

# FNTP PROGRAM TOOLS

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## Required Supplies – Preliminary List AU/NZ

For the first in-person workshop weekend you'll need the following 5 items:

- Blood Pressure Cuff
- Stethoscope
- Massage Table
- Supplement Test Kit (see separate upcoming information regarding student supplement test kits once class begins).

There will be a final Required Supplies document made available to you on the learning platform and further resources will be mailed out to all students in the weeks leading up to the first workshop, but this preliminary list will get you started in the meantime.

### Recommendations:

While trying to be respectful of cost, we believe it is worth paying a bit more to get a quality stethoscope to improve your ability to effectively hear the heart sounds. While obviously affordable, the cheaper nurse's kits (cuff/stethoscope combined) sometimes come with a very poor quality stethoscope.

If you are hearing-impaired, search the online stores for stethoscopes for hearing-impaired which are specially designed to amplify acoustics.

Buying used materials is a great way to save on expenses and an excellent way to promote sustainability as well! Feel free to do your own research and find the best deals, but all items are required to be successful in the program.

Here are a few more thoughts to keep in mind when purchasing:

### **Blood Pressure Cuff (Sphygmomanometer):**

**BP Cuff Size:** Most of your clients will fit an Adult Large cuff, even when used around the calf muscle as we'll do in future mineral status testing. If you plan to work with clients who are obese, or perhaps large-legged men, you may occasionally find the Adult Large cuff does not accommodate their size. Also, if you plan to work with children you may need a smaller cuff at some point. However, a trend we've noticed in recent years is that as the general public has increased in size, so has the standard Adult Large BP cuff size. Some of you will find the Adult Large is somewhat big for an average healthy weight person, but you'll still be able to tighten the cuff appropriately to fit most of your clients.

Automatic inflating cuffs are not acceptable. We need to be able to manually control the pressure applied when doing the Ragland's postural hypotension test and the Lowenburg's mineral sufficiency test.

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NO Digital Displays, which often accompany the auto-inflating cuffs; you'll want a standard needle gauge. Make sure the needle returns completely to zero when the cuff is empty. If it doesn't, the gauge is faulty and will need to be recalibrated; return to manufacture.

Air Release Valves: there are two typical types of air release valves on cuffs – twist valve or trigger valve. (A note from your instructor: I personally prefer the twist-to-release air valve but that's because that's what I've used for 20+ years. There's also an option to select a trigger-style release (gun-like) valve which some people prefer. The choice is yours.)

## **Stethoscopes:**

A dual-head stethoscope is fine, it simply allows two size heads which sometimes can improve acoustics when using on smaller individuals. A dual-head will rotate 180 degrees and click into place; with earpieces in ears, tap on the head gently with a finger tip and see if you can hear, if not, rotate the head 180 and tap lightly again and you should hear the sound.

Single head stethoscopes have less moving parts and tend to hold up well as a result.

Single- or double- tubing does not seem to change acoustics that much

## **Massage Tables:**

You must have a massage table for practicing the Functional Clinical Assessment at home, and possibly to bring with you to the workshop weekends for practice in class. It may not be necessary for all students to travel with tables for each workshop, but you should be prepared to do so as directed by your instructor.

You'll need a portable Massage table - please ensure this is height adjustable.

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## **Here are a few online resources for purchasing your Workshop Tools Supplies:**

<http://www.economedical.com.au/>

<http://medshop.com.au>

<http://www.medshop.co.nz/>

<https://massagewarehouse.com.au/>

<https://www.justtables.co.nz/>