



Nursing and Exercise Physiologist Guidelines for Cardiovascular Rehabilitation (CR) #5

<u>Title:</u>	Patient Education and Counseling
<u>Responsibility:</u>	Cardiovascular Rehabilitation Personnel
<u>Purpose of Guidelines:</u>	To ensure that patients are given access to group education and individual counseling sessions to give the patient a cognitive base for behavioral change and maintaining that change.

Procedure:

- I. Group Education Sessions are provided each week on a rotating basis so that all patients have an opportunity to be exposed to different concepts related to their diagnosis and cardiovascular risk factors. The current list of topics and which staff member presents each topic is as follows:
 - A. How Your Heart Works
 - B. Exercise for a Healthy Heart
 - C. What's in a Label?
 - D. Fat Facts
 - E. Stress Management
 1. Patient education topics subject to change based on CR staffing availability, new/updated guidelines, seasonal topics, and patient population.
 2. Once the patient has attended an education session, they do not have to attend it again.
- II. Individual counseling sessions are provided by the CR staff for each patient.
 - A. The cardiac rehabilitation nurse coordinator provides individualized instruction to the patient about their cardiac pathophysiology, medications and cardiovascular

disease risk factors of hypertension, diabetes, hyperlipidemia, obesity/overweight and life stressors.

- B. The exercise physiologist provides 1:1 counseling to the patient regarding the results of their CPX test (if applicable), exercise prescription and home exercise guidelines.
- C. The dietician provides 1:1 counseling to the patient regarding their nutrition, lipids, diabetes (if applicable) and weight management.
- D. Documentation of group education and individual counseling sessions is completed in the patient's Individual Treatment Plan (ITP) and is dated and initialed by a staff member that completed the education/counseling.

Reviewed by: Angela Petree, B.S., ACSM-CEP

Initiated: 5/2019

Reviewed: 6/2019, 5/2021

Revised: 6/2021