# ISSUED July, 2007

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# SUPERSEDES

# TITLE Cardiovascular Rehabilitation Specialist II CLASSIFICATION GRADE 08

#  SPECIALTY GRADE 72

### BASIC FUNCTION AND RESPONSIBILITY

Provide exercise assessments and interpretations for all cardiac inpatients and outpatients in the Phase I, Phase II, Phase III, Prevention Programs, EECP™, and Chest Pain Center. Provide care based on advanced interpretation of the electrocardiogram (ECG), the physiologic response to aerobic and strengthening exercise, assess risk factors and evaluate the effectiveness of care, integrating exercise physiology, nutrition science, and/or nursing theory into clinical practice.

#### CHARACTERISTIC DUTIES AND RESPONSIBILITIES

Lead, develop, manage and determine maximal or submaximal functional capacity within cardiac ischemic threshold for high-risk inpatients and outpatients, determine when patients can return to work, and all activities of daily living, determine when patients can resume sport and sexual activity.

Identify real or potential cardiovascular complications prior to, during, or following exercise, and determine the necessity for medical and emergency intervention and modification of exercise intensity, duration and target heart rate. The clinical dietitian (RD) assesses nutritional status, counsels and educates patients, and prescribes nutrition regimen.

Develop and manage exercise plan for home and work for high-risk inpatients or outpatients. Prepare booklet to explain risk factor status and modification plan for patients on individual basis.

Communicate with the patients’ attending cardiologists, surgeons, other specialists, residents, fellows, nurse practitioners/physician assistants to plan care and provide information to determine medical management. Prepare Phase II (early outpatient) reports to Primary Care Provider and specialists. Perform cardiopulmonary metabolic evaluations to determine if patient is able to return to work or should be placed on disability, based on job functional requirements compared with patient’s oxygen consumption.

Chart assessment findings and interpretations (inpatients, outpatients) prior to implementing exercise plan, documentation of continued care plan post-implementation.

Teach family practice residents, cardiology fellows, and CHAMPS RNs how to prescribe exercise on cardiac outpatients. Function as teaching assistant for bi-weekly students, non-students and interns.

Perform symptom-limited, maximal GXTs (inpatients, outpatients, CPC patients), cardiopulmonary exercise tests (EECP™ patients, outpatients), return to work evaluations, and microvolt T-wave alternans testing (inpatients, outpatients).

Exercise high risk patients with ventricular assist devices and may exercise these patients in areas other than unit where patient is housed.

Perform other projects as assigned.

Maintain effective working relationships with faculty, staff, students and the public.

*In addition to the duties and responsibilities noted above, the position description must include statements from*[*UI Health Care Core Values (WECARE)*](https://uihc.org/mission-vision-and-core-values)*for Health Care positions or*[*Universal Competencies*](https://hr.uiowa.edu/careers/competencies/universal-competencies)*for all other positions.*

##### SUPERVISION RECEIVED

Supervision is received from a Program Director or other designated official.

##### SUPERVISION EXERCISED

Functional supervision is exercised over students, interns and support staff.

#### QUALIFICATIONS

A Bachelor’s degree in exercise science, Nursing, Dietitian or comparable, or an equivalent combination of education and experience is required; A Master’s degree in related field or comparable work experience in Cardiac Rehab is desirable.

Reasonable (1-3 years) related experience is required.

ECG interpretation skills must be 12-lead ECG interpretation and must be at an intermediate to advanced level.

BCLS and ACLS Certification are required.

Excellent written and verbal communication skills are required.

ANCC BC, ACSM Exercise Specialist, RCEP or CSCS certification is desirable.