Standing Orders for Pulmonary Rehabilitation

1. **Do routine admission workup including**: history & 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 (HR̆) =
   - 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 3x/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:** __________________________