



**PHOTO TOUR:
CNRV
CARDIAC REHAB**

Morgan Bareford
ESHE 463
Spring 2015



Electronic Blood Pressure Monitor

We often use this machine to double check a patient's blood pressure if it seems to be running high.

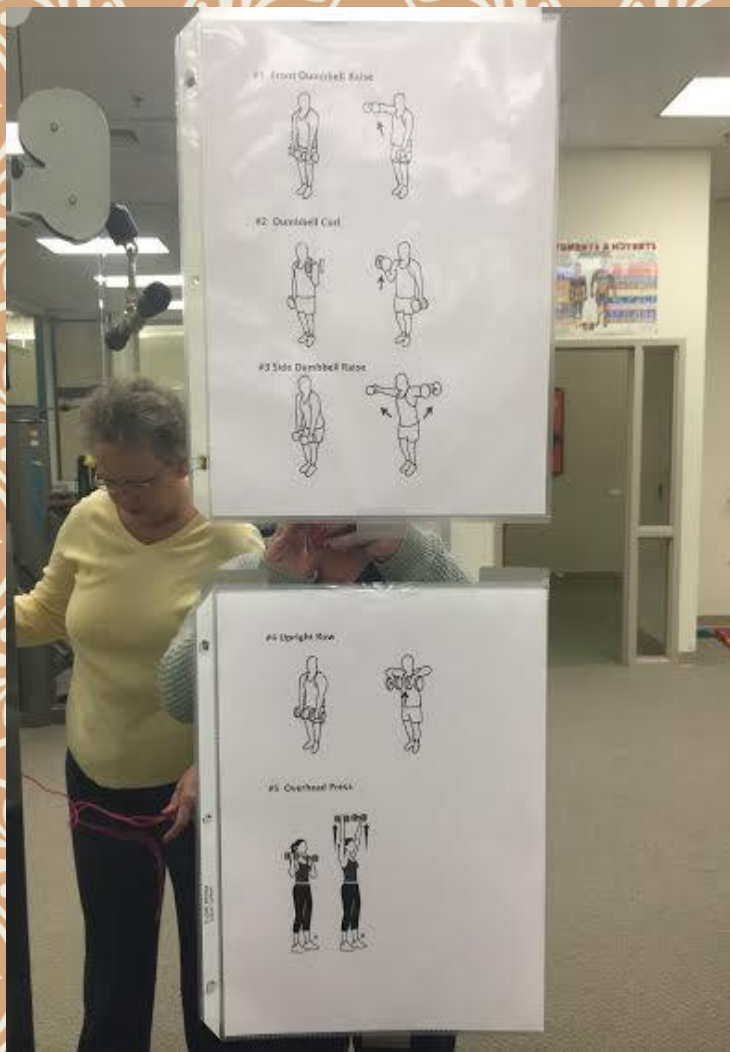
This machine is also used when there are multiple patient's that need to have their blood pressure read.



Heart Monitor & Weight Station

Each day when a monitored rehab patient comes to workout they must wear a heart monitor. This monitor connects to our computer system to allow for staff to record and monitor each patient's EKGs.

Along with wearing a heart monitor during each session, the patient must also weigh themselves. By monitoring a patient's weight we are able to see if they are gaining weight, which can indicate fluid gain.



FREE WEIGHTS & STRETCHES

To finish a patient's workout we encourage the use of free weights and light stretches. A cool down is essential to a workout, as well as recovery.





This is our machine weight area. Our patients are encouraged to add resistance training to their workouts once strong enough to comfortably complete those exercises.



