



Nursing and Exercise Physiologist Guidelines for Cardiovascular Rehabilitation (CR) #6

<u>Title:</u>	Individual Treatment Plan (ITP)
<u>Responsibility:</u>	Cardiovascular Rehabilitation Personnel
<u>Purpose of Guidelines:</u>	To ensure that the CR staff members develop and document an ITP for each patient admitted into the CR program, report initial assessment, goals, and progress towards goals to the referring physician, and give high quality patient care through a physician's review of each patient's ITP.

Procedure:

- I. Admission into Program
 - A. A preliminary ITP is created upon receiving an order for the patient.
 - B. Once the patient has been seen in an initial orientation into the program by the nurse coordinator and/or exercise physiologist, the ITP is updated with preliminary assessment and goals and is ready for the physician to review and sign on or before the patient's first day of exercise.
- II. Development, Documentation, and Reporting of an ITP
 - A. During the first 12 cardiac therapy sessions (CTS) or supervised exercise therapy (SET) for PAD, the CR staff develops a plan for the patient to implement therapeutic lifestyle changes based on an assessment of nutrition, lipids, diabetes, hypertension, psychosocial factors, functional capacity and smoking.
 1. An exercise physiologist will document any cardiopulmonary exercise test results and formulate an updated exercise prescription.
 2. The nurse coordinator will update any labs, imaging results, or other testing that is relevant to the patient's care in the CR program.

- B. The patient's participation in group education sessions and individual counseling sessions with the nurse coordinator, dietician, and exercise physiologist are documented in the ITP.
- C. Progress towards goals for exercise, weight, and blood pressure are documented in the ITP.
- D. Pre and post-program outcomes for diet, abdominal girth measurement, lipids (if available), HbA1c (if available), psychosocial assessment, quality of life and smoking cessation are recorded in the ITP.

III. Medical Director's Review of the ITP

- A. The Medical Director of the CR program and/or the supervising physician(s) will review and sign the patient's initial ITP on or before the patient's first day of exercise.
- B. The Medical Director of the CR program and/or the supervising physician(s) will review and sign the patient's ITP every 30 days until the patient has either completed the program or is discharged.
- C. Supervising physicians include:
 - 1. Dr. Mark Burkett
 - 2. Dr. Paul Chacko
 - 3. Dr. Ehab Eltahawy
 - 4. Dr. Blair Grubb
 - 5. Dr. Rajesh Gupta
 - 6. Dr. George Moukarbel

IV. Reporting of Medical Status to the Referring Physician

- A. The referring physician is contacted or FAXed information when their patient has completed their first day of exercise.
 - 1. Initial assessment, exercise prescription and goals are relayed to the referring physician.
 - 2. Any signs, symptoms or any other significant issues is relayed to the physician.

- B. The CR staff will use their discretion and/or follow policies regarding contacting the referring physician for any issues that may arise during the patient's program.
- C. The referring physician will be contacted or FAXed once their patient has completed the program or has been discharged.
 - 1. A final, signed ITP is sent to the referring physician for their review once the patient has either completed the program or has been discharged.

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