Title: Clinical Exercise Physiologist

Department/Number: Preventive Cardiology 14800 or 14807 or Heart Station 14120

Reports to: Outpatient Preventive Cardiology & Heart Station Manager

Job Code: 900004 | FLSA Status: Non-exempt

Manager Approval: V. Shaw 2-17

HR Approval: CMW 2-17

POSITION SUMMARY

Under the general direction of the Preventive Cardiology Clinic Manager and Medical Director, this position is responsible for coordinating a multidisciplinary treatment plan to meet the clinical and educational needs of heart patients, families, patients at risk for cardiovascular disease and patients with pulmonary disease. This position works with a multi-disciplinary group of staff team members requiring flexibility and adaptability to follow established program goals and protocols. Most work-related problems are of a moderate level of difficulty and can be solved by referring to the clinic manager, medical director or another clinical exercise physiologist. Rarely, complex situations may occur requiring a high degree of skill; i.e. patient resuscitation and/or facilitation of patients to the UW Health emergency department and working with high risk inpatients on drips and/or Left Ventricular Assist Devices.

The program uses a case management model for patient care. As a result, the clinical exercise physiologist must have the ability to independently plan and organize their daily work schedule, keeping patient care and safety a priority. A wide variety of internal and external professional relationships are involved in performance of the duties of this position. The incumbent interacts with internal employees at all levels; i.e. medical, clerical and administrative. External contacts necessary in this position include outside referring physicians, students, patients and families. The clinical site for providing patient care may change. As a result, the incumbent must be willing and flexible to change work location. This position may perform any combination of the responsibilities listed in this position description.

The incumbent may also have research lab responsibilities.

The incumbent participates in the professional education of undergraduate practicum students, medical students, residents and visiting medical faculty. The incumbent is required to attend continuing educational offerings to keep current in professional issues. Computer literacy is essential due to the extensive use of a patient electronic medical record and data-base software tracking.

MAJOR RESPONSIBILITIES

The incumbent may perform any of the following job responsibilities:

A. Preventive Cardiology Services
   1. Cardiac Rehabilitation:
      Inpatient and Outpatient Staff Responsibilities

      - Complete needs assessment on referred patient to develop a multidisciplinary treatment plan which includes: exercise, risk factor intervention and psychosocial needs.
      - Evaluate emotional adjustment i.e. depression, return to work, family adjustments or any significant dysfunction that may affect a full recovery.
      - Demonstrate knowledge of proper scientific principles and exercise physiology guidelines for low, moderate and high risk populations.
      - Evaluate hemodynamic, electrocardiographic and symptomatic response to exercise and assess appropriateness of responses and exercise intensity.
      - Provide expertise in the area of medications and exercise to assist the medical staff/referring physician in clinical management of patients.
      - Educate patients and families in principles of exercise theory, risk factor modification and other behavioral modifications. Use a variety of educational aids based on cognitive assessment and readiness to learn.
      - Demonstrate knowledge of proper use of equipment and exercise modalities.
      - Using patient data-base, enter patient demographic, clinical, and patient outcome information from assessment form.

      Outpatient Staff Responsibilities Only

      - Provide comprehensive cardiac or pulmonary rehab Individual Treatment Plans and send to health care provider for signature per Program protocol. 

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UW HEALTH POSITION DESCRIPTION

- Prescribe comprehensive exercise program for pulmonary rehabilitation population.
- Facilitate referral to Fitness Center, home program or other community exercise program after discharge.
- Demonstrate ability to correctly put ambulatory blood pressure on patient, calibrate instrument and download data.
- Demonstrate ability to provide Vascular Health Screening results to patient and referring health care provider.
- Prescribe clinically appropriate exercise and facilitate risk factor modification treatment plan for patients with multiple cardiovascular risk factors or peripheral artery disease.
- Provide clinical supervision of patients in group exercise classes.
- Work with department manager in administering and facilitating Active Living and Learning Class. This includes pre-participation triage, intake evaluation, outcomes reporting and exit evaluation. Coordinate a screening of appropriate candidates from payor list and team meetings and update protocols as needed.

Inpatient Staff Responsibilities Only

- Demonstrate working knowledge of complex equipment; i.e. ventilators, LVADs, chest tubes, multiple IV and balloon pumps.
- Document assessments, clinical recommendations and recommendations in electronic medical record on referred patients.
- Facilitate referral to outpatient cardiac rehab program.
- Participate in daily rounds for CVM and CTS services.

