



Location: Lincoln NE Date: 12/23/2015
City State

Organization: CHI Health Saint Elizabeth

*Contact Person(s): Paul Daugherty - MS, ACSM RCEP
**Must have at least a Bachelor's degree in a related field and a minimum of 2 years' experience within the discipline.*

Address: 555 S 70th Street Lincoln NE / 68510
Street/PO Box City State/Zip

Phone: 402-219-8707 Fax: _____

Email: PDaugherty@stez.org Website: CHI Health Saint Elizabeth

What semesters is your organization available to accept interns?
 Fall (August-December) Spring (January-April) Summer (May-August)

Please check the specializations that best pertain to the internship experience offered:
 Exercise Physiology Fitness/Wellness

How many interns do you typically accept per semester? 2

Interns must complete a minimum of 35-40 hours per week (520 hours total). List the normal working hours for your organization. Please indicate any evening or weekend time commitments:

0630-1800 - No weekends

Is office space available to interns? Yes No _____
Comments

Is a computer/scanner available to interns? Yes No _____
Comments

Does your organization offer paid or non-paid internships? Non-paid Paid (amount) _____

List other benefits your organization offers interns (i.e. housing, health insurance, travel reimbursement, etc.)
NA

List required purchases for interning with your site (e.g. parking pass, uniform, back-ground check, etc.):

Will need black slacks or fitness pants with red polo or may wear a University polo



List required skills or previous experience necessary for interning with your organization:

Please see the attached Program Description

Special Requirements (i.e. special application, proof of health insurance, immunizations, etc.)

Please note: All interns are required to purchase professional liability insurance coverage for \$1,000,000

Immunization record

Provide a bulleted list of duties/responsibilities your organization expects to be fulfilled by interns:

Please see attached Program Description

Please describe a typical day for the intern:

Observe/Assist with floor sessions, 75% of the time will be spent in acute sessions and 25% in the maintenance program. Patient educational sessions will also be scheduled within the work time for students to observe/assist teaching patient educational sessions. Observe/Assist with entry evaluations, 6 minute walk tests, implement the walk test and write the participants initial exercise programming.

Please see the attached Exercise Physiology Internship Program Description for additional assignments required to successfully complete the Internship program

Saint Elizabeth Regional Medical Center Cardiovascular & Pulmonary Rehabilitation

Exercise Physiology Internship Program Description

PURPOSE: To provide students in the study of Exercise Science or equivalent, the opportunity to perform in a supervised clinical setting, in the field of Cardiovascular & Pulmonary Rehabilitation. This offers the intern a comprehensive learning experience in Cardiac and Pulmonary Rehabilitation.

GOALS: To prepare the intern with work in a clinical exercise physiology setting.
To assist the intern in a successful preparation for ACSM (or other) certification.

REQUIREMENTS:

1. Successful completion of Core Curriculum of coursework in the areas of:
 - a. Etiology of Cardiovascular & Pulmonary disorders.
 - b. Cardiac rhythm interpretation and Basic 12 lead ECG interpretation
 - c. Exercise Stress testing and prescription.
 - d. Basic Knowledge of Pharmacology.
 - e. Nutritional
 - f. Anatomy & Physiology

2. Submit a resume approximately one semester prior to the start of the internship, (May 1 for Fall, September 15 for Spring & January 15 for Summer). Two interns will be accepted per semester, if more than two interns apply a formal interview selection process will be used.

3. Successful completion of an Orientation process to Saint Elizabeth Regional Medical Center.
 - a. New associate orientation
 - b. Orientation to the Rehab facility will be completed by the Saint Elizabeth Rehab staff prior performing clinical experiences.

