

M A R Q U E T T E G E N E R A L H E A L T H S Y S T E M

JOB DESCRIPTION

POSITION: Exercise Specialist DEPARTMENT: Cardiac Rehab (6690)
3840

SUPERVISED BY: Mgr, Cardiac Rehab SUPERVISES: None

EFFECTIVE DATE: March, 1992 JCC: 0207

REVIEW DATE: 11/1/94; 6/1/95; 11/95; REVISED DATE: 8/93; 11/94; 6/95;
4/98; 1/99; 12/01; 9/08; 6/09 11/95; 4/98; 1/99; 12/01; 9/08; 6/09

PREPARED BY: Larry Bergwall TITLE: Mgr, Cardiac Rehab *AMM*

RECOMMENDED BY: Dagmar Raica *D Raica* TITLE: Vice President/CNO

APPROVED BY: David S. Smith *DS* TITLE: Senior Director/Human Res.

POSITION SUMMARY:

Responsible for the design and supervision of exercise programs for adult and geriatric cardiac patients, in collaboration with the Medical Director and Cardiac Rehab Team.

POSITION ACCOUNTABILITIES/COMPETENCIES**:

Does
Meets Not
Meet*

- 1. Maintains established hospital and departmental policies and procedures, objectives, performance improvement program, safety, environment of care, management of information, and infection control standards. (1,5)
- 2. Utilizes excellent customer service skills at all times. (1,5)
- 3. Complies with federal and state law and accrediting and licensing agencies at all times, to include but not limited to, JCAHO and federal compliance regulations. (1,5)
- 4. Designs individual exercise prescriptions based on patient's age, growth and developmental stage, patient needs and treatment plan; sets goals, prescribes appropriate actions to meet the goals, implements plan. (1,2,3,4)
- 5. Evaluates the patient's hemodynamic and psychological response to exercise, establishes priorities of care, modifies exercise plan as necessary. (1,2,3,4,5)
- 6. Reports pertinent patient data to Cardiac Rehab Team and Physician. (2,5)
- 7. Provides leadership in conducting exercise sessions and monitoring patients. (1,2,3,4,5)

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- 8. Institutes emergency measures for patients with chest pain, arrhythmias and/or cardiac arrest. (2,4,5)
- 9. Serves as role model in area of expertise. Coordinates clinical internships and evaluates students. (2,4)
- 10. Assures patient safety by providing education and close monitoring of patients. (1,2,3,5)
- 11. Coordinates scheduling for patients and coverage by staff. (5)
- 12. Develops educational programs for patient, family, staff and community. Instructs patients on safe and effective utilization of exercise equipment. (1,2,5)
- 13. Utilizes current research findings to support and improve practice in the Cardiac Rehab Department. (2)
- 14. Enhances professional growth and development through participation in educational programs, current literature, inservice meetings, and professional conferences. (5)
- 15. Participates and attends meetings and inservices as required and/or assigned. (5)
- 16. Performs other related duties as assigned or requested. (5)

*Comment or data needed to support this.

**Those activities that employees are required to and able to perform independently following procedure and/or criteria.

POSITION QUALIFICATIONS:

Minimum Education:

- Bachelor's Degree in Exercise Science/Physiology

Minimum Experience:

- 3 months internship or voluntary experience in health/fitness

Preferred Experience:

- 1 year cardiac rehab experience
- Excellent human relations and oral/written communication skills
- Demonstrated ability to perform physical assessment/EKG interpretation
- Demonstrated familiarity with teaching-learning principles
- Demonstrated ability to control personal risk factors

Required Registration:

- BCLS
- Attendance at ACLS course

Physical Demands:

- Light physical effort with occasional reaching, stooping, bending, kneeling or crouching
- Frequent standing/walking
- Occasionally lifts supplies/equipment

Working Conditions:

- Subject to injury from moving parts of equipment
- Subject to varying and unpredictable situations
- Handles emergency or crisis situations
- May perform emergency care
- Exposed to noisy equipment
- Subject to many interruptions
- Occasional pressure due to multiple calls and inquiries
- Requires judgment/action which could result in death of patient
- Exposed to dangers/hazards from investigating alarms
- Noise sufficient to cause distraction

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- (1) The performance of this function is the reason that the job exists and is a critical activity.
 - (2) There are limited employees among whom the performance of this function can be distributed.
 - (3) This function occupies a great deal of the employee's time.
 - (4) This function is highly specialized. Employees are hired for the skill/ability to perform this.
 - (5) Failure to perform this function may have serious consequences.
 - (8) Exposure to blood borne pathogens that requires use of personal protective equipment.