

UW HEALTH JOB DESCRIPTION

EXERCISE SPECIALIST-PREVENTIVE CARDIOLOGY

Job Code: 930021

FLSA Status:

Mgt. Approval:

Date:

Department:

HR Approval:

Date:

JOB SUMMARY

Under the direction of the Preventive Cardiology Clinic Manager this position is responsible for supervising and providing a safe exercise environment for Phase 3 cardiac rehabilitation patients and performing exercise tolerance tests under medical supervision. This position will provide assessment in developing multi-disciplinary treatment plans for those at risk of developing cardiovascular disease. Based upon clinical experience, incumbent may develop multi-disciplinary treatment plans to meet clinical and education needs of heart patients in the hospital or clinical setting. Assistance in developing these multi-disciplinary treatment plans would be provided by Clinic Manager and clinical exercise physiologists when needed.

Problems encountered are of a low-moderate level of difficulty and can usually be solved by referring to the Clinic Manager or senior clinical exercise physiologist. Complex medical situations may occur requiring a high degree of skill; i.e. patient resuscitation and assessing medical status. Good communication skills are necessary to manage and provide quality patient care. General supervision may be provided by the Clinic Manager. A wide variety of internal and external professional relationships are involved in performance of the duties of this position. The incumbent interacts with internal employees at all levels; i.e. medical, clerical and administrative. External contacts necessary in this position include outside referring physicians, students, patients and families. The clinical site for providing patient care may change. As a result, the incumbent must be willing and flexible to change work location. This position may perform any combination of the responsibilities listed in this position description.

MAJOR RESPONSIBILITIES

The incumbent may perform any of the following **job responsibilities**:

I. Diagnostic Exercise Testing

- Administer pre-test interview, medical history and test preparation.
- Demonstrate mastery in the use of testing equipment, protocol selection, indications and contraindications, and termination criteria for graded exercise testing. This includes use of testing equipment for cardiopulmonary or pediatric stress tests.
- Administer sub-maximal and maximal exercise tests on low and high risk populations and determine appropriate endpoints.
- Record, analyze, and interpret results of test and prepare appropriate exercise prescriptions if necessary
- Provide technical support for resting 12-lead ECG, holter and event monitors

II. Risk Reduction Patient Monitoring and Outpatient Services

- Complete needs assessment on referred patient to develop a multidisciplinary treatment plan which includes: exercise, risk factor intervention and psychosocial needs.
- Demonstrate appropriate patient assessment to include physical, emotional and social status
- Assist in conducting supervised cardiopulmonary rehab sessions.
- Demonstrate knowledge of proper exercise guidelines for low, moderate and high risk populations and modify exercise prescription due to changes in medical status, medications or environmental conditions.
- Evaluate and document hemodynamic, electrocardiographic, and symptomatic responses to exercise and assess appropriateness of responses and exercise intensity.
- Educate patients in principles of exercise theory, risk factor modification and other behavioral modifications. Refer patients to appropriate services and materials as needed.
- Document progress note in electronic medical record and send results to referring provider.
- Schedule appropriate follow-up clinic appointments
- Demonstrate knowledge of proper use of equipment and exercise modalities
- Demonstrate ability to correctly put ambulatory blood pressure on patient, calibrate instrument and download data.
- Demonstrate ability to provide Vascular Health Screening results to patient and referring health care provider.
- Supervise self-pay exercise classes
- Work with staff to facilitate an Active Living and Learning Class to include pre-post participant assessments and reports. Actively participate in development of Program.

III. Inpatient Cardiac Rehabilitation

- Educate patients and families in principles of exercise theory, risk factor modification and other behavioral modifications. Use a variety of educational aids based on cognitive assessment and readiness to learn.
- Facilitate referral to outpatient cardiac rehab program
- Assist clinical exercise physiologist with metabolic cardiopulmonary stress tests

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- Demonstrate working knowledge chest tubes, multiple IV's and balloon pumps in order to functionally assess hemodynamic responses to ambulation/exercise
- Document assessments, education provided and clinical recommendations in electronic medical record
- Facilitate referral to outpatient cardiac rehab program.
- Participate in daily rounds for CVM and CTS services.

