

PULMONARY REHABILITATION ROTATION OBJECTIVES

Please note that these objectives supplement the objectives of the RCPSC objectives.

General Objective: The resident will gain experience in cardiopulmonary exercise testing and pulmonary rehabilitation.

MEDICAL EXPERT

1. The resident will demonstrate working knowledge of cardiopulmonary exercise testing – indications for testing, safety issues, different protocols and equipment (cycle vs treadmill), conducting a test, termination of a test, and the interpretation and generation of reports. They will be familiar with a normal response to exercise, and the abnormal patterns associated with common disease processes (airways disease, pulmonary vascular disease, cardiovascular disease, interstitial lung disease, and dysfunctional breathing).
2. They will have knowledge of how clinical metabolic carts work and how to recognize and troubleshoot problems.
3. The resident will demonstrate knowledge of the components of a successful rehabilitation program – patient selection, baseline assessment, exercise prescription, important clinical endpoints, and the basic underlying pathophysiologic mechanisms that underpin any program.
4. The resident will be familiar with the evidence of improved outcomes with pulmonary rehabilitation and the evidence surrounding various pulmonary rehabilitation principles including: post-exacerbation of COPD pulmonary rehabilitation, interval training, one leg training, non-invasive ventilation use during exercise, resistance training, and helium/hyperoxia.

COMMUNICATOR

5. The resident will effectively communicate the results of cardiopulmonary exercise tests to referring sources and patients. They will be able to write clear, concise exercise prescriptions and communicate this effectively to patients and rehabilitation workers.

COLLABORATOR

6. The resident will work with the laboratory staff to provide optimal testing for patients. They will demonstrate the ability to work in a multidisciplinary team that is integral to the rehabilitation program.

MANAGER

7. The resident will demonstrate knowledge of resource constraints and utilization in the area of pulmonary rehabilitation.

HEALTH ADVOCATE

8. The resident will be aware of the evidence supporting the benefits of exercise and pulmonary rehabilitation in patients with chronic lung diseases.

SCHOLAR

9. The resident will demonstrate critical appraisal of the literature as it applies to cardiopulmonary exercise testing and pulmonary rehabilitation.

PROFESSIONAL

10. The resident will strive to incorporate the highest levels of attitudes, ethics and values in their interactions with laboratory staff, colleagues and patients.

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