



**Job Description HR13b (Employee)**

**POST DETAILS**

Job Title: Cardiac Rehabilitation Nurse / Physiotherapist / Exercise Instructor	Band: AfC Band 6
Main Location: Office base at Walton Hospital Chesterfield. Role requires travel throughout Derbyshire	Salary: AfC Band 6
Reports to: Cardiac Rehabilitation Specialist Nurse Lead	Accountable to: Service Lead Cardiac services
Working Pattern: 22.5hours per week	Job Type: Permanent
Date: April 2023	

