

10A NCAC 14F .1806 PATIENT EDUCATION

(a) Each patient's cardiac rehabilitation care plan shall include participation in the program's basic education plan. At a minimum, the education plan shall include the following topics:

- (1) basic anatomy, physiology, and pathophysiology of the cardiovascular system;
- (2) risk factor reductions, including smoking cessation and management of blood pressure, lipids, diabetes, and obesity;
- (3) principles of behavior modification including nutrition, exercise, stress management and other lifestyle changes;
- (4) relaxation training offered at least once per week by staff trained in relaxation techniques;
- (5) cardiovascular medications including compliance, interactions, and side effects;
- (6) basic principles of exercise physiology, guidelines for safe and effective exercise therapy, and guidelines for vocational/recreational exertional activities;
- (7) recognition of cardiovascular signs, symptoms and management; and
- (8) environmental considerations such as exercise in hot or cold climates.

(b) The educational program shall include individual or group sessions utilizing written, audio, or visual educational materials as deemed appropriate and necessary by program staff.

(c) Each session shall be documented and presented on a rotating basis such that each patient has access to all materials and classes offered.

(d) Documentation shall be included in each patient's medical record to indicate which educational programs the patient attended.

History Note: Authority G.S. 131E-169;

Eff. July 1, 2000;

Pursuant to G.S. 150B-21.3A, rule is necessary without substantive public interest Eff. December 6, 2016.