

# Appendix N

## Example of Standing Orders To Initiate Outpatient Cardiac Rehabilitation

1. Initiate monitored exercise program per outpatient CR/SP policies and procedures.
2. Determine target heart rate (THR) via sign- or symptom-limited graded exercise testing (GXT) or sign- or symptom-limited responses to submaximal exercise.
3. Begin with a training duration of up to 30 minutes to tolerance, one to five times a week.
4. Gradually increase duration of training exercise if patient cardiovascular and physiological responses are within normal limits.
5. Observe participant for signs of exercise intolerance and adapt or terminate exercise as indicated in policies and procedures.
6. Assess lipid profile approximately 6 weeks postevent.
7. Administer nitroglycerin 0.3 or 0.4 mg sublingually every 5 minutes  $\times$  3 as needed for angina discomfort or ischemic symptoms.
8. Provide regular, periodic progress reports to the referring physician. Provide copies of reports to other physicians as needed.
9. Initiate patient education and counseling sessions as patient needs indicate.
10. Consult patient personal physician or CR/SP supervising physician for any necessary orders.
11. Notify the CR/SP dietitian to provide individualized nutrition education for each participant.
12. Enter the patient into a non-ECG-monitored maintenance program upon completion of early outpatient CR program.

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Physician's signature

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Date