ALL DUTIES AND REQUIREMENTS MUST BE PERFORMED CONSISTENT WITH THE UW HEALTH PERFORMANCE STANDARDS.

JOB REQUIREMENTS

Education	Minimum	BS degree in exercise science, exercise physiology or kinesiology with emphasis in cardiac rehabilitation and diagnostic exercise testing.
	Preferred	
Work Experience	Minimum	Successful completion of supervised cardiac rehab internship
	Preferred	Two (2) years of clinical experience in outpatient cardiac rehabilitation setting
Licenses & Certifications	Minimum	1. Current ACSM Clinical Exercise Specialist certification. 2. Current CPR and ACLS – obtained within 3 months of hire.
	Preferred	
Required Skills, Knowledge, and Abilities		<ul style="list-style-type: none"> • Experience and working knowledge of Windows software system.

AGE SPECIFIC COMPETENCY (Clinical jobs only)

Identify age-specific competencies for direct and indirect patient care providers who regularly assess, manage and treat patients.

Instructions: Indicate the age groups of patients served either by direct or indirect patient care by checking the appropriate boxes below. Next,

<input type="checkbox"/>	Infants (Birth – 11 months)	<input type="checkbox"/>	Adolescent (13 – 19 years)
<input type="checkbox"/>	Toddlers (1 – 3 years)	<input checked="" type="checkbox"/>	Young Adult (20 – 40 years)
<input type="checkbox"/>	Preschool (4 – 5 years)	<input checked="" type="checkbox"/>	Middle Adult (41 – 65 years)
<input type="checkbox"/>	School Age (6 – 12 years)	<input checked="" type="checkbox"/>	Older Adult (Over 65 years)

JOB FUNCTIONS

Review the employee's job description and identify each essential function that is performed differently based on the age group of the patient.

PHYSICAL REQUIREMENTS

Indicate the appropriate physical requirements of this job in the course of a shift. *Note: reasonable accommodations may be made available for individuals with disabilities to perform the essential functions of this position.*

Physical Demand Level		Occasional Up to 33% of the time	Frequent 34%-66% of the time	Constant 67%-100% of the time
	Sedentary: Ability to lift up to 10 pounds maximum and occasionally lifting and/or carrying such articles as docket, ledgers and small tools. Although a sedentary job is defined as one, which involves sitting, a certain amount of walking and standing is often necessary in carrying out job duties. Jobs are sedentary if walking and standing are required only occasionally and other sedentary criteria are met.	Up to 10#	Negligible	Negligible
<input checked="" type="checkbox"/>	Light: Ability to lift up to 20 pounds maximum with frequent lifting and/or carrying of objects weighing up to 10 pounds. Even though the weight lifted may only be a negligible amount, a job is in this category when it requires walking or standing to a significant degree.	Up to 20#	Up to 10# or requires significant walking or standing, or requires pushing/pulling of arm/leg controls	Negligible or constant push/pull of items of negligible weight
	Medium: Ability to lift up to 50 pounds maximum with frequent lifting and/or carrying objects weighing up to 25 pounds.	20-50#	10-25#	Negligible-10#
	Heavy: Ability to lift up to 100 pounds maximum with frequent lifting and/or carrying objects weighing up to 50 pounds.	50-100#	25-50#	10-20#
	Very Heavy: Ability to lift over 100 pounds with frequent lifting and/or carrying objects weighing over 50 pounds.	Over 100#	Over 50#	Over 20#

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Other - list any other physical requirements or bona fide occupational qualifications not indicated above:	
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Note: The purpose of this document is to describe the general nature and level of work performed by personnel so classified; it is not intended to serve as an inclusive list of all responsibilities associated with this position.