

MASSACHUSETTS GENERAL HOSPITAL

Job Title: Nurse, Staff

Job Family: Nursing

FLSA Status: Professional Exempt

Reviewed By: Riley Orrell

Position Reports to: Nurse Director

Date Last Revised:

GENERAL SUMMARY/OVERVIEW STATEMENT: Summarize the nature and level of work performed.

The Cardiac Rehab Nurse, under the general supervision of the Nursing Director, functions as an ambulatory practice nurse for the Cardiac Rehab Program. She/he will collaborate with attending physicians, mid-level practitioners, administrative support staff, and other members of the patient care team to achieve optimal clinical outcomes.

The Cardiac Rehab RN works with cardiac patients who have heart disease or have had a procedure to treat their heart disease. The RN monitors patients for changes in their heart conditions and collaborate with a team to develop individualized care plans.

This is a 24-hour position, typically scheduled as three 8 hour shifts per week.

PRINCIPAL DUTIES AND RESPONSIBILITIES: Indicate key areas of responsibility, major job duties, special projects and key objectives for this position. These items should be evaluated throughout the year and included in the written annual evaluation.

- Provide nursing care for patients during cardiac rehabilitation, PAD supervised exercise and cardiac lifestyle programs.
- Organize, prioritize and manage your own panel of 20-30 patients, with support from a multidisciplinary care team of exercise physiologists, nutritionists, and cardiologists.
- Perform initial intake interviews for patients interested in the program. Develop a personalized treatment plan for each patient.
- Oversee patient treatment plans and provide expertise in case management including cholesterol and dietary management, smoking cessation, and behavior/lifestyle modifications.
- Evaluate patients' overall health, with special attention to cardiovascular function and metabolism.
- Record blood pressures and patient condition. Observe indications of positive tests or other complications.
- Perform pulse oximetry.
- Review progress towards heart health goals with patients including a home exercise plan.
- Supervise exercise sessions. Use telemetry to monitor and record patients' heart activity for inappropriate responses.
- Collaborate with team Exercise Physiologist to prescribe ACSM protocols for exercise in the cardiac population. Maintain a knowledge of ACSM exercise prescription protocols.
- Advise patients about nutrition, risk reduction, and ongoing exercise regimens.
- Immediately report any new, changing, and/or significant conditions to the supervising physician.
- Initiate ACLS measures and/or emergency care according to department policy.

- Write and perform monthly follow up for Individual Treatment Plans, as required by CMS/AACVPR.
- Teach group education classes for traditional and intensive cardiac rehab programs.
- Conduct group meditations.
- Use Motivational Interviewing skills to promote lifestyle changes related to exercise, nutrition, tobacco cessation, and stress management.
- Attend and participate in staff meetings, educational programs, and other activities to remain current in the field of cardiac rehabilitation.
- Maintains and follows patient care protocols.
- Performs other duties, as directed.

SKILLS/ABILITIES/COMPETENCIES REQUIRED: Must be realistic, objective, measurable and related to essential functions of this job.

- Excellent interpersonal and verbal/written communication skills.
- Ability to problem-solve, function as a resource to other members of the team and resolve complex issues on behalf of providers and patients.
- Exceptional organizational skills and attention to detail.
- Knowledge of relevant computer applications, e.g. Epic, Telemetry (LSI), and MS Outlook.
- Comfort in a practice environment that promotes patient-centered care.

QUALIFICATIONS: (MUST be realistic, neither overstated nor understated, and related to the essential functions of the job.)

- Bachelor's degree in nursing required.
- Registered Nurse, Massachusetts licensure.
- Current BLS and ACLS certifications.
- Minimum 5 years of cardiac nursing experience.
- Cardiac Rehab experience preferred.

WORKING CONDITIONS: Describe the conditions in which the work is performed.

Outpatient care environment. Prolonged standing and walking to/from exam rooms or the gym can be expected.

SUPERVISORY RESPONSIBILITY: List the number of FTEs supervised.

None

FISCAL RESPONSIBILITY: Indicate financial “scope” information, i.e.: size of budget, volume, revenue, etc.

None

APPROVAL:

(NAME)

Department Mgr: Riley Orrell

Title: Administrative Director

Date: 2/2024

The above is intended to describe the general contents and requirements of work being performed by people assigned to this classification. It is not intended to be construed as an exhaustive statement of all duties, responsibilities or skills of personnel so classified.