
The Role Of The Clinical Exercise Specialist® In Cardiac Rehabilitation

Jim Ross RCEP, CES

Healthy Exercise And Lifestyle Programs

Wake Forest University

Clinical Exercise Specialist Roles

- Primary roles
 - ❑ Screening
 - ❑ Maximal Exercise Testing
 - ❑ Monitoring
 - ❑ Exercise Prescription

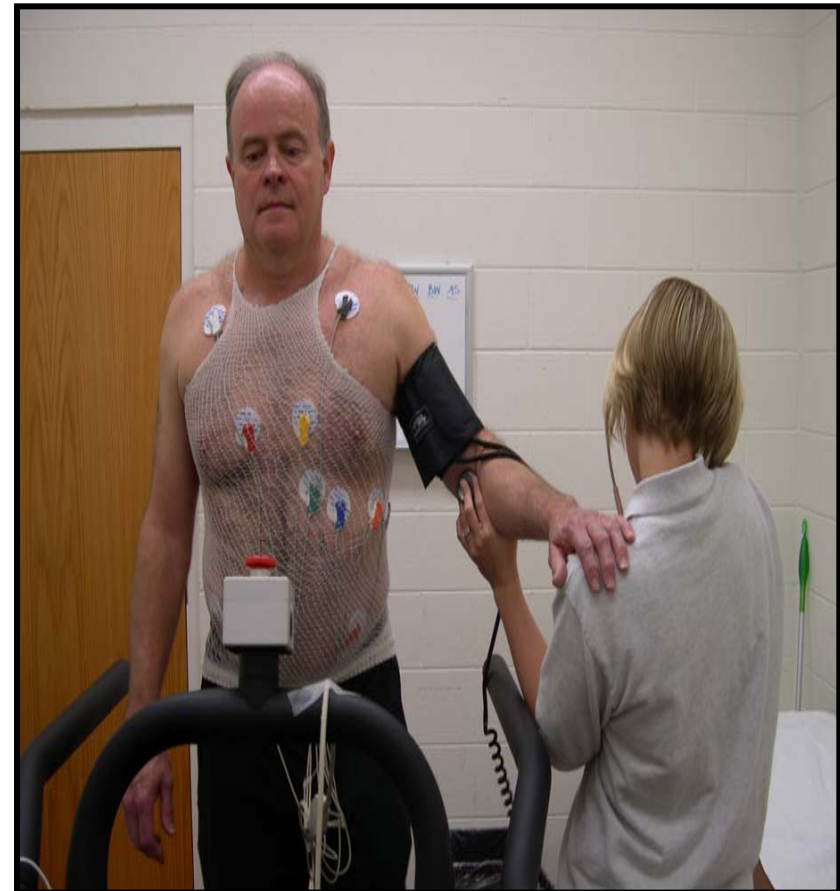


Screening CRP Patients

- Physician screening
 - Exercise specialist screening
 - Co-morbidities
 - Diabetes (blood sugar)
 - Hypertension (blood pressure)
 - Chronic Obstructive Pulmonary Disease (Oxygen saturation/dyspnea)
 - Other diseases and conditions (orthopedic/body weight)
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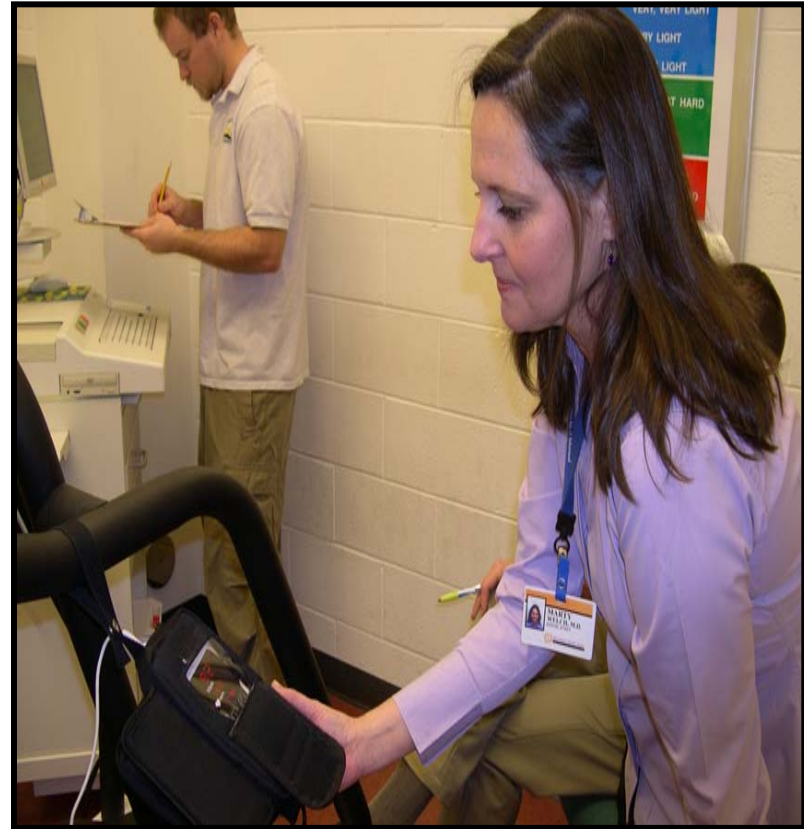
Maximal Exercise Testing

