Intern Expectations for Cardiac & Pulmonary Rehabilitation

As part of the intern experience and following orientation, the student participating in an internship at Mercy Medical Center’s Cardiac and Pulmonary Rehab program will include the following roles and responsibilities:

**Phase I - Inpatient Cardiac and Pulmonary Rehab**
- Assist with handling of equipment for inpatient care (i.e. foley bag, IV’s oxygen and oxygen saturation monitor) when instructed how to do so safely.
- Assist staff person with ambulation of inpatients.
- Observe education regarding diagnosis/treatment with patient and family.

**Phase II - Outpatient Cardiac Rehabilitation**
- Accurately obtain initial height and weight and weekly weights thereafter.
- Demonstrate accurate blood pressure measurements at rest and during exercise. (Accuracy will be verified by staff with teaching stethoscope)
- Demonstrate appropriate EKG hookup for telemetry monitoring and patient instruction of EKG hookup process.
- Identify normal and abnormal EKG rhythms.
- Assist with patient orientation on use of all appropriate exercise equipment.
- Lead patients through warm and cool down stretches.
- Assist with patient instruction of resistance training and be able to make adaptations for joint pain or decreased ROM if needed.
- Assist with entry of patient information into telemetry system (blood sugars, blood pressures, weight, pain, exercise workloads)
- Observe initial interview process with new outpatient participants.
- Assess compliance with home exercise program and provide guidelines if needed regarding exercise prescription.
- Understand key concepts such as anatomy/physiology, cardiac and pulmonary diagnoses, risk factors, exercise prescription, lifestyle modifications.
- Teach one or more patient/family education class for cardiac rehabilitation.
Outpatient Pulmonary Rehabilitation

- Lead patients through warm up and cool down stretches.
- Perform accurate resting and exercise blood pressures.
- Obtain oxygen saturations, perceived dyspnea and rating of perceived exertion.
- Assist with entry into telemetry system (BP, weight, BS, pain, exercise workloads, dyspnea rating and oxygen liter flow)
- Learn and demonstrate/explain controlled breathing techniques including pursed lip breathing and diaphragmatic belly breathing.
- Teach one or more patient education classes for pulmonary rehabilitation.
- Understand normal and abnormal oxygen saturations with rest and exercise and appropriate actions/modifications.

Phase III – Lifestyle Enhancement Program (LEP)

- Perform resting and exercise blood pressures
- Explain participant documentation of exercise session.
- Instruct participants in proper use of exercise equipment.

Additional Expectations

- Dress professionally according to hospital standards and dress code policy.
- Consistently interact with patients and families.
- Assist with initiating emergency procedures: Code Blue, Fire, bomb, etc.
- Intern will have current CPR certification.
- Intern will complete a project during internship, which will be discussed and approved by internship site staff.
- Complete all Affinity Training and Development forms.
**Intern Knowledge & Skills Checklist**

Please check “Yes” or “No” regarding your clinical skills, knowledge and understanding for each item.

<table>
<thead>
<tr>
<th>Knowledge &amp; Skills</th>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>Do you have knowledge/understanding of cardiac anatomy and physiology?</td>
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<tr>
<td>Do you have knowledge/understanding of pulmonary anatomy and physiology?</td>
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<tr>
<td>Do you have knowledge/understanding of cardiac and pulmonary disease?</td>
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<td>Do you have knowledge/understanding of writing an exercise prescription?</td>
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<td>Are you able to modify an exercise prescription for different disease populations?</td>
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<td>Do you have knowledge/understanding of cardiac or pulmonary medications?</td>
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<td>Do you have knowledge/understanding of electrocardiograms?</td>
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<td>Do you have experience with goal setting?</td>
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<td>Do you know how to take a resting blood pressure?</td>
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<td>Do you know how to take an exercise blood pressure?</td>
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<td>Do you have experience leading group exercise?</td>
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<td>Do you have experience teaching educational material in a group setting?</td>
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<td>Do you have experience working with a variety of age groups?</td>
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<td>Do you know when it is appropriate to check a patient’s blood sugar?</td>
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