2. Stress Testing Skills:

- Administer pre-exercise stress test interview, medical history and test preparation. Demonstrate mastery in conducting stress tests in any location needed, including any Nuclear Medicine location or AFCH Pediatric stress testing.
- Demonstrate mastery in the use of testing equipment, protocol selection, indications and contraindications, and termination criteria for graded exercise testing.
- Demonstrate mastery in use of metabolic stress testing calibration and interpretation.
- Record, analyze and interpret results of test and prepare appropriate exercise prescriptions.

B. Clinical Program Administration

- Assist in maintaining exercise and emergency equipment to ensure safety and quality of equipment.
- Assist in establishing new and maintaining current referral patterns both within UWHC and other area hospitals.
- Assist clinic manager and Medical Directors in the ongoing development of the Preventive Cardiology Program which includes developing, implementing and maintaining patient systems and program assessment tools. Participate in quality assurance projects.

C. Teaching and Community Outreach

- Participate in the professional education of exercise physiology, nursing, physical therapy and medical students as well as cardiology residents, fellows and visiting medical faculty.
- Assume a leadership role, in collaboration with the medical director and clinic manager, in development of research projects involving the Preventive Cardiology program or its participants.
- Attend national and local professional meetings per Program policy. Share updated clinical research findings with staff and Clinic Manager and utilize pertinent findings to improve work performance and patient care.
- Participate in community service events and activities representing Preventive Cardiology and UW Hospital.
- Coordinate and facilitate the Active Hearts Community Outreach Program or Active Living and Learning Diabetes Prevention Program.

D. Research (only for designated CEP)

- Face-to-face and telephone-based lifestyle counseling, home blood pressure follow-up and healthlink /EHR documentation.
• Data entry and database updates for research studies specifically documenting the individuals coaching and research participants’ goals/progress.
• Assist with young adult educational material development - including developing and editing education material for handouts, websites, and management of young adult on-line forums. Assist with mailing/distributing materials to young adults.
• Assist with training other health coaches and assist with developing a coaching "toolkit" to be broadly disseminated.
• Perform maximal clinical exercise tests within the AIRP Lab following research protocols. Must be able to:
  • Prepare reports for 12 lead and exercise tests following AIRP lab protocols
  • Communicate results to interpreting Physician, enter preliminary interpretation in database
  • Mine study results and prepare excel reports for investigators. Candidate should be proficient in MS Office programs (word, power point and excel)
  • Experience in implementation of motivational and self-reliance theory methods to assist as a health coach
  • Set-up and download 24 hours blood pressure monitors

Secondary Duties:
1. Max VO2 testing experience to help graduate students monitor performance of equipment, calibration and study results interpretation
2. Learn to interpret ultrasound research studies submitted to the Atherosclerosis Imaging Research Program from various sites throughout the nation. This includes measure carotid intima-media thickness, detect and measure carotid plaques and measure carotid distensibility.
3. Assist in the maintenance of UW AIRP database including results and test tracking.

E. Perform other clinic or program related responsibilities as assigned.

All duties and requirements must be performed consistent with the UW Health Organizational Performance Standards.

**POSITION REQUIREMENTS**

<table>
<thead>
<tr>
<th>Education</th>
<th>Minimum</th>
<th>Masters Degree in Clinical Exercise Physiology, Kinesiology, Exercise Science or related field with emphasis in cardiac rehabilitation.</th>
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<tbody>
<tr>
<td>Preferred</td>
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<tr>
<th>Work Experience</th>
<th>Minimum</th>
<th>Three (3) month internship in a comprehensive cardiac rehabilitation program</th>
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<tbody>
<tr>
<td>Preferred</td>
<td></td>
<td>One or more years of relevant clinical experience in cardiac rehabilitation</td>
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<thead>
<tr>
<th>Licenses &amp; Certifications</th>
<th>Minimum</th>
<th>• Current CPR and ACLS certification.</th>
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<tbody>
<tr>
<td></td>
<td>Preferred</td>
<td>• American College of Sports Medicine Clinical Exercise Specialist Certification</td>
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<tr>
<td></td>
<td></td>
<td>• American College of Sports Medicine Registered Clinical Exercise Physiologist certification</td>
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</tbody>
</table>

