

Cardiac Rehabilitation Program

The mission of the Cardiac Rehabilitation Program is to promote optimal physiological and psychosocial adjustments for the patients who are diagnosed with cardiac diseases.

The philosophy of the Cardiac Rehabilitation Program is to teach disease management, improve physical capacity and promote independence.

Program Objectives

- Provide quality, collaborative rehabilitation services
- Improve the health and functional status of cardiac patients
- Facilitate successful transitions home

Program Guidelines*

- Acute hospital initial assessment
- Evaluation by physician, therapists
 Education programs and nurses
- Plan of care
- Lifestyle modification

- Therapy programs
- Weekly team conferences
- Referrals

*Scottish Intercollegiate Guidelines Network. (2002). Cardiac rehabilitation: A national clinical guideline. Edinburgh, Scottland: Scottish Intercollegiate Guidelines Network.

Cardiac Rehabilitation: A Return to Independence HealthSouth Valley of the Sun Rehabilitation Hospital Kathy Rupp, RN, MSNL, CRRN Beth Mooney, RN, BSN, MBA CRRN

Our Promise

We will provide:

- Cardiac rehabilitation-based nursing and therapy
- Education to increase self-health awareness
- Collaborative care with the physicians and other rehabilitation staff
- Strategies to help with your goal of regaining independence

Cardiac Program Admission Criteria

Patients with primary and secondary cardiac diagnoses who will benefit from the cardiac rehabilitation program:

- S/P CABG or other cardiac surgery
- S/P cardiac arrest
- CHF
- Arrhythmias or trending HR >120
- EF < 30%
- Respiratory distress by recent history or need for continuous pulse oximetry
- Discharge from ICU for cardiacrelated illness
- ESRD/dialysis

- Obtain daily weight
- Obtain EKG and CXR (if not done in past 48



Admission Protocol

- Assign patient in room with oxygen and suction
- Consult dietitian
- Place patient on telemetry
- Measure CBC and BMP orders on Monday and Thursday
- Cardiac consultation
- hours in the acute hospital)
- Establish IV access (excluding dialysis patients)

Cardiac Program Outcomes

Program Indicators

Patient satisfaction Acute care transfers Evidence of medication education Cardiac consultation

Discharge Planning

Prior to discharge:

- Provide patient and family with education and support
- Schedule follow-up appointments
- Follow-up with OP, HH, SNF or physician
- Establish home exercise program
- Provide adaptive equipment, if needed

Discharge criteria:

- Rehabilitation goals have been met
- Does not require medical management or 24-hour nursing
- Independent or assisted by family or caregiver



Goal > 90% Goal < 10% Goal = 100%Goal = 50%