4. Basic Life Support certification.

5. Interns will follow Saint Elizabeth employee policy and procedures. Expectations are:
 - a. Observe participant confidentiality.
 - b. Treat participants and staff with respect.
 - c. Will follow dress code. Khaki dress pants and a polo shirt with collar are standard. No sweatshirts, T-shirts or jeans are allowed. The intern may be required to wear a white lab jacket (supplied) and does require an identification badge to be worn by the intern (supplied). No exceptions.
 - d. Will display Saint Elizabeth Mission and Core Values.

REQUIREMENTS: (cont.)

- e. Assessment pertaining to infectious diseases and immunization history:
 - Rubella, Rubeola Titers
 - TB screening
 - Tetanus and Varicella immune status.
 - f. Arrive on time for designated work shift, or will notify staff if this will not occur.
 - g. Provide a safe environment for the participant, and report to the staff any situation, which may be unsafe.
6. Cooperative agreement for participation between the candidates respective college and Saint Elizabeth Medical Regional Center.
 7. Objectives in writing and an evaluation form need to be provided by the college.
 8. Computer usage at the center is limited to researching data for case studies, special projects and revisions only. Typing case studies and special projects, creating personal files and saving data on the hospital computer system is not permitted. Data gathered for case studies and special projects must be saved to your own personal storage device. Printing and quick revisions of the above documents are permitted but cannot be stored on the hospital computer system. Patient and department specific data may not be copied and removed from the center.
 9. Interns are required to carry at least one (1) credit hour of independent study from their respective university during the term of the internship.

CLINICAL DUTIES:

1. Developing and revising treatment & teaching plans for rehab participants.
2. Developing and adjusting exercise prescriptions.
3. Assist with rehab participants in the acute Outpatient Cardiac & Pulmonary Rehab and Maintenance.
 - a. Revising Exercise Prescriptions
 - b. Leading Warm-up & cool-down
 - c. Interpret Cardiac rhythms
 - d. Assisting with exercise session and equipment setting.
 - e. Providing education 1:1 or group setting.
4. Assist with Inpatient exercise program.
 - a. Patient teaching
 - b. Patient exercise (ambulation)
 - c. Risk factor screening & teaching

5. Assists with Entry evaluations.
 - a. Obtain medical history
 - b. Assist with physical assessments.
 - c. Sub-maximal exercise tests &/or 6-minute walk tests.
 - d. Complete body fat analysis.
 - e. Assist with participant orientation to Rehab.
6. Strength testing and assist with setting up individualized resistance training programs for rehab participants.
7. Exit Evaluations.
8. Other duties as directed.

OBSERVATIONAL OPPORTUNITIES:

Efforts will be made to arrange observational experiences in some or all of the following areas.

1. Coronary angiograms
2. Diagnostic tests
3. Pharmacological stress tests
4. Vascular studies
5. Echocardiogram
6. EP Study
7. Pacemaker insertion
8. Pulmonary Function Study
9. Critical Care Observation

EDUCATION OPPORTUNITIES:

The Rehab staff will provide formal and informal education, or provide resources for expanding the Interns knowledge base in the following areas.

1. Cardiac Rhythm and 12 lead ECG interpretation
2. Testing and exercise prescription for:
 - a. Cardiac Rehab participants
 - b. Pulmonary Rehab participants
 - c. Participants with other medical problems (high risk populations)
3. Cardiac & Pulmonary pharmacology
4. Managing emergency's in rehab.
5. Weight training for rehab participants.
6. ACSM Knowledge, Skills and Abilities (KSA's).
7. Review of protocols and procedures for rehab.
 - a. ACSM Guidelines
 - b. AACVPR Guidelines for Pulmonary & Cardiac.
8. Understanding PFT's, spirometry, and other pulmonary studies
9. Physiology of different pulmonary disorders.
10. Outcome measurement (Continuous Quality Improvement)

EVALUATION:

The intern will be evaluated. The rehab staff will provide feedback in writing with the tools and observe for growth in communication/interaction skills, leadership skills, teaching skills, and responsibility.

