

Cardiac Rehab Telehealth Initial Visit Patient Assessment Script

[patient-engaged, CR staff-administered]

This script can be used to assess patient telehealth needs. This script can be adapted to be combined with an existing individualized treatment plan. This script can be used at the intake visit or first Telehealth visit.

Thanks for joining our cardiac rehab program. I am so glad to be working with you! Cardiac rehab is a monitored program for improving your physical activity and health behaviors.

We need to understand what devices you have and what you are comfortable using to communicate with the cardiac rehab staff. We also need to determine what tools you need so that we can accurately gauge how the rehab program is improving your health and what can be done to make it even better. So, we would like to ask you some questions that can help US in developing a plan for YOUR cardiac rehab.

Getting Set Up

1. What language do you prefer to communicate in?
2. How would you like us to contact you?
 - a. Email
 - b. Phone
3. Do you have a smartphone, tablet, or computer?
 - a. If yes, are you comfortable using your device for video visits?
 - i. If participant is not comfortable using their device(s), ask why.
4. Do you have internet access at home?
 - a. a. If no, do you know of any other internet resources in your community? Examples can be using a computer at a family member or friend's home, the library, community center, etc.
 - b. b. If yes, do you have any issues with your internet connection?
 - i. If yes, do you have someone available who can help you resolve these issues (e.g., family member, friend)?
5. Do you have a blood pressure monitor? Weight Scale?
6. Do you have a wearable activity tracker (e.g., smartwatch, Fitbit, etc.)? What does the tracker track (e.g., steps, HR)?
7. Do you know how to count your heart rate manually?
8. Do you know your recommended target heart rate and rating of perceived exertion (RPE) when exercising?
 - a. Note: There may be some people who don't know what RPE is. If the patient seems confused, ask if they know what RPE is and explain it to them if they don't.
9. What exercise are you currently doing? (type/mode, frequency, duration, intensity)
10. Do you have any existing injuries, other than the recent cardiac event, that may affect your ability to exercise?
11. Do you have any exercise equipment at home? It can be weights and/or bands, but you could also use canned goods, water bottles, cast iron pans, etc.

Extra Resources

5. Do you have access to an online patient portal where you can access your medical records (e.g., MyChart)?
6. Are you interested in setting up a telephone or video conference with a dietician (someone who can review and give tips to improve your diet), mental health provider (someone who can give you emotional support and counseling while undergoing cardiac rehab), or pharmacist (someone who can help you manage the medications you are taking)?
3. Do you want to use a mobile app to help you participate in cardiac rehab? The app can help you keep track of exercise, blood pressure, heart rate, and weight automatically by connecting via Bluetooth to your wearable activity tracker, blood pressure monitor, and weight scale. It may help you keep better daily logs of your progress in cardiac rehab.
4. Let's talk about your safety plan. This is so that if something happens, you know what to do if any emergencies arise and can get the proper care you need without delay.
 - a. Who do you contact if there is an emergency? Please write down important phone numbers on your Cardiac Rehab Safety Plan.
 - b. We also would like to review with you warning symptoms during physical activity or exercise. If you experience any of these symptoms, stop what you are doing and contact a member of your health care team right away. These symptoms include:
 - i. Severe and out of norm shortness of breath
 - ii. New pain
 - iii. Pressure or aching in your chest, arms, jaw neck, shoulder, or back
 - iv. Extreme fatigue
 - v. Light-headedness
 - vi. Irregular heart rhythm or heart fluttering
 - vii. Severe and/or new joint or muscle pain
5. Do you have any questions or concerns about participating in telehealth CR?

Establishing Goals

1. During these next few weeks, what are your goals for cardiac rehab and overall health?
2. This cardiac rehab program will need you to start keeping a daily log of your exercise, blood pressure, heart rate, and weight.
 - a. These are the parameters by which we will track how you are responding to cardiac rehab and how much you are improving your heart health. We can also use these parameters to better tailor your cardiac rehab experience so that you can meet your personal health goals.