| Required Skills, Knowledge, and Abilities | • Basic computer knowledge with MS Word and data-base entry. |
|                                          | • Experience in arrhythmia detection and interpretation preferred. |
|                                          | • Effective oral and written professional communication skills |
|                                          | • Ability to demonstrate professional behavior at all times |
|                                          | • Ability to abide by HIPPA guidelines and maintain patient confidentiality |
|                                          | • Excellent interpersonal skills with the ability to interact with patients and other healthcare professionals |
|                                          | • Ability to use initiative and independent judgment |
|                                          | • Ability to adapt to frequent changes in volume of work |
|                                          | • Ability to function effectively in a team environment |

**AGE – SPECIFIC COMPETENCY**

Identify age-specific competencies for direct and indirect patient care providers who regularly assess, manage and treat patients.

**Instructions:** Indicate the age groups of patients served either by direct or indirect patient care by checking the appropriate boxes below.

| Infants (Birth – 11 months) | X | Adolescent (13 – 19 years) |
**UW HEALTH POSITION DESCRIPTION**

<table>
<thead>
<tr>
<th>Toddlers (1 – 3 years)</th>
<th>Young Adult (20 – 40 years)</th>
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</thead>
<tbody>
<tr>
<td>Preschool (4 – 5 years)</td>
<td>Middle Adult (41 – 65 years)</td>
</tr>
<tr>
<td>School Age (6 – 12 years)</td>
<td>Older Adult (Over 65 years)</td>
</tr>
</tbody>
</table>

**Job Function**

Review the employee’s job description, and identify each essential function that is performed differently based on the age group of the patient.

The incumbent must possess and demonstrate clinical competencies defined by the American Association of Cardiovascular and Pulmonary Rehabilitation (Position Statement: Core Competencies for Cardiac Rehabilitation Professionals). The areas assessed include 1) Needs assessment 2) Goal setting 3) Intervention planning 4) Outcome evaluation. Knowledge in cardiac disease pathophysiology and co-morbidity, standards of practice, restoration of functional capacity, coronary risk factor management and emergency procedures are all essential for quality patient care for patients aged 13-90.

**PHYSICAL REQUIREMENTS**

Indicate the appropriate physical requirements of this job in the course of a shift. *Note: reasonable accommodations may be made available for individuals with disabilities to perform the essential functions of this position.*

<table>
<thead>
<tr>
<th>Physical Demand Level</th>
<th>Occasional</th>
<th>Frequent</th>
<th>Constant</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sedentary:</strong> Ability to lift up to 10 pounds maximum and occasionally lifting and/or carrying such articles as dockets, ledgers and small tools. Although a sedentary job is defined as one, which involves sitting, a certain amount of walking and standing is often necessary in carrying out job duties. Jobs are sedentary if walking and standing are required only occasionally and other sedentary criteria are met.</td>
<td>Up to 10#</td>
<td>Negligible</td>
<td>Negligible</td>
</tr>
<tr>
<td><strong>Light:</strong> Ability to lift up to 20 pounds maximum with frequent lifting and/or carrying of objects weighing up to 10 pounds. Even though the weight lifted may only be a negligible amount, a job is in this category when it requires walking or standing to a significant degree.</td>
<td>Up to 20#</td>
<td>Up to 10# or requires significant walking or standing, or requires pushing/pulling of arm/leg controls</td>
<td>Negligible or constant push/pull of items of negligible weight</td>
</tr>
<tr>
<td><strong>Medium:</strong> Ability to lift up to 50 pounds maximum with frequent lifting and/or carrying objects weighing up to 25 pounds.</td>
<td>20-50#</td>
<td>10-25#</td>
<td>Negligible-10#</td>
</tr>
<tr>
<td><strong>Heavy:</strong> Ability to lift up to 100 pounds maximum with frequent lifting and/or carrying objects weighing up to 50 pounds.</td>
<td>50-100#</td>
<td>25-50#</td>
<td>10-20#</td>
</tr>
<tr>
<td><strong>Very Heavy:</strong> Ability to lift over 100 pounds with frequent lifting and/or carrying objects weighing over 50 pounds.</td>
<td>Over 100#</td>
<td>Over 50#</td>
<td>Over 20#</td>
</tr>
</tbody>
</table>

List any other physical requirements or bona fide occupational qualifications: