Clinton REGIONAL HOSPITAL Cardiac Rehab

pritikin Intensive Cardiac Rehab

Cardiac Rehab Department Competency Check-Off List

Employee Name:_____

Position:_____ **Hire Date:**_____

Director:_____

**All competencies to be completed within 6 months of hire date.*

**If not applicable, N/A will be placed in the box.*

Competency	Completed	Date	Evaluator Initials
Facility orientation completed	☐		
Reviewed department policies and procedures	☐		
HIPAA and patient confidentiality	☐		
Infection prevention and hand hygiene	☐		
Emergency response procedures	☐		
Fire and disaster procedures	☐		

Patient Assessment

Competency	Completed
Obtain baseline vital signs	☐
Perform FSBG appropriately	☐
Perform cardiovascular assessment (ITP)	☐
Review physician referral/orders	☐
Complete risk stratification (ITP)	☐
Identify exercise contraindications	☐
Review medication list	☐
Recognize symptoms requiring intervention	☐
Document assessment appropriately (ITP)	☐

Competency	Completed
Perform/document Tanita appropriately	☐
Explain/Score/Document Outcomes correctly	☐

Exercise

Competency	Completed
Department orientation	☐
Stationary bike operation	☐
Treadmill operation	☐
NuStep operation	☐
Upper body ergometer	☐
Elliptical operation	☐
Stepper operation	☐
Row machine operation	☐
Vibration Plate operation	☐
Resistance training instruction	☐
Flexibility program instruction	☐
Balance program instruction	☐
Warm-up/Cool-down education/supervision	☐
Exercise prescription development (ITP)	☐
Exercise progression	☐
Heart rate monitoring	☐
Blood pressure monitoring	☐
Borg RPE Scale utilization	☐
Telemetry monitoring	☐
Recognition of abnormal ECG rhythms	☐
Oxygen saturation monitoring	☐

Cardiac Monitoring

Competency	Completed
Apply telemetry leads correctly	☐
Troubleshoot telemetry equipment	☐

Competency	Completed
Perform EKG correctly	☐
Recognize lethal arrhythmias	☐
Recognize ischemic ECG changes	☐
Appropriate physician notification	☐

Emergency Response

Competency	Completed
BLS certification current	☐
ACLS certification (if required)	☐
Code Blue procedures	☐
AED operation	☐
Crash cart location and contents	☐
Emergency medication familiarity	☐
Syncopal episode management	☐
Chest pain protocol	☐
Hypoglycemia management	☐
Hypertension/Hypotension management	☐

Pritikin Program Competencies

Competency	Completed
Pritikin ICR program overview	☐
Video Viewing Checklist	☐
Operations Principles Training	☐
Compliance Principles Training	☐
Optimizing Patient Engagement Training	☐
Exercise Workshop Overview Training	☐
Healthy Mind-Set Overview Training	☐
Cooking School Overview Training	☐
Acknowledgement of Training Signed	☐
Pritikin Documentation Overview	☐

Patient Education

Competency	Completed
Medication education	☐
Risk factor modification	☐
Smoking cessation resources	☐
Diabetes education reinforcement	☐
Blood pressure education	☐
Lipid management education	☐
Home exercise instruction	☐
Set/Review/document goals appropriately	☐
Discharge planning	☐

Documentation

Competency	Completed
Exercise session documentation	☐
Education session documentation	☐
ITP Documentation/30 day re-assessments	☐
Incident reporting	☐

Equipment/Cleaning

Competency	Completed
Daily equipment inspection/cleaning	☐
Preventive maintenance reporting	☐
Equipment calibration reporting	☐
Telemetry equipment maintenance/cleaning	☐

Professional Competencies

Competency	Completed
Promotes a positive work environment	☐

Clinton Regional Hospital Policy Review and Approval Form

Policy Title: Cardiac Rehab Department Competency Check-Off List

Policy Type: New Date: 08/19/2026 Revised Date: Reviewed ___

Attachments:

Approvals

Name	Signature	Title	Date
Brendan Price		Hospital Co-Administrator	
Chasity Richardson		Hospital Co-Administrator	
Dr. Veal		Medical Director	
Ken Baker		Hospital Auth. Chairman	

Competency	Completed
Effective communication	☐
Interdisciplinary collaboration	☐
Patient-centered care	☐
Cultural competency	☐
Professionalism	☐
Time management	☐
Quality improvement participation	☐

Competency Validation

Employee Signature	
Date	
Evaluator Signature	
Date	
Department Manager	
Date	