

# Individual Treatment Plan

## Thirty Day Check in and Discharge of Cardiac Rehab Patients

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### Internship Site Background

- The Cardiac Rehabilitation Department at Anna Jaques Hospital (Newburyport, MA) helps people who have had a recent cardiac event (heart attack, stent, bypass surgery).
- The main goal of the cardiac rehabilitation department is to help prevent a patient from having another cardiac event. It is not a place to avoid a primary heart attack from occurring or to help patients lose weight. (Anna Jaques Hospital, n.d.)

### What we do on a day-to-day basis:

- Record patients' weights
- Observe and record patients' heart rates and rhythms using a telemetry monitor.
- Observe patients' blood pressures and other vitals pre, during, and post exercise.
- Direct patients to exercise using machines such as the treadmill, recumbent bike, NuStep (bike while using your arms), rowers, and arm ergometer.
- Teach classes to patients on heart healthy living including the anatomy of the heart, risk factors, importance of sleep, and nutrition classes.

### Related Literature

- "Cardiovascular disease is one of the leading causes of death worldwide and the leading cause of death in the United States. Cardiac rehabilitation is customized to individual patients. Candidates for cardiac rehabilitation include patients with cardiovascular diseases such as ischemic heart disease, heart failure, myocardial infarctions, or patients who have undergone cardiovascular interventions such as coronary angioplasty or coronary artery bypass grafting" (Tessler and Bordoni, 2022, para. 1).
- "Cardiac rehabilitation often involves exercise training, emotional support and education about lifestyle changes to reduce your heart disease risk, such as eating a heart-healthy diet, maintaining a healthy weight and quitting smoking" (Mayo Clinic, n.d., para. 2).

### What can Cardiac Rehabilitation do for the patient? (CDC, n.d.).

- Strengthen your heart and body muscles after having a cardiac event.
- Relieve heart symptoms like chest pain (angina)
- Reduce stress levels
- Build healthy habits such as; gaining an exercise routine, quitting smoking, and building a better diet.

### Internship Project Objective- To singly conduct a re assessment & discharge on cardiac rehab patients

- Step 1- Initial ITP assessment
- Step 2- ITP re- assessment
- Step 3- ITP re- assessment
- Step 4- ITP re- assessment
- Step 5- ITP discharge assessment



- An individual treatment plan (ITP) is what the cardiac rehab department uses to develop a plan of care for the rehabilitation of post surgery cardiac patients. An ITP requires an initial assessment, individual goal setting throughout the program, and three more re- assessments before they are discharged.

### Re- Assessment- how to conduct a re-assessment on a cardiac patient

- A re- assessment occurs every thirty days during a patients rehabilitation period. These re- assessments are important because they provide us information on the patients progress throughout their rehab period.
- One of the staff members will sit down with the patient (takes about 20- 30 minutes) and ask them questions related to their health. Re- assessments helps gain information on the progress of a patient to see if they are improving or not.

### Information that is asked of the patient on their re- assessment day:

- Core comps-** "Do you have any upcoming doctor's appointments, and are there any changes in your meds or medical history"?
- Risk factors-** "How has your blood pressure been at home?"/ "Are you suffering from angina today or in the past few days"?
- Exercise-** "What exercises do you do at home, and do you feel like you are progressing in the program"?
- Nutrition-** "How is your diet at home"?
- Education-** "Do you have any education topic ideas for us? Is there anything you want to learn during your rehab period"?
- Psychosocial-** "Do you feel anxious or stressed at home? If so, what coping mechanisms do you use to de- stress and calm down"?

### Information on the patients' I worked with

#### **Patient One Day 1:**

**Cardiac event-** Cardiac arrest

**Initial assessment day goal-** get back to playing golf.

**Home Exercise plan (HEP) before event-** golfing a few times a week, usually walked the course rather than taking a cart.

**Nutritional diet before event-** eats fairly well, usually snacks a lot at night.

**Psychosocial assessment -** struggles with stress and anxiety due to fear of another cardiac event.

#### **Patient One Last Day:**

This patient progressed at a great rate, and slowly increased workloads over the weeks in cardiac rehab. On discharge day, the patient told me that they started golfing again and feels no pain. The patient plans to sign up for a gym and continue cardiac rehab exercises at the gym. The patient said they are eating better and have limited snacking at night. Lastly, the patient has found healthy coping mechanisms for when they feel stressed and anxious.

#### **Patient Two Day 1:**

**Cardiac event-** Coronary Heart Disease

**Initial assessment day goal-** reduce angina and reduce edema (swelling) in legs.

**HEP before event -** walking outside occasionally

**Nutritional diet before event-** eats red meat more than three times a week, and likes to snack at night.

**Psychosocial assessment-** struggles with anxiety due to fear of having another bypass surgery. Patient also has anxiety related to significant other, who suffers from COPD.

#### **Patient Two Last Day:**

The patient progressed slowly over their cardiac rehab period. The patient states they occasionally still suffer from angina, but not as often, and their leg swelling is completely gone. On discharge day, the patient stated that they will be going back to the gym (keeping the same routine they did in cardiac rehab). The patient says they will change their diet but seems to keep having the same nutrition concerns each week without change. The patient still worries about her husband but has found good coping mechanisms for stressful and anxious situations.

### Discharge Assessment

A discharge assessment is like an ITP re- assessment, but it requires less in depth information. The main questions we ask the patient's on discharge day include;

- "What exercises do you plan to do outside of cardiac rehab, and how often will you be exercising each week"?
- "How will you maintain your healthy eating choices, and do you plan to continue your current diet"?
- "What ways do you cope with stress when you experiencing stressful situations, and how will you maintain healthy stress levels"?

### Results

	Nutrition Goals	Exercise Goals	Stress Goals	Risk Factors Goals
Patient One	😊	😊	😊	😊
Patient Two	✖	😊	😊	😊

Did the patient achieve their above goals?

Yes 😊 No ✖

### Personal Reflection

This internship site has been the best experience I have ever had. I was able to build self-confidence, as well as gain medical knowledge to use in my future careers. I enjoyed building relationships with patients, and learning about their medical history. Everyone at the hospital was supportive. I was able to network and make connections to support me in the future.

### References

- Anna Jaques Hospital. (n.d.). *Cardiac Rehabilitation*. <https://www.ajh.org/services-and-departments/cardiac-rehabilitation>
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- Tessler, J., & Bordoni, B. (2022, May 23). *Cardiac Rehabilitation*. StatPearls [Internet]. <https://www.ncbi.nlm.nih.gov/books/NBK537196/>