

**CARDIAC REHAB PHASE II  
ADMISSION ORDERS/EXERCISE PRESCRIPTION**

**10/18/2010**

Date: \_\_\_\_\_ Diagnosis: \_\_\_\_\_

MI \_\_\_\_\_ CABG \_\_\_\_\_ STABLE ANGINA \_\_\_\_\_ Other \_\_\_\_\_

1. Admit to Phase II Cardiac Rehab Program.
2. Obtain cardiac cath, history & physical, discharge summary, echo and lipid reports..
3. Establish treatment/exercise plan to include stretches and exercise stations..
4. Initial exercise level 2-3 Mets, progress to keep heart rate > 20-30 BPM above resting or "14" or less on the BORG perceived exertion scale.
5. Initiate Risk Factor evaluation plan and education.
6. Record resting, exercise and recovery vital signs.
7. Lipid profile as indicated.
8. Nitroglycerin 0.4 mg sl X 3 for chest pain. Notify physician if no relief or for new onset angina.
9. For non-lethal arrhythmias, notify physician.
10. For cardiac or respiratory arrest, follow definitive therapy.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_