

DIVISION SCOPE OF SERVICE

Division: SAN ANTONIO

Classification: CLINICAL EXERCISE PHYSIOLOGIST

Applicant Name:

Clinical Exercise Physiologist:

The Clinical Exercise Physiologist must have equivalent qualifications, competence and function in the same role as employed individuals performing the same or similar services at the facility, as defined by facility job description.

Definition of Care or Service:

The Clinical Exercise Physiologist works independently and/or in conjunction with other cardiopulmonary rehabilitation team members to evaluate, assess and provide appropriate therapeutic interventions and an individualized program tailored to each patient's needs in both the in and outpatient settings.

Scope of service may include:

- Ensures therapeutic goals are tailored toward achieving optimal physical and psychosocial well-being through lifestyle changes of the individual.
- Cardiopulmonary Rehabilitation knowledge base is essential in the areas of exercise physiology, human development and aging, functional anatomy and biomechanics, human behavior, psychology, pathophysiology, risk factors, health appraisal and fitness testing, electrocardiography, emergency procedures and safety, and exercise prescription. Works collaboratively with patient care team members.
- Provides teaching to both patients and staff as appropriate.
- Serves as part of the Cardiac Rehabilitation team to meet identified operational needs of the department.
- Provides an individual Exercise Prescription at time of patient admission based on ACSM guidelines utilizing submaximal Exercise Treadmill Test or 6 Minute Walk as a means to establish functional capacity of the patient.
- Calculates VO₂ max / VO₂ reserve and METS (metabolic equivalents on admission and throughout the program. Implements PAD (peripheral artery disease) protocol as appropriate.
- Monitors: Blood pressure, pre, during and post exercise; oxygen saturation utilizing pulse oximetry for the Pulmonary Rehabilitation or respiratory compromised patient; Blood Glucose using the Accucheck bedside monitoring equipment on patients with diabetes.
- Applies consistent knowledge in ECG rhythm identification and reports abnormalities to the Cardiopulmonary Rehabilitation RN or RT. Performs 12-lead ECG (electrocardiogram) when indicated.
- Evaluates patient prior to an exercise session for contraindications for starting the exercise session.
- Performs body composition/BMI/anthropometric and other assessments when indicated, and updates and individualizes the exercise prescription for each patient after each exercise session.
- Monitors exercise adherence and provides exercise counseling when needed, and participate in the monitoring, documentation, and communication of the patient's response to the Interdisciplinary Plan of Care (ITP) throughout the program.
- Provides patient education, to include but not limited to, risk factors for coronary artery disease, use and safe use of exercise equipment, breathing techniques, home exercise program, body composition, METS, exercise prescription and related topics i.e. Target heart rate, Rating of Perceived Exertion and Dyspnea

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<p>scales, Exercise mode, intensity, frequency and duration.</p> <ul style="list-style-type: none"> Demonstrates Clinical and Service excellence behaviors to include code of HCA conduct core fundamentals in daily interactions with patients, families, co-workers and physicians.
<p>Setting(s):</p> <ul style="list-style-type: none"> Cardiovascular Rehabilitation services areas including but not limited to hospitals and outpatient surgery centers Healthcare facilities including but not limited to hospitals, outpatient treatment facilities, imaging centers, and physician practices
<p>Supervision: Nurse Director, Director of Exercise Physiology, Medical Director of Cardiovascular Rehabilitation</p> <p>Evaluator: Nurse Director, Director of Exercise Physiology, Medical Director of Cardiovascular Rehabilitation</p> <p>Tier Level: 2</p> <p>eSAF Access Required: Yes</p>
<p>Qualifications:</p> <ul style="list-style-type: none"> Bachelor's or higher degree in Kinesiology, Exercise Physiology, Exercise Science, or equivalent related degree American Heart Association or Red Cross health care provider BLS Certification American Heart Association or Red Cross health care provider ACLS Certification <p>Preferred Qualifications:</p> <ul style="list-style-type: none"> ACSM Clinical Exercise Specialist Certification (CES), and/or ACSM Register Clinical Exercise Physiologist (RCEP), and/or AACVPR Certified Cardiac Rehabilitation Professional (CCRP) <p>NOTE: Where education may not be defined in qualifications area of the Scope, HCA requires the highest level of education completed (not training or courses) confirmed on your background check.</p>
<p>State Requirements:</p> <ul style="list-style-type: none"> N/A
<p>Experience:</p> <p>One of the following:</p> <ul style="list-style-type: none"> Evidence of formal internship completion in cardiopulmonary rehabilitation and exercise prescription One year of exercise physiologist experience in Cardiovascular Rehabilitation or a clinical cardiovascular setting
<p>Competencies:</p> <p>The Clinical Exercise Physiologist will demonstrate:</p> <ul style="list-style-type: none"> Fundamentals of ECG and Basic Dysrhythmias: Part 2 Nova Methodist San Antonio System APEX Innovations: NIH Stroke Scale Training and 1-year certification. Early Heart Attack Care Stroke Rehabilitation: Treatment of Impaired Balance following Stroke. EBSCO: Using Standard Precautions. Infection Prevention <ul style="list-style-type: none"> Practices consistent hand hygiene Uses personal protective equipment (PPE) Complies with Isolation precautions Required immunizations per Division requirement
<p>References:</p>



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American College of Sports Medicine: <https://www.acsm.org/>

Document Control:

- Created 6/21/2022
- Cosmetic update 7/14/2022

Your signature confirms you will be able to comply with the Qualifications and Competencies listed within this Scope of Service and that you will confirm education via your background check.

Applicant Printed Name: _____

Signature: _____

Date: _____