

1. ALLERGIES/REACTIONS: _____

2. PATIENT NAME: _____ BIRTHDATE: _____

PATIENT PHONE NUMBER: _____

3. PHYSICIAN NAME: _____ OFFICE PHONE NUMBER: _____

4. DIAGNOSIS:

- STEMI (121.3)
- NSTEMI (121.4)
- Valve Repair (Z98.890)
- Valve Replacement (Z95.2)
- CABG (Z95.1)
- Stent (Z95.9)
- PTCA (Z98.61)
- Heart Transplant (Z94.1)
- Stable Angina (120.8)
- Chronic Systolic Heart Failure (150.22)

5. ROUTINE ADMISSION ORDERS:

- Telemetry monitored exercise session 2-3 times a week with gradual increase in duration.
- Exercise Intensity is based on the following guidelines:
 - 20-30 beats per minute above resting heart rate or 40-80% of predicted maximal heart rate.
 - 11-14 rating on the "Borg" scale of perceived exertion.
 - Progress to greater than or equal to 5 METs depending on patient's individual responses and condition.
 - Include resistance training with arm ergometer and free weights.
 - Total exercise duration 20-60 minutes. Progress depending on patient's individual responses and condition.

6. EMERGENCY ORDERS:

- Administer O₂ at 2-3 L/minute per nasal cannula or mask PRN shortness of breath and/or chest pain.
- Nitroglycerin 0.4 mg sublingual PRN for chest pain. May repeat every 5 minutes times 3 providing systolic blood pressure greater than 90 mmHg and notify MD.
- ECG STAT with new onset of chest pain or new or changing rhythm abnormalities.
- Notify referring physician for changes in patient's clinical status.

**PLEASE CALL: 253-426-6888 TO SCHEDULE AN APPOINTMENT.
PLEASE FAX THE FORM TO THE PATIENT'S PREFERRED LOCATION.**

Preferred Location	Fax Number
Highline Medical Center (Burien)	206-988-5746
St Francis Medical Center (Federal Way)	253-944-2253
St Joseph Medical Center (Tacoma)	253-426-6680

NOTE: These orders should be reviewed by the attending physician, appropriately modified for the individual patient, dated, timed and signed below.

DATE _____ TIME _____ PHYSICIAN'S SIGNATURE _____
Another brand of drug, identical in form and content, may be dispensed unless checked.



PHYSICIAN ORDERS
CARDIAC REHABILITATION, PHASE II

PATIENT INFORMATION