

APPENDIX 1

Updated September 2019

Basic Clinical Equipment for Physical Health Assessment in Specialist Mental Health, Learning Disability and Substance Misuse Services

	Out-patient / community settings	Essex STaRS	Inpatient settings
TO SUPPORT ASSESSMENT			
Blood pressure cuff – adult	✓	✓	✓
Blood pressure cuff – large adult	✓	✓	✓
Blood pressure cuff – child sizes	x	x	<i>CAMHS in-pt. services</i>
Sphygmomanometer – aneroid	✓	✓	✓
Sphygmomanometer – digital	✓	✓	✓
Stethoscope	✓	✓	✓
Pen torch	✓	✓	✓
Ophthalmoscope	✓	✓	✓
Snellen or other validated vision chart	x	x	<i>CAMHS in-pt services</i>
Otoscope	✓	✓	✓
Tongue depressors	✓	✓	✓
Reflex tendon hammer	✓	✓	✓
Tuning fork – 512hz	✓	✓	✓
Tuning fork – 128hz	✓	✓	✓
Thermometer	✓	✓	✓
Pulse Oximeter	x	✓	✓
Glucometer	✓	✓	✓
Measuring tape	✓	✓	✓
Height measure	✓	✓	✓
Weighing Scales	✓	✓	✓
Peak Flow meters	✓	✓	✓
Electrocardiograph	✓	✓	✓
Examination couch	✓	✓	✓

	Out-patient / community settings	Essex STaRS	Inpatient settings
TO SUPPORT CLINICAL INTERVENTION			
Oxygen cylinder	x	x	✓
Nebuliser	x	x	✓
CONSUMABLES: (list not exclusive)			
Examination gloves (sterile and non-sterile)	✓	✓	✓
Syringes and needles / specimen collection tubes / Sharps/instrument boxes	✓	✓	✓
Urine multi-sticks (ordered through pharmacy)	✓	✓	✓
BM sticks (ordered through pharmacy)	✓	✓	✓
Pregnancy testing kits (ordered through pharmacy)	x	✓	✓
Urine drug screen kit	✓	✓	✓
Breathalyser	✓	✓	✓
Dressings / wound management products	✓	✓	✓
Continence products	x	x	✓
Urinary catheters	x	x	✓