

PHYSICIAN ORDERS

1. **Do routine admission workup including:** history and physical exam, risk factor profile, body mass index, fall/safety assessment, six-minute walk, measuring functional capacity and oximetry testing for supplemental oxygen during exercise, other: _____

2. **Begin aerobic exercise training** and progress per risk-adjusted protocol over the weeks of rehab within the following parameters.

INTENSITY:

- SpO₂ > 90% on room air or prescribed oxygen prescription**
- No recent stress test, 20-40 beats above average Resting Heart Rate (R_{hr}) =**
- Target heart range of:** _____
- Patient's rate of perceived exertion = 12-14 Borg Scale**
- Patient's rate of perceived breathlessness = < 4 on RPB Scale
- Other:** _____

Duration: progress exercise 10-40 minutes per protocol

Frequency: schedule exercise sessions 3 times per week

Type: use interval training with a full circuit of arm and leg devices. In addition to circuit training, weight training with arm and leg weights to be done with each exercise session.

3. **Extent of Surveillance:** Use oximetry monitoring during exercise; titrate oxygen to keep SpO₂ > 90%.
If SpO₂ is < 80% on prescribed supplemental oxygen, listen to breath sounds, monitor BP and heart rate and report to physician.

4. **Implement the following emergency orders as indicated:**

- Initiate Advanced Cardiac Life Support protocols in the event of patient code
- Administer oxygen
- Notify Dr. _____ immediately for any change in the patient's clinical status

5. **Other orders:**

Physician name: _____

Physician signature: _____