

SECTION .1600 – PATIENT ASSESSMENT

10A NCAC 14F .1601 PATIENT ASSESSMENT

(a) Within five weeks of a patient's admission to the program, the interdisciplinary team shall complete and document a cardiac rehabilitation assessment. At a minimum, the assessment shall include the components specified in this Rule.

(b) Medical Assessment shall include:

- (1) cardiovascular evaluation as to present diagnosis, therapy, and a discharge summary of the patient's last hospitalization; or
- (2) statement by referring physician as to present diagnosis, and therapy;
- (3) resting 12-lead ECG;
- (4) medical record documentation prior to or during the first exercise session of ECG, hemodynamic data, and the presence or absence of symptoms, preferably determined by a graded exercise test. A graded exercise test shall not be required when deemed unnecessary by the patient's attending or personal physician or the program's medical director;
- (5) fasting blood chemistry, as indicated, to include total cholesterol, high density lipoprotein (HDL) cholesterol, low density lipoprotein (LDL) cholesterol, triglycerides, and other comparable measures; and
- (6) simple spirometry, if clinically indicated.

(c) Physical Assessment shall include:

- (1) functional capacity as determined by measured or predicted equivalents (METs);
- (2) height, weight, or other anthropometric measures (i.e., body mass index, percent body fat, waist-to-hip ratio, girth measurements);
- (3) current and past exercise history; and
- (4) physical limitations and disabilities that may impact rehabilitation.

(d) Nursing Assessment shall include:

- (1) coronary risk profile;
- (2) current symptoms such as angina or dyspnea, and recovery from recent cardiac events;
- (3) presence of comorbidities;
- (4) assessment of medications; and
- (5) educational needs.

(e) Nutrition Assessment shall include:

- (1) review of medical history;
- (2) eating patterns as measured by a food diary or food frequency questionnaire;
- (3) fasting blood chemistries as described in Subparagraph (b)(5) of this Rule;
- (4) anthropometric measures as described in Subparagraph (c)(2) of this Rule;
- (5) behavioral patterns; and
- (6) identification of nutritional goals.

(f) Mental Health Assessment shall include:

- (1) past history of mental illness including depression, anxiety, or hostility or anger; and
- (2) present mental health functioning and need for referral to a mental health professional.

(g) Vocational Assessment shall include:

- (1) vocational questionnaire to determine current vocational status, description of physical requirements of job, working conditions, psychological demands as perceived by the patient; and
- (2) the need for vocational rehabilitation services.

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.