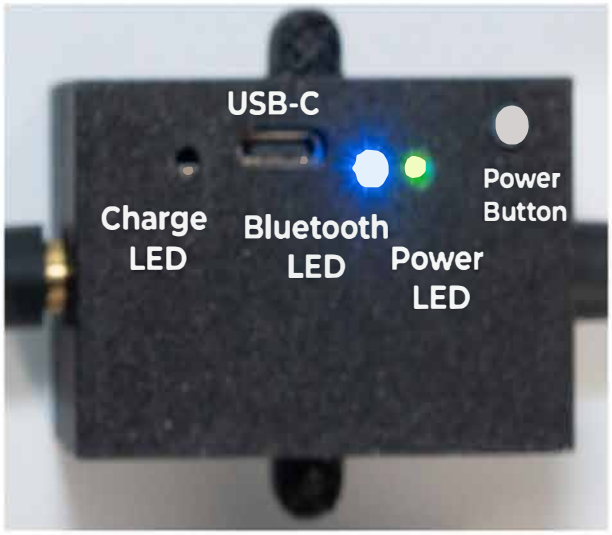
1. Blood Pressure Trainer Arm 2.0
2. Smartscope 2.0 Stethoscope
3. iPad (LF01600 & LF01600M Only)
4. Blood Pressure Sphygmomanometer (includes SmartCuff)
5. Carry Case
6. Quick Start Guide
7. Dual-Head Attachment (not pictured)
8. USB-C Charging Cable

Set Up:

1. Remove Trainer Arm, SmartScope 2.0, Sphygmomanometer, and iPad (if applicable) from Carry Case. Ensure all devices are completely charged before use.
2. Download the Be READY™ App onto the iPad (see QR code at bottom of page 4). App is tested on and compatible with 10.2" 9th Gen iPad and 10.9" 10th Gen iPad. Compatibility is not guaranteed with other versions.
3. Press and hold the power buttons on each device for 2 seconds to turn on. The Trainer Arm button will flash blue when device is ON. The SmartScope and SmartCuff contain a Green LED that will illuminate to indicate Power is ON.
4. Open the Be READY™ App on the iPad. Devices will appear in the App when available for Bluetooth connection.
5. To connect the Trainer Arm, select its device name and press Connect. When connected the LED indicator on the arm will change from flashing blue to solid blue and the corresponding indicator in the app will change from red to green.
6. Repeat for the SmartScope and SmartCuff. When connected a blue LED will illuminate.
7. To begin, select Blood Pressure Simulation in the App and apply the sphygmomanometer cuff to the Trainer Arm in the usual manner.
8. Set systolic and diastolic pressures, adjust volume level, set pulse rate, and elect to hear Auscultatory gap, all within the App.
9. Place Stethoscope heads into ears gently and apply SmartScope to Trainer Arm in the usual manner.
10. Trainer is ready to use.

Device Schematic





General Use Instructions:

1. After completing setup instructions, close valve on sphygmomanometer bulb and begin to pump air into the sphygmomanometer cuff, observing the pressure gauge.
2. Pump air into the cuff until the needle reads a pressure above the set systolic level.
3. In the app, the SmartScope will illuminate green when it is positioned correctly. If it is incorrectly positioned, no Korotkoff sounds will be heard.
4. Open the bulb valve slightly to release air and allow the needle to fall slowly.
5. While monitoring the Trainer Arm with the SmartScope, note the point on the gauge when the first Korotkoff sound is heard. This will be the systolic blood pressure.
6. Allow the pressure in the cuff to continue to decrease until the point at which the last pulse is heard. This is the diastolic blood pressure.
7. Compare results to the settings in the App. If performing a training or assessment, attach the Dual-Head attatchment to the SmartScope to hear sounds simultanously.

Palpable Pulse:

HealthcareThe Nasco Healthcare Blood Pressure Trainer 2.0 also incorporates a palpable pulse at the radial location. Palpations can be felt after connection of the device In the app, the hand will illuminate green when fingers are in the correct position to take pulse. During the actual blood pressure reading, the palpable pulse will turn off when the cuff is inflated and surpasses the systolic set point. It will turn on again when the cuff is deflated BELOW the systolic set point.

Auscultatory Gap:

An Auscultatory Gap is considered an absence of a pulse that typically occurs between phase 2 and phase 3 of the Korotkoff sounds. In this Trainer, the Auscultatory gap can be selectively turned ON or OFF. When the gap is on, there will be an absence of an audible pulse. The gap can be customized from within the App.

Calibration

A procedure designed to re-calibrate the sensor within the BP Cuff, for this procedure ensure to maintain the designated pressure for at least 30 seconds prior to pressing the button:

1. Ensure the sphygmomanometer cuff is wrapped around trainer Arm in the usual manner
2. Ensure the trainer is not in session and press the "Calibrate Pressure Module" button.
3. Release pressure to read 0mmHg on pressuregauge. Press "Set Zero" button

Set Zero

4. Increase pressure until gauge reads 20mmHg then press "Set Low Pressure" button

Set Low Pressure

5. Increase pressure until gauge reads 200mmHg then press "Set High Pressure" button

Set High Pressure

Warranty

This simulator comes with a 5-year warranty.

Download the Be READY™ App onto the iPad using the QR-Code provided:

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Blood Pressure Application Guide