

Appendix I

Education Flow Sheet

Patient Identification Information Topics	Teaching needs Please check	Discussed	Reinforced	Verbalized understanding	Teaching materials*	Comments
ORIENTATION TO EARLY OUTPATIENT CARDIAC REHABILITATION						
1. Registration						
2. Medical history—initial evaluation						
3. Risk-factor identification						
4. Orientation to staff and equipment						
5. Explanation of exercise prescription and target HR						
6. Instruction/review pulse check technique						
ANATOMY AND PHYSIOLOGY						
1. MI						
2. CABGS						
3. PTCA						
4. Angina						
5. Other—please list						
RISK FACTORS						
1. Smoking						
2. Hypertension						
3. Hyperlipidemia						
4. Diabetes						
5. Obesity						
6. Stress						
7. Inactivity						
8. Family history						
9. Age/sex						

* H = handout; AV = audiovisual; C = class.

From *Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs, Fifth Edition*, by American Association of Cardiovascular and Pulmonary Rehabilitation, 2013, Human Kinetics, Champaign, IL.