- Choosing the exercise protocol
 - Appropriate mode
 - Best protocol
- Monitoring
 - Resting and exercise blood pressure
 - Electrocardiography
 - Oxygen saturation
 - Signs and symptoms of disease



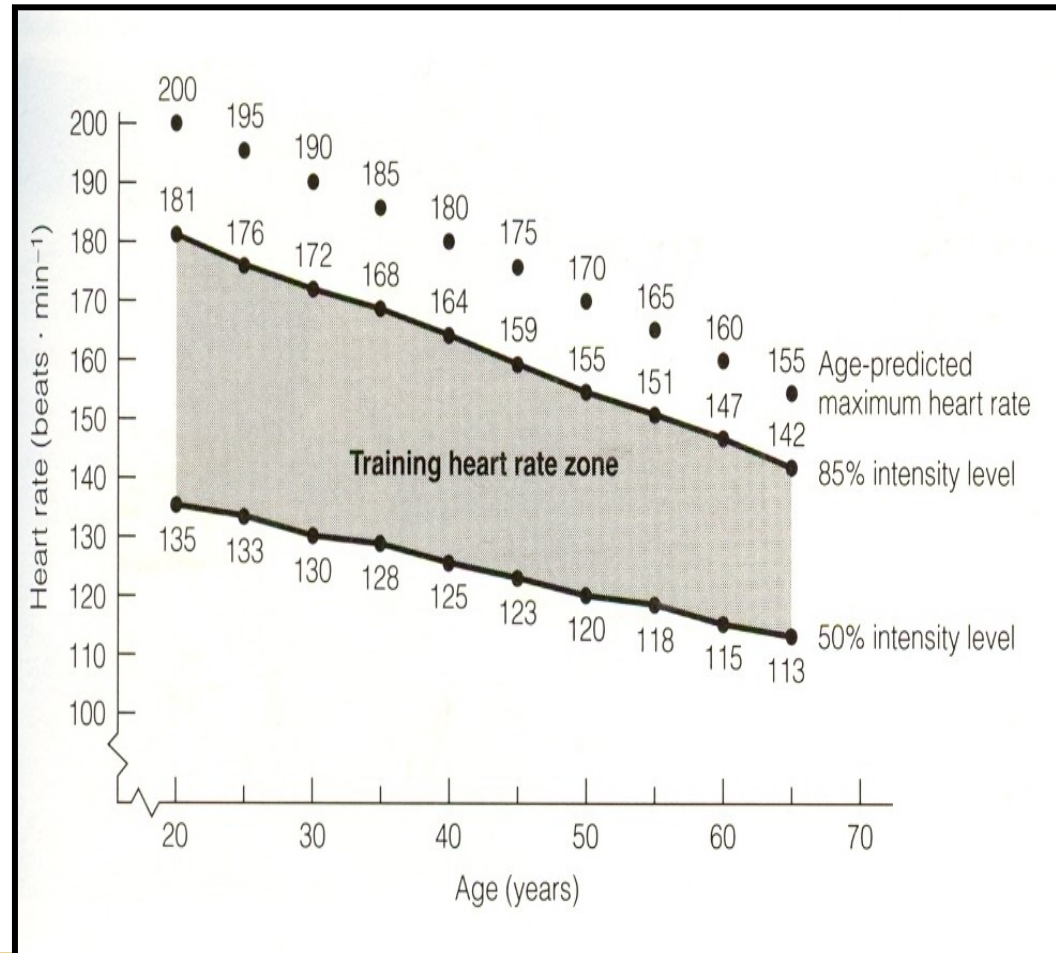
Monitoring CRP Patients

- Monitoring exercise
 - ❑ Resting blood pressure
 - ❑ Blood glucose
 - ❑ Oxygen saturation/dyspnea
 - ❑ Orthopedic conditions
 - ❑ Signs and symptoms



Exercise Prescription

- Mode
 - What type of exercise
- Intensity
 - How hard should they work
- Duration
 - The time allotted for the stimulus stage
- Frequency
 - How many days each week
- Progression
 - Updating the prescription



Exercise Prescription

- Prescription components

- Mode

- Large muscle groups exercises

- Walking, cycling, swimming and many others

- Most appropriate mode

- Is available and enjoyable

- Frequency

- How often it will be performed

- ACSM- 3 to 5 days each week

- United State Surgeon General's report- ≥ 4 days each week.

Exercise Prescription

- Prescription components
 - Duration
 - ACSM- 20 to 60 minutes
 - Based on the individual goals
 - Intensity
 - 50 to 85 percent of heart rate reserve (HRR=Karvonen method)
