



Lake Regional Health System Cardiopulmonary Rehabilitation Center

Phase 1 Program Guideline for Inpatient Educators

Phase 1 Program goals:

- To introduce ourselves as part of the Cardiac Rehab Staff and initiate contact/relationship with patient
- Identify and educate patient regarding modification of cardiovascular risk factors, self-assessment and self care in heart health
- Identify the existence of any co-morbidities or complications that may increase patients risk of recurrent cardiac event
- Prevent weakness and complications caused by prolonged bed rest
- Improve endurance, range of motion and flexibility
- Promote independence, self-esteem and responsible decision making for patients
- Educate patients and possible spouses or care givers regarding exercise and symptom recognition

Initial Patient Assessment: (AACVPR guidelines)

- Assess for admitting diagnosis, present illness and clinical status, current signs and symptoms, past medical history, social history, employment status, risk factors, co-morbidities, and alcohol or substance abuse
- Patient interview is essential to supplement medical information regarding personal, family and social history
- Emphasis on patient readiness for activity, readiness to learn and discharge requirements

AACVPR Checklist for Cardiovascular Disease Risk Factors — Communication tool for RN/EP:

Figure 5.1 Cardiovascular Disease Risk Factor Checklist

<p>Smoking</p> <p><input type="checkbox"/> Current smoker or quit at time of hospitalization</p> <p>Number of packs per day _____</p> <p>Years smoked _____</p> <p>Total pack-years _____</p> <p><input type="checkbox"/> Former smoker, quit smoking <6 months before admission</p> <p>Total pack-year history _____</p> <p><input type="checkbox"/> Never smoked or quit ≥6 months before admission</p> <p>Total pack-year history _____</p> <p><input type="checkbox"/> Uses other tobacco products</p> <p>Identify: _____</p>	<p>Dyslipidemia</p> <p><input type="checkbox"/> Abnormal lipid levels diagnosed before admission</p> <p><input type="checkbox"/> Pt reports compliance with prescribed lipid-lowering medication</p> <p><input type="checkbox"/> Previous lipid values or lipids drawn within 24 h of admission</p> <p>Chol _____ LDL _____</p> <p>HDL _____ Trig _____</p> <p><input type="checkbox"/> Unknown</p> <p><input type="checkbox"/> History of normal lipid levels</p>	<p>Hypertension</p> <p><input type="checkbox"/> Diagnosed before hospitalization</p> <p>BP _____</p> <p><input type="checkbox"/> Pt reports compliance with anti-HTN medication</p> <p><input type="checkbox"/> Pt reports discontinuing current medication</p> <p><input type="checkbox"/> Unknown</p> <p><input type="checkbox"/> History of normal blood pressure</p>
<p>Physical inactivity</p> <p><input type="checkbox"/> Pt did not exercise three or more times per week or ≥150 min per week in 3 months before hospitalization</p> <p><input type="checkbox"/> Pt reports regular exercise</p>	<p>Stress or psychological concerns</p> <p><input type="checkbox"/> Pt reports history of high stress levels</p> <p><input type="checkbox"/> History of prior psychological or psychiatric treatment</p> <p><input type="checkbox"/> No history of perceived high stress or prior problem</p> <p>Appears, acts, or reports being</p> <p><input type="checkbox"/> angry</p> <p><input type="checkbox"/> depressed</p> <p><input type="checkbox"/> hostile</p> <p><input type="checkbox"/> lonely</p>	<p>Body composition</p> <p>Current height _____</p> <p>Current weight _____</p> <p>BMI _____</p> <p><input type="checkbox"/> Healthy weight, BMI <25</p> <p><input type="checkbox"/> Overweight, BMI 25 to 29.9</p> <p><input type="checkbox"/> Obese, BMI 30 to 40</p> <p><input type="checkbox"/> Very obese, BMI >40</p> <p>Waist Circumference _____</p> <p>At risk:</p> <p><input type="checkbox"/> Males >102 cm (>40 in.)</p> <p><input type="checkbox"/> Females >88 cm (>35 in.)</p>
<p>Diabetes</p> <p><input type="checkbox"/> Elevated blood glucose levels on admission or diagnosed</p> <p><input type="checkbox"/> Fasting BS or</p> <p><input type="checkbox"/> HbA1c</p> <p><input type="checkbox"/> Normal blood glucose levels</p> <p><input type="checkbox"/> Metabolic syndrome</p>	<p>Alcohol or substance abuse</p> <p><input type="checkbox"/> History of alcohol or substance abuse at time of admission</p> <p><input type="checkbox"/> Pt denies history but initial presentation suggestive</p> <p><input type="checkbox"/> No evidence of alcohol or substance abuse</p>	<p>Other</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>

Response is required in each category. Abbreviations: Pt, patient; BP, blood pressure; Chol, cholesterol; LDL, low density lipoprotein; HDL, high density lipoprotein; Trig, triglycerides; HTN, hypertension; BMI, body mass index; BS, blood sugar; HbA1c, glycosylated hemoglobin

Assessing patients readiness for daily ambulation and mobilization: (AACVPR guidelines)

- No new or recurrent chest pain during previous 8hr
- Neither CK nor troponin level are rising
- No new signs of decompensated failure (e.g. dyspnea at rest)
- No new significant, abnormal rhythm, or ECG changes occurred during the previous 8hr

Progression of Activity

- Appropriate HR increase (≤30 bpm)
- Appropriate SBP response to activity (increasing, 10-40 mm Hg from rest)
- No new rhythm or ST changes
- No new cardiovascular symptoms such as palpitations, dyspnea, excessive fatigue, or chest pain

Before beginning the activity portion of IPCR, a physician, nurse, physical therapist or CR staff member with appropriate skills and competencies should perform a baseline physical assessment, including heart and lung sounds, palpation of peripheral pulses, and self-care skills and ability. Results of the assessment must be documented along with the baseline heart rate, blood pressure, O2 saturation and cardiac rhythm.