



Outpatient Cardiac Rehabilitation Physician Order

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Denton, TX 76208
Phone: 469-814-4858
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Patient Name: _____ **DOB:** _____ **Physician:** _____

<input type="checkbox"/> Myocardial Infarction	Date: _____	<input type="checkbox"/> Coronary Artery Bypass Surgery	Date: _____
<input type="checkbox"/> Heart Transplant	Date: _____	<input type="checkbox"/> Stable Angina Pectoris	Date: _____
<input type="checkbox"/> Percutaneous Coronary Intervention	Specify if Stent(s) Placed: Yes No		Date: _____
<input type="checkbox"/> Heart Valve Replacement	Date: _____	Specify Valve: _____	
	Specify Disorder: Insufficiency Stenosis Other _____		
<input type="checkbox"/> Heart Valve Repair	Date: _____	Specify Valve: _____	
	Specify Disorder: Insufficiency Stenosis Other _____		
<input type="checkbox"/> Heart Failure (<i>Stable class NYHA II-IV, EF ≤ 35%, optimal medication therapy > 6 weeks, no hospitalizations for ≤ 6 weeks, no heart procedures planned for next ≤ 6 months</i>)			
		EF%: _____	Date: _____
<input type="checkbox"/> Other: _____			

Special Conditions:

<input type="checkbox"/> Dysrhythmias	<input type="checkbox"/> Hypertension	<input type="checkbox"/> Diabetes	<input type="checkbox"/> Lung Disease
<input type="checkbox"/> Pacemaker Settings: _____		<input type="checkbox"/> ICD Settings: _____	

Treatment Plan:

Outpatient Monitored Cardiac Rehab, duration based on patient progress up to a total of 36 sessions to a maximum of 12-36 weeks:

- Progressive exercise training, 3 times per week, 30-60 minutes per session, utilizing treadmill, stationary cycling, resistance training and other conditioning activities
- Exercise assessment to develop initial exercise prescription and measure progress at program completion
- Education to promote an active healthy lifestyle and reduction of personal health risk factors
- 12-lead ECG if needed
- Supplemental oxygen per oxygen protocol as needed
- Nitroglycerin 0.4mg tablet sublingual STAT PRN for angina. May repeat every 5 minutes for a maximum of 3 doses total.
- For patients with chronic angina, nitroglycerin 0.4mg tablet sublingual x 1 may be given prior to the start of exercise
- For patients with glucose less than 70 mg/dl, 3 Dextrose tablets may be given. May repeat every 15 minutes until glucose is within normal limits.
- Cardiac Rehab Phase III Maintenance Program after completion of Phase II Cardiac Rehab
 - Supervised exercise instruction
 - Telemetry monitoring available if needed for cardiac symptoms

Restrictions:

This patient is medically stable and cleared to begin cardiac rehabilitation

Physician signature: _____ **Date:** _____

PATIENT LABEL

THE HEART HOSPITAL BAYLOR DENTON



D54633 (Rev. 10/16)

**OUTPATIENT CARDIAC REHABILITATION
PHYSICIAN ORDER**