



Unity Point Health - Meriter Wellness Center

Cardiac Rehab 8:00-10:00am Monday, Wednesday, Friday (about 6 hours/week)

Cardiac rehab is an outpatient rehab program for those suffering from a cardiac event (i.e. heart attack, open heart surgery, valve replacements, heart failure). Individualized patient therapy focuses on:

- Exercise prescription
- Cardiac risk factor management
- Motivational coaching to instill lifestyle changes

As a practicum student you will have an opportunity to participate in patient care and gain a meaningful clinical experience. No prior experience is necessary. Activities include:

- Acquiring resting and exercising blood pressure as well as other exercise data
- Patient education related to risk factor management
- EKG interpretation
- Patient exercise prescription
- Opportunity to learn more about heart anatomy and physiology, specifically disease progression and treatment

You will also have the opportunity to observe other inpatient and outpatient procedures that can supplement your practicum hours, including:

- Cardiac Rehab initial patient assessments
- Cardiac Rehab education classes
- Heart surgery
- Heart catheterization, angioplasty/stent
- Stress testing
- Nutrition consultation

These will be discussed at your meeting with the onsite staff.

Pre-practicum Tasks

You must complete all of these items prior to starting.

1. Flu vaccination is mandatory. You will need to provide documentation of vaccination at the time you meet with Elan (see next item).

2. You have to have had a TB skin test done within the past 12 months. Please discuss this with your advisor.

It would be valuable for you to practice taking blood pressures prior to starting. Here is a web link where you can learn more about taking BP:

http://medinfo.ufl.edu/other/opeta/vital/VS_main.html