

PTA 205L- Complex Medical Dysfunctions – Winter 2011

Lab 1- Cardiac Rehab Considerations

Guest Lecturer: Debbie Proctor, Oregon Heart & Vascular Institute

I. Introduction to Cardiac Rehab

- What is Cardiac Rehab
 - Supervised monitored exercise
 - Education focused on lifestyle modification
 - Dietary counseling
- Who makes up the cardiac rehab team
 - Dietician
 - Respiratory Therapist
 - Cardiac Rehab Therapist
 - Exercise Physiologist
 - Registered Nurse

II. Three phases of cardiac Rehab

- Inpatient (acute care)
 - o Ambulation
 - o Discharge teaching
- Outpatient (acute rehab)
 - o Monitored exercise
 - o Exercise prescription/workload progression
 - o Confidence building
 - o Education
- Supervised Exercise Program
 - o Periodic monitoring
 - o Guidance with exercise program

III. Patients referred to cardiac rehab

- CABG
- Valve Replacement
- Stent
- MI
- Angina
- Arrhythmia
- Cardiomyopathy
- Heart Failure

IV. Exercise Rx-

- Duration
- Intensity
- Frequency

V. Special Populations-

- Diabetics
 - o Peripheral Neuropathy
 - o BG control
- Peripheral Arterial Disease (PAD)
 - o Claudication threshold
- Stable Angina
 - o Anginal threshold

VI. Socioeconomic issues

- Elderly patients on a fixed income
- Can't afford copay or gas to travel
- Patients not wanting to depend on family to transport them to and from cardiac rehab.

VII. Case Study Break Out Groups

- PAD
- Stable angina
- Diabetes/peripheral neuropathy

VIII. Case Study Discussions