1. Case studies (minimum of two, one cardiac and one pulmonary) more if the staff feels continued growth and enhances knowledge of the rehab participant is required.
2. A weekly summary will be completed, listing successes, growth areas, and goals for the upcoming week.
3. Written evaluation quizzes/tests over educational topics.
4. Special projects (minimum of 1). If special project lacks complexity a second project may be requested.

HOURS SCHEDULED:

1. The internship requires varying shifts including: early morning, evenings, and possible weekends. Consideration will be made to accommodate school schedules. It is **expected** that interns attend all classes in which their case study participant attends.
2. Recommended hours:
 - Minimum of 240 hours (includes didactic).
 - Preferred 600 hours (includes didactic), meets the clinical hours required by ACSM certification for Exercise Specialist.
 - Interns are **required** to complete the semester or summer session regardless of hours completed.

Please be aware that if you cannot meet the following requirements, it is best that you defer your internship for a period in which you have more time. We do not recommend that you carry more than two classes during the time period that you plan to do your internship. We realize this schedule may appear difficult to meet but we have found that our interns who are not carrying a full class schedule have more opportunity to enhance their internship experience and are able to meet the internship requirements with less difficulty.

Since 240 hours are the minimal hour requirements, your internship will require you to be at the center about 20 hours per week. Typically there are no weekend hours. We try to be as flexible as possible with you however there are times below designated as “required” that cannot be altered. This is due to patient classes and intern education classes. Thus, if you cannot meet at the required times you will need to defer your internship. The following schedule is recommended.

INTERN SCHEDULES FOR MORNINGS AND AFTERNOONS:

Four-hour minimum between 0630 to 1330 or 1330 to 1830 Mondays, Wednesdays and Fridays
0800 to 1730 Tuesdays and Thursdays

Required: Monday: 1230 to 1600 for morning interns (pulmonary rehab).
Tuesdays and/or Thursdays*: 1000 to 1500 all interns

*Education classes and Heart Failure class.

REQUIREMENTS PRIOR TO STARTING THE INTERNSHIP:

1. New associate orientation. This is a two day hospital orientation and safety management requirement 8 AM to 4:30 PM (both days).
2. Documented submission of infectious diseases and immunization history prior to starting internship:
 - Rubella, Rubeola Titers
 - TB screening
 - Tetanus and Varicella immune status
3. Copy of current CPR Certification
4. All course curriculum requirements or equivalent experience.

Internship application process:

1. A cover letter, Resume and advisors name, address, phone number and e-mail address must be submitted via mail, e-mail or fax.
2. A cooperative agreement between your university and St. Elizabeth Regional Medical Center must be completed prior to the internship start date (if not previously established).
3. Students must provide written commitment to attend the internship prior to the start of the agreement process (if an agreement is not currently established).
4. Apply by the application deadlines.
Fall – May 1st application deadline; June 1st- internship confirmation deadline
Spring – September 1st application deadline; October 15th- internship confirmation deadline
Summer – January 15th application deadline; February 15th- internship confirmation deadline

For more information contact:

Paul L. Daugherty, MS, RCEP
Intern Supervisor
Saint Elizabeth Regional Medical Center
Cardiopulmonary Rehabilitation
555 South 70th St.
Lincoln, NE 68510
Phone: (402) 219-8717
Fax: (402) 219-8716
e-mail: pdaugherty@stez.org

Interns must be evaluated on at least 6 of the following Student Learning Outcomes (SLO's). Please check each SLO that applies to the duties/responsibilities provided to interns at your organization.

APK Student Learning Outcomes (SLOs)	Applied Examples (These examples used to describe each SLO are not exclusive; they are simply intended to provide clarity to the individual SLOs)
<input checked="" type="checkbox"/> Integrate principles and methods of math, social sciences, and arts and humanities to applied physiology and kinesiology, wellness, and/or fitness environments.	<ul style="list-style-type: none"> • Intern can perform body composition calculations. • Intern can identify socioeconomic impacts on health and fitness behaviors. • Intern can calculate target and max heart rates in order to prescribe aerobic exercise.
<input checked="" type="checkbox"/> Identify and relate the nomenclature, structures, and locations of components of human anatomy to health, disease, and physical activity.	<ul style="list-style-type: none"> • Intern can identify muscles used in specific exercises and name other exercises that use those muscles. • Intern can name specific structures damaged by pathologies like diabetes.
<input checked="" type="checkbox"/> Identify, examine, and explain physiological mechanisms of homeostasis at various levels of an organism (i.e., cells, tissues, organs, systems).	<ul style="list-style-type: none"> • Intern can explain the baroreflex. • Intern can explain why skeletal muscle cells atrophy when immobilized. • Intern can describe the impact of respiration on blood pH.
<input checked="" type="checkbox"/> Investigate and explain the effects of physical activity on psychological health as well as the perspectives used to enhance adherence to healthier lifestyles.	<ul style="list-style-type: none"> • Intern can explain how exercise helps depression. • Intern knows where to locate information related to psychological health impacts of various activities. • Intern can identify and properly refer individuals with eating disorders.
<input checked="" type="checkbox"/> Identify and explain the acute and chronic anatomical and physiological adaptations to exercise, training, and physical activity.	<ul style="list-style-type: none"> • Intern can explain why resting HR and BP are reduced following endurance training. • Intern can identify immediate and long-term benefits of resistance training.
<input checked="" type="checkbox"/> Select and utilize the appropriate scientific principles when assessing the health and fitness of an individual and prescribing physical activity based on those assessments.	<ul style="list-style-type: none"> • Intern can select a safe fitness test for a cardiac patient. • Intern can perform skinfold testing and use that data to prescribe appropriate amounts of exercise.
<input checked="" type="checkbox"/> Solve applied physiology and kinesiology problems from personal, scholarly, and professional perspectives using fundamental concepts of health and exercise, scientific inquiry, and analytical, critical, and creative thinking.	<ul style="list-style-type: none"> • Intern can describe which populations might be prone to ankle sprains. • Intern can identify medications which might lead to an impaired ability to perform aerobic exercise. • Intern can prescribe exercise to suit the goals of clients based on fitness assessments.
<input type="checkbox"/> Collect, compare, and interpret qualitative or quantitative data in an applied physiology and kinesiology context.	<ul style="list-style-type: none"> • Intern can perform a submaximal VO2 test and use the collected data to classify the subject's level of fitness. • Intern can perform a laboratory experiment and compare their results to other similar studies.
<input checked="" type="checkbox"/> Effectively employ written, oral, visual, and electronic communication techniques to foster inquiry, collaboration, and engagement among applied physiology and kinesiology peers and professionals as well as with patients, clients, and/or subjects.	<ul style="list-style-type: none"> • Intern can explain to a patient the importance of hydration during exercise. • Intern can generate professional emails to ask scientific or medical questions. • Intern can generate an abstract to present research at a scientific or medical conference.

Would you like to be added to the Department's list of approved sites for future interns? Yes No

Name of student requesting completion of the site approval form (if applicable): _____

I have reviewed the APK Undergraduate Internship Policies and Procedures Manual: 12/23/2015

Site Signature: Stacy Cerio Digitally signed by Stacy Cerio
DN: cn=Stacy Cerio, o=CCH Health Saint Elizabeth, ou=Cardiac
and Pulmonary Rehabilitation, email=stacycerio@neheart.com, c=US
Date: 2015.12.23.11:43:37 -0600 Date: 12/23/2015

Department Approval: Stacy Cerio Digitally signed by Stacy Cerio
DN: cn=Stacy Cerio, o=CCH Health Saint Elizabeth, ou=Cardiac
and Pulmonary Rehabilitation, email=stacycerio@neheart.com, c=US
Date: 2015.12.23.11:44:24 -0600 Date: 12/23/2015
Debbie Rhoads 12/24/2015