

# UW Inpatient Cardiac Rehab

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Inpatient cardiac rehabilitation staff educates and exercises short term and long term patients during their stay at UW hospital. The primary duty of our exercise physiologists is to educate hospitalized patients who have experienced myocardial infarctions and/or undergone cardiothoracic procedures or surgeries which includes coronary artery stent implantation, coronary artery bypass, valve replacements or repairs, heart transplants, lung transplants, and ventricular assistance device implantation. During our consultations, we discuss exercise; diet; coronary artery disease risk factor management; restrictions after cardiovascular event, surgery, or procedure; and outpatient cardiac rehabilitation. In addition to patient education, our staff also monitors the exercise of ventricular assistance device, lung transplant, and heart transplant patients. ECG, heart rate, oxygen saturation, blood pressure, RPE, and symptoms are monitored during these sessions. The number of these sessions per week varies depending on the number of these patients hospitalized and might be at little as none to as many as one or two sessions a day. We also perform VO<sub>2</sub> testing of heart failure and pulmonary patients once a week.

The primary focus of the UW Hospital & Clinics Inpatient Cardiac Rehabilitation practicum is to teach students how to educate patients. During the first portion of the practicum, the student will learn how to educate patients by reading medical records and shadowing the inpatient cardiac rehabilitation exercise physiologists. The student will become familiar with different cardiovascular disease conditions, echocardiograms, cardiac catheterizations, lipid panels, hemoglobin A1c, and troponin test results. Later in the semester, the student will be responsible for educating patients. Your job will be to educate and convince them to participate in an outpatient cardiac rehab program following their release from the hospital. In addition to describing the purpose and function of cardiac rehab, you will educate them on cardiovascular risk factors management, exercise, and diet. Many of these patients are extremely friendly and welcoming. However, occasionally, a few patients are difficult to talk to. These experiences with the varying personalities will vastly increase your perspective and understanding of cardiovascular health care. Other opportunities that you may experience include: shadowing outpatient cardiac rehabilitation, a nuclear stress test, an echocardiogram, and a cardiac catheterization.

Dress is business casual. Safety and infection control test will need to be completed prior to first day include. Documentation of a negative TB test and flu shot in the past year will need to be provided. Hours are 8:30-4:30pm, Monday through Friday.