 - 50—85% of $\dot{V}O_2$ reserve
 - Ratings of perceived exertion (RPE)
 - 6-20 scale (goal is 12-16 or somewhat hard)
 - A good adjunct measure
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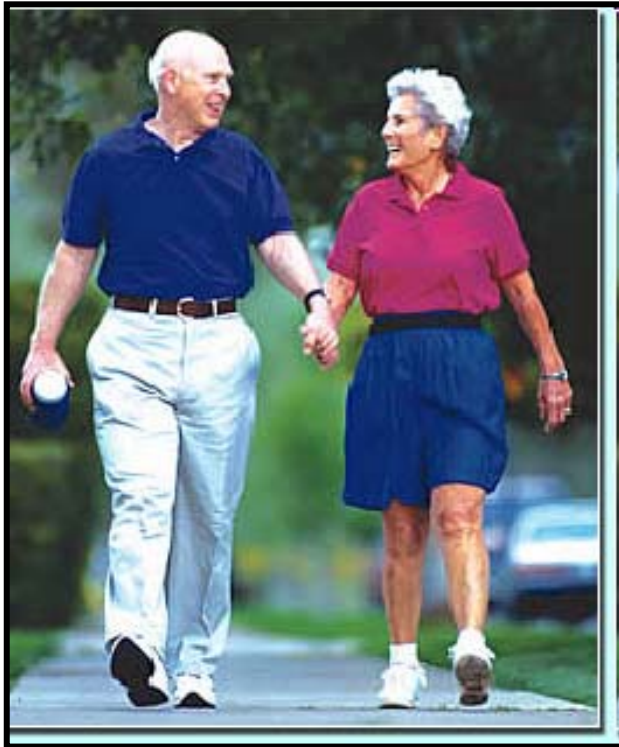
Exercise Prescription

- Prescription components
 - Ratings of Perceived Exertion (RPE)
 - Subjective scale
 - ACSM recommends that RPE be used as a adjunct to Heart Rate or Metabolic equivalents (METs)

6	
7	VERY, VERY LIGHT
8	
9	VERY LIGHT
10	
11	FAIRLY LIGHT
12	
13	SOMEWHAT HARD
14	
15	HARD
16	
17	VERY HARD
18	
19	VERY, VERY HARD
20	

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Exercise Prescription



- Prescription components
 - Progression
 - Dependant on
 - Functional capacity
 - Medical and health status
 - Age
 - Individual goals and tolerances
 - Current level of training
-

Clinical Exercise Specialist Roles

- Part of a multifaceted team of health professionals working to.....
 - Lower the risk of disease
 - Rehabilitate those with disease
 - Monitor conditions
 - Improve fitness
 - Improve quality of life
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The Role Of The Clinical Exercise Specialist In Cardiac Rehabilitation

- Thank You!

