**Cardiac Rehabilitation Curriculum**

General goals:

The goal of this rotation is to provide fellows with a training program where they develop expertise in the field of Cardiac Rehabilitation (CR). They will learn about the benefits of CR therapy. Fellows will identify and enroll patients in the inpatient and ambulatory setting. They will participate in the prescription and administration of therapy at CR. They will be present at CR sessions to observe and assist with the administration of CR throughout the treatment plan. Fellows will become competent in communicating the CR treatment plan to patients. They will be responsible for communicating to referring providers in a professional manner. Fellows will demonstrate superior interpersonal and communication skills while working with the team members (Medical Director, Physical Therapists, Exercise Physiologists, Nutritionists, Psychologists and other support staff).

Fellows will demonstrate core competencies in domains that include medical knowledge, patient care and procedural skills, practice-based learning and improvement, systems-based practice, interpersonal and communication skills, and professionalism.

Objectives

Early fellow (1st year fellow):

* Learn the basics of exercise physiology as it relates to CR.
* Understand the pathophysiology of atherosclerosis leading to coronary artery disease.
* Understand the pathophysiology of systolic and diastolic heart failure.
* Learn the management of modifiable risk factors including diabetes, obesity, hypertension, and hyperlipidemia.
* Recognize the indications for CR.
* Learn the process of identifying patients who will benefit from CR.
* Understand the psychosocial impact of cardiovascular disease.
* Demonstrate proficiency in interpreting electrocardiogram and telemetry.
* Learn how to appropriately prescribe, supervise, and interpret cardiac exercise stress testing, including the electrocardiogram and hemodynamics.
* Learn the mechanism of nicotine dependence, and multimodality treatment for smoking cessation.
* Learn the management of chronic stable angina.
* Learn the management of valvular heart disease.
* Learn the management of Post-myocardial infarction care.
* Learn the management of Post-cardiothoracic surgical care.

Late fellow (2nd, and 3rd year fellow) in addition to above:

* Review evidence based CR practices based on the AACVPR/ACC/AHA guidelines as well as currently available cardiovascular literature.
* Learn the advanced concepts of exercise physiology and components of exercise training in CR.
* Understand the benefits of CR for patients with coronary artery disease.
* Understand the benefit of addressing modifiable risk factors such as hypertension, hyperlipidemia, diabetes, weight management, and smoking cessation.
* Develop advanced competency for supervising and interpreting exercise stress testing.
* Gain competency in developing an individualized treatment plan (ITP).
* Gain competency in evaluating and modifying ITPs over the course of treatment.
* Develop an understanding of nutritional counseling in CR.
* Learn methods for engaging patients in stress reduction techniques.
* Gain expertise in conducting psychosocial assessment using depression and quality of life screening tools.
* Know the phases of CR, and the respective components of each phase including staffing, and facility requirements.
* Learn of alternate CR modalities including home-based CR.
* Identify the barriers to implementing a successful CR program including but not limited to referral deficiency, enrollment deficiency, and compliance deficiency.
* Recognize the importance of the multimodality components of CR which include but are not limited to exercise training, educational measures, individual and group counseling, and long term compliance.

Attending Responsibilities: Program specific

Evaluation of Trainee: Program specific

Evaluation of Rotation: Program specific

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