

Supplementary Materials: Heart Failure Patients' Adherence to Hybrid Comprehensive Telerehabilitation and its Impact on Prognosis Based on Data From TELEREH-HF Randomized Clinical Trial

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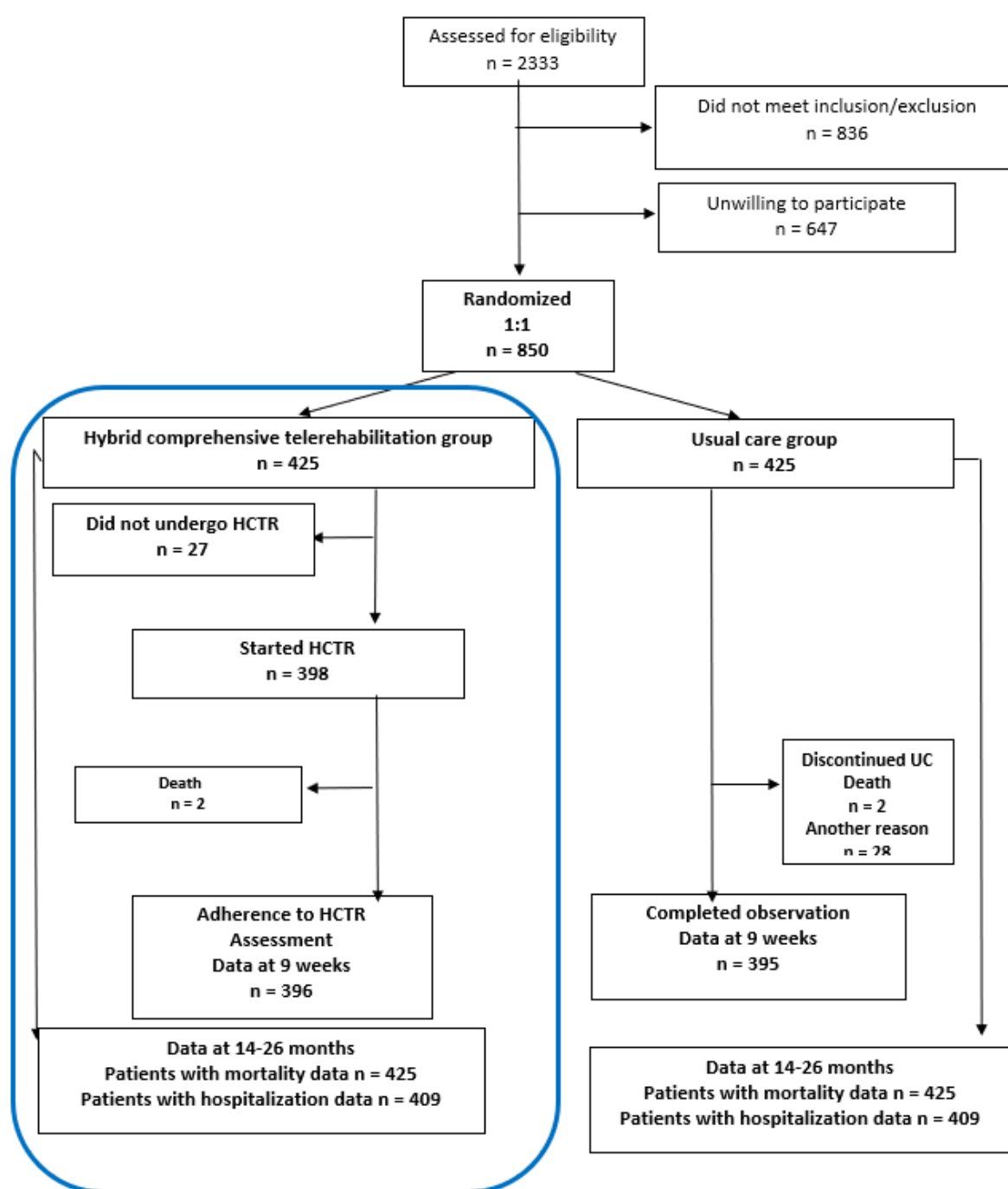


Figure S1. Patient Flow in the Study.

Table S1. Exercise training model TELEREH-HF RCT.

Type of exercise training	Exercise prescription
Aerobic endurance training	<p>Devices: Nordic walking poles</p> <p>Training session consists of:</p> <p>1.Warm-up: breathing and light resistance exercises using poles for Nordic walking; duration 5–10 min</p> <p>2.Interval Nordic walking training</p> <p>Intensity: 40-70% of heart rate reserve, perceived exertion level—score of 11-12 on the Borg scale</p> <p>Duration: start at 10 min/session/day^a 15 min/session/day^b 20 min/session/day^c gradually increased to 30–45 min/session/day^d</p> <p>3.Cool down: relaxation, breathing exercise; duration 5 min</p> <p>Frequency of the aerobic endurance training: 1 session/day</p>
Respiratory muscle training	<p>Devices: Train Air software - during the initial stage at the hospital Threshold Inspiratory Muscle Trainer - during the basic stage at home</p> <p>Intensity: start at 30% of the maximal inspiratory mouth pressure (PI_{max}) and readjusted to a maximum of 60% (if possible)</p> <p>Duration: minimum 5-10 minutes/day maximum 20-30 minutes/day;</p> <p>Frequency of the respiratory muscle training: 3-5 times/ throughout the day</p>
Resistance and strength training	<p>Devices: Thera Band - yellow color</p> <p>Intensity: 5-10 repetitions of each of the seven exercises (see Appendix 2)</p> <p>Duration gradually increased 5-10-15 minutes/day</p> <p>Frequency of the resistance and strength exercise training:1 session/ day</p>

Duration of aerobic endurance training depended on the functional capacity in baseline cardiopulmonary exercise test:

^abaseline peak VO₂ below 10 mL/kg/min.

^bbaseline peak VO₂ 10–18 mL/kg/min.

^cbaseline peak VO₂ over 18 mL/kg/min.