SA-3000P Quick Manual

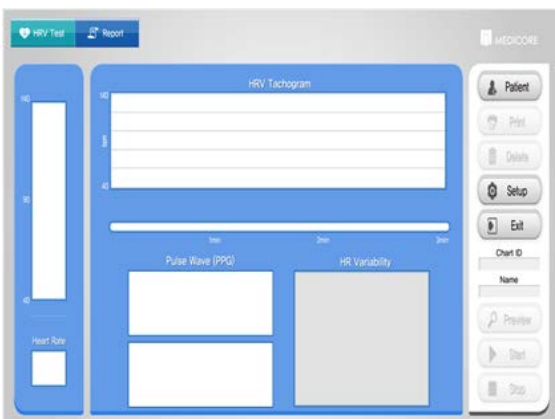**1**

1-1. ▬ minimize SA-3000P program.

1-2. ⚙ setup user information, reference and name of saved image.

1-3. 📷 exit SA-3000P program.

1-4. HRV+APG: perform the program for HRV & APG measurement.

1-5. Training: perform the program for respiration training.

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SETUP

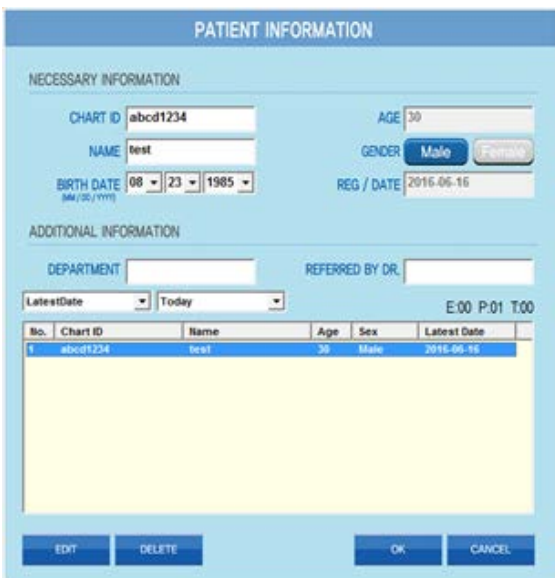2-1. On SETUP screen, setup User information, Reference, Language and File name of result report

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3-1. When you click the HRV+APG icon on ①the 1st screen, you will see the screen③ on the left.

3-2. When you click the "Patient" icon, you can see the screen④ on the left.

4-1. Register new patient or import current patient.

4-2. Input chart ID, name and birth date, then select M / F to complete registration. If you click OK, you can see left main screen③.

4-3. After clicking "Preview" on screen③, wait for about 10 seconds, and when the signal stabilizes, click "Start" icon to perform the measurement.

(Measure for 3 minutes or 5 minutes without moving or speaking.)

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PATIENT INFORMATION

← Setup

Measurement time: 25 beats,

1min 30sec, 3min or 5min

Print option: Printer, Image, E-mail

5-1. When the test is completed, the result screen is displayed as shown on the left ⑤.

5-2. Click the "Print" icon to print according to the set value, or generate the image (E-mailing is also available).

5-3. Result report

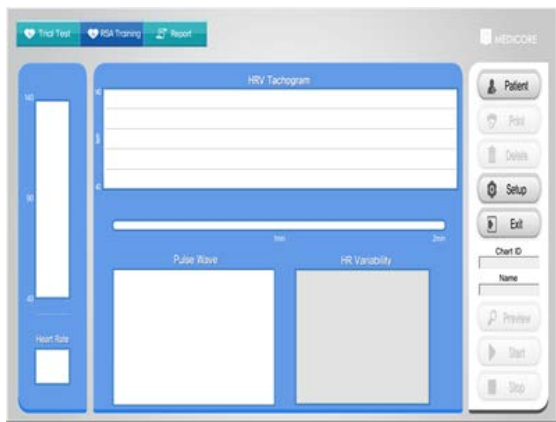 1) On result screen, various reports can be shown.

  2) There are tap for HRV Report, DDR Report, HRV History and DDR History.

5-4. If you want to re-measure, click the "Test" icon.

5-5. If you want to delete the result data, click the "Delete" icon on the result screen.

5-6. On main screen, press F8 for **DB back up**.

6-1. Training Mode

  1) Trial Test – HRV is measured for 2 minutes.

  2) The number of respiration that suits you is determined

(A person who has measured HRV in advance does not need the trial test.)

6-2. Training Mode setting

There are 2 modes, Biofeedback and **Free**.

Biofeedback mode is trained with the number of breaths determined for the patient, and Free mode can freely determine the number of breaths.

  1) Biofeedback mode

    Training Time: 3min, 5min, 10min

    RSA Grade: Easy/ Moderate/ Difficult
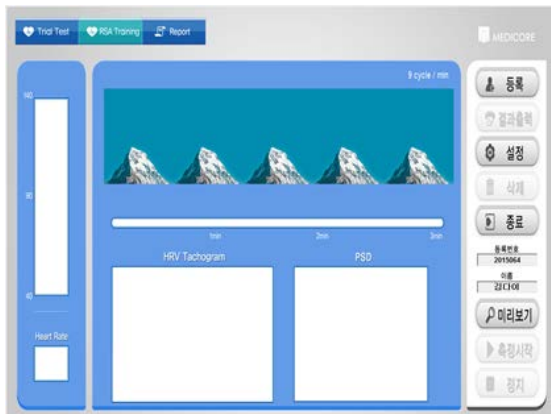
  2) Free mode

    Breath Rate / min

    Minimum 6 and maximum 15 breathing rate can be determined.

    4 kind of RAS Image can be determined.
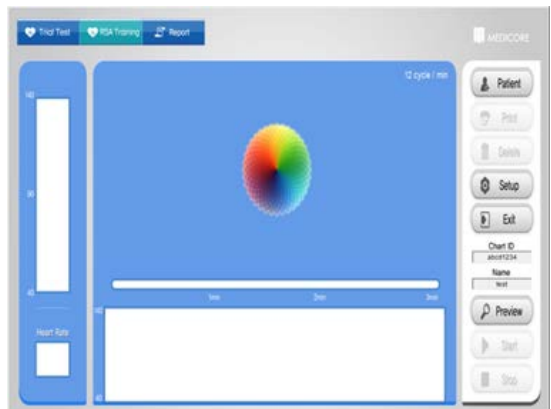
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7-1. Training in Biofeedback mode

When you inhale, the arrow goes up and the arrow goes down when you exhale.

Breathe deeply, let the inhalation shorten and the exhalation lengthen along the mountain shape.

(Inhalation: Exhalation = 4: 6)

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8-1. Training in Free mode.

Inhale at bigger image and exhale at smaller image.

Do respiration training according to image changing.