CC/reason for consult:

HPI:

ROS: Denies chest pain, SOB, palpitations, DOE, orthopnea, PND, edema, light-headedness, syncope.

PMH:

| ACTIVE PROB LIST-SHORT |

SH:

FH:

Functional Hx:

All: | ALLERGIES/ADR |

Meds: Provided and reviewed printed medlist with veteran. Reports compliance.

| ACTIVE OUTPATIENT MEDICATIONS |

PE:

Vitals:
Gen: WD, NAD, pleasant and cooperative
Gait:

HEENT: NCT, EOMI, anicteric sclera, OP clear
Neck: no JVD, FROM, supple and nontender
CV: RRR, nl S1 and S2
Chest wall:
Lungs: CTA B, no crackles/wheeze/rhonchi
Abd: soft, nt, nd, +bs
Ext: no pedal edema. intact distal pulses
Musculoskeletal: ROM within functional limits all major joints
Neuro: Speech fluent. Alert and appropriate
  Sensory: intact to LT all ext
  Motor: 5/5 throughout with no focal muscle atrophy
  fine motor coordination intact
  No Clonus
  normal Tone

Imaging:

Echo:

Cardiac Cath:

ETT/Thallium stress test:

Labs: reviewed

A/P:

- Ordered ETT to assess functional capacity and clear for phase II program
- Will create Phase II Cardiac Rehab exercise prescription based upon ETT performance and enroll in program for nutrition counseling, psychosocial support groups, smoking cessation, stress reduction, cardiopulmonary education and monitored aerobic exercise. 3x/week for 2 hour morning session for 6 weeks.
- continue current meds per PMD and cardiology
- Education provided regarding health conditions and treatment options.
- Preventive health education provided regarding importance of maintaining healthy diet, regular exercise, fall prevention strategies, and smoking abstinence/cessation.

MEDICATION ASSESSMENT:
Current medications were reviewed with patient/caregiver

ACTIONS:
No changes made to current medication list
Provided and reviewed printed medlist with veteran. Contact numbers listed.

OR
The following medication changes were made:

- d/c from clinic.
(only if already cleared by ETT)
- will cc exercise physiologist, Amanda Phillips, to help coordinate orientation and enrollment in Phase II cardiopulmonary rehab program.

Weeks: Target Heart Rate (bpm)
0-2     (40%)
3-4     (50%)
5-6     (60%)

Precautions: hold for BP>
  hold for any concerning cardiopulmonary symptoms.
  polar monitor. Seated machines preferred given fall risk.

(if pt declines formal phase II program)
- educated patient regarding self-directed, symptom-limited exercise program with goal to walk 20-30 minutes 5x/week on level ground in safe environment with appropriate assistive device as needed.