Nu-Step & Tammy

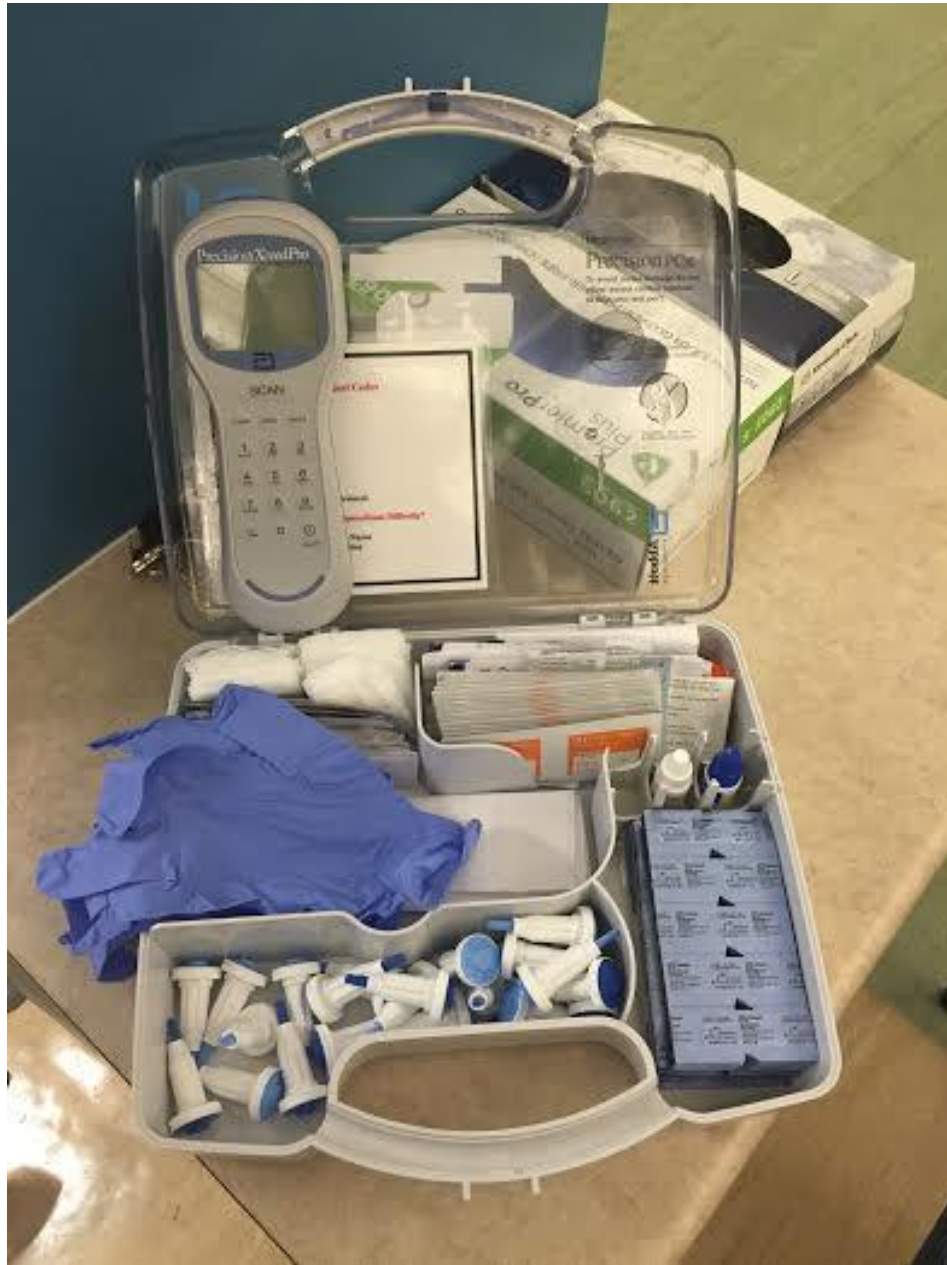
The new step is a seated exercise machine that gives the patient the same effects as a step machine without the stress on joints. This machine is a practical way for disabled or less mobile patients to work up a sweat.

Tammy is so kindly modeling the Nu-Step. Tammy is a RN in the cardiac rehab center, as well as one of my supervisors.



Taking blood pressure is always apart of the routine. Patients have their blood pressure checked before exercise, during exercise, between exercises, and after exercise.





Blood Sugar

Blood sugar testing is done at the beginning and end of a workout session for diabetic patients for their first 3-5 sessions. Once staff recognizes each patient's blood sugar pattern, the patient then only needs to be tested when symptoms are significant or by request.