

UW HEALTH JOB DESCRIPTION

Clinical Exercise Physiologist

Job Code: 900004A, 900004B	FLSA Status: Non-exempt	Mgt. Approval: V. Shaw	Date: November 2023
Department: Preventive Cardiology/Heart Station		HR Approval: J. McCoy	Date: November 2023

JOB SUMMARY

The Clinical Exercise Physiologist (CEP) may provide coverage in a variety of care settings. The CEP is responsible for coordinating a multidisciplinary treatment plan to meet the clinical and educational needs of heart patients, families, and patients at risk for cardiovascular disease and patients with peripheral artery disease. The position works with a multi-disciplinary group of staff team members requiring flexibility and adaptability to follow established program goals and protocols. Responsibilities may include all stress testing modalities and age groups, Holter monitor attachments and analyzing Holter monitor arrhythmia device data (Holter monitor scanning) to prepare reports for cardiologist interpretation.

Most work-related problems are of a moderate level of difficulty and can be solved by referring to the clinic manager or medical director. 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.

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 may include outside referring physicians, students, patients and families.

MAJOR RESPONSIBILITIES

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.

Outpatient Staff Responsibilities Only

- Provide comprehensive cardiac or peripheral artery disease rehab Individual Treatment Plans per program protocol.
- Facilitate referral to home program or other community exercise programs after discharge.
- Demonstrate ability to correctly put ambulatory blood pressure on patient, calibrate instrument and download data.
- 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.

Inpatient Staff Responsibilities Only

- Demonstrate working knowledge of complex equipment; i.e. ventilators, LVADs, chest tubes, multiple IV and balloon pumps.
- Facilitate referral to outpatient cardiac rehab program.
- Perform EV02 metabolic stress testing.

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 UW Health and other area hospitals.

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- 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.

Stress Testing Skills

- Administer pre-exercise stress test interview, medical history and test preparation.
- Demonstrate mastery in use of testing equipment, protocol selection, indications and contraindications, and termination criteria for exercise testing.
- Demonstrate mastery in use of metabolic stress testing calibration and interpretation.
- Stress test locations could include inpatient, outpatient and pediatric (AFCH)

Holter Monitor Scanning

- Download data from Holter monitors checking for critical results to notify the reading cardiologist when indicated per protocol.
- Analyze data from Holter monitors using advanced skills in arrhythmia detection and interpretation to compile comprehensive high-quality reports per department scanning guidelines.
- Process reports for cardiologist reading following department protocol through the GE MUSE system.

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
- Attend national and local professional meetings per Program policy. Share updated clinical research findings with team and utilize pertinent findings to improve work performance and patient care.
- Participate in community service events and activities representing Preventive Cardiology and UW Health.
- Other duties as assigned

ALL DUTIES AND REQUIREMENTS MUST BE PERFORMED CONSISTENT WITH THE UW HEALTH PERFORMANCE STANDARDS.

JOB REQUIREMENTS

Education	Minimum	Master's degree in clinical Exercise Physiology, Kinesiology, Exercise Science or related field with emphasis in cardiac rehabilitation.
	Preferred	
Work Experience	Minimum	Three (3) month internship in a comprehensive cardiac rehabilitation program
	Preferred	One or more years of relevant clinical experience in cardiac rehabilitation
Licenses & Certifications	Minimum	Please see license and certification table below
	Preferred	
Required Skills, Knowledge, and Abilities		<ul style="list-style-type: none"> • Basic computer knowledge • 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 (Clinical jobs only)

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. Next,

<input type="checkbox"/>	Infants (Birth – 11 months)	<input checked="" type="checkbox"/>	Adolescent (13 – 19 years)
<input type="checkbox"/>	Toddlers (1 – 3 years)	<input checked="" type="checkbox"/>	Young Adult (20 – 40 years)
<input type="checkbox"/>	Preschool (4 – 5 years)	<input checked="" type="checkbox"/>	Middle Adult (41 – 65 years)
<input checked="" type="checkbox"/>	School Age (6 – 12 years)	<input checked="" type="checkbox"/>	Older Adult (Over 65 years)

JOB FUNCTIONS

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Review the employee's job description and identify each essential function that is performed differently based on the age group of the patient.				
PHYSICAL REQUIREMENTS				
Indicate the appropriate physical requirements of this job in the course of a shift. <i>Note: reasonable accommodations may be made available for individuals with disabilities to perform the essential functions of this position.</i>				
Physical Demand Level		Occasional Up to 33% of the time	Frequent 34%-66% of the time	Constant 67%-100% of the time
x	Sedentary: 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.	Up to 10#	Negligible	Negligible
	Light: 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.	Up to 20#	Up to 10# or requires significant walking or standing, or requires pushing/pulling of arm/leg controls	Negligible or constant push/pull of items of negligible weight
	Medium: Ability to lift up to 50 pounds maximum with frequent lifting/and or carrying objects weighing up to 25 pounds.	20-50#	10-25#	Negligible-10#
	Heavy: Ability to lift up to 100 pounds maximum with frequent lifting and/or carrying objects weighing up to 50 pounds.	50-100#	25-50#	10-20#
	Very Heavy: Ability to lift over 100 pounds with frequent lifting and/or carrying objects weighing over 50 pounds.	Over 100#	Over 50#	Over 20#
Other - list any other physical requirements or bona fide occupational qualifications not indicated above:				

Note: The purpose of this document is to describe the general nature and level of work performed by personnel so classified; it is not intended to serve as an inclusive list of all responsibilities associated with this position.

LICENSES AND CERTIFICATIONS		
Job Code	Department	License/Certifications
900004A	Rehab Therapy - Pediatric Fitness Clinic	<ul style="list-style-type: none"> Current CPR certification
900004B	Clinics – Cardiology Heart Station Preventive Cardiology	<ul style="list-style-type: none"> Current CPR and ACLS certification American College of Sports Medicine Clinical Exercise Physiology certification (ACSM-CEP)