

## **GENERAL PRACTITIONERS**

### **REQUIRED TO SUPPORT CARDIAC REHABILITATION PROGRAM**

General Practitioners (or GP Registrars) are currently required for **one session per week** to support the St Andrew's Cardiac Rehabilitation Program.

Sessions are for one hour only - Monday, Wednesday and Friday, 7.00am to 8.00am or 6.00pm to 7.00pm.

#### **Duties are as follows:**

- Observe participants in warm-up phase for any signs of distress intervene if necessary.
- Observe participants undertaking formal bicycle/ treadmill exercise with nursing staff on duty. Maximum rating of perceived exertion is 'somewhat hard' – able to carry on a conversation at maximum prescribed effort. Ensure patient is exercising to their level.
- Assist in the monitoring of patients whilst they exercise i.e. vital signs and general physical condition.
- Respond to any changes in patient's condition, treat and refer patient for medical intervention or GP follow up. Access to St Andrew's Medical Emergency Team available at all times.
- Answer patient questions about their cardiac health and exercise program.

#### **Remuneration**

Payment of \$100 per session.

***Please contact Cardiac Rehabilitation Co-ordinator Pam Boyd to express your interest. Telephone 4646 3000 or mobile 0407 373 437 or email [boydp@sath.org.au](mailto:boydp@sath.org.au)***