Rehab - CV and Pulmonary Health in Motion  
Capital Health Outpatient Service Profile  
(The purpose of this Profile is to provide Nurses with an overview of each service area.)

**Service:** CV and Pulmonary Health in Motion  
**Site:** NS Rehab Centre  

**Community Served:** Cardiac and pulmonary rehabilitation

**Patient Care**

**Patient Population:** Cardiac rehab: recent event related to a heart attack, open-heart surgery, percutaneous coronary intervention, angina, congestive heart failure, peripheral vascular disease Pulmonary rehab: chronic obstructive pulmonary disease, asthma, interstitial lung disease, cystic fibrosis, lung reduction surgery or lung transplantation, cancer of the lung, sleep apnea

**Average Patient Age Range:** Average: 61 - 65 years. Range 33-94 years

**Skills Required:** At least two years recent clinical nursing experience. Current BCLS certification including AED.

**Additional Responsibilities:** Patient assessment. Attends all exercise sessions, monitors patients’ vital signs as well as signs and symptoms during the exercise session; telemetry monitoring; manages any acute emergency event during the exercise sessions. Education sessions.

**Experience Considered an Asset:** Cardiac experience; cardiac rhythm interpretation; one-year cardiac and/or pulmonary rehab experience; ACSM Exercise Specialist; experience and/or training in motivational interviewing and enhancement techniques; ACLS certification

**Systems**

**Medication System:** Traditional: ____ Unit Dose: ____ N/A: ____x Other: ______  

**Model of Care:** patient/class assignment

**Size of Caseload:** 45-55 patients

**Physician Coverage:** On Call: ____x____ On Site: ____ N/A: ____  

**Multidisciplinary Team Members Include:** Nurse, physiotherapist, dietitian  
Cardiologists, respirologists, collaborates with pharmacist, psychologist

**Service Hours:** 0800 – 1600 hours

**Length of Shift:** 8hr ____x____ 12hr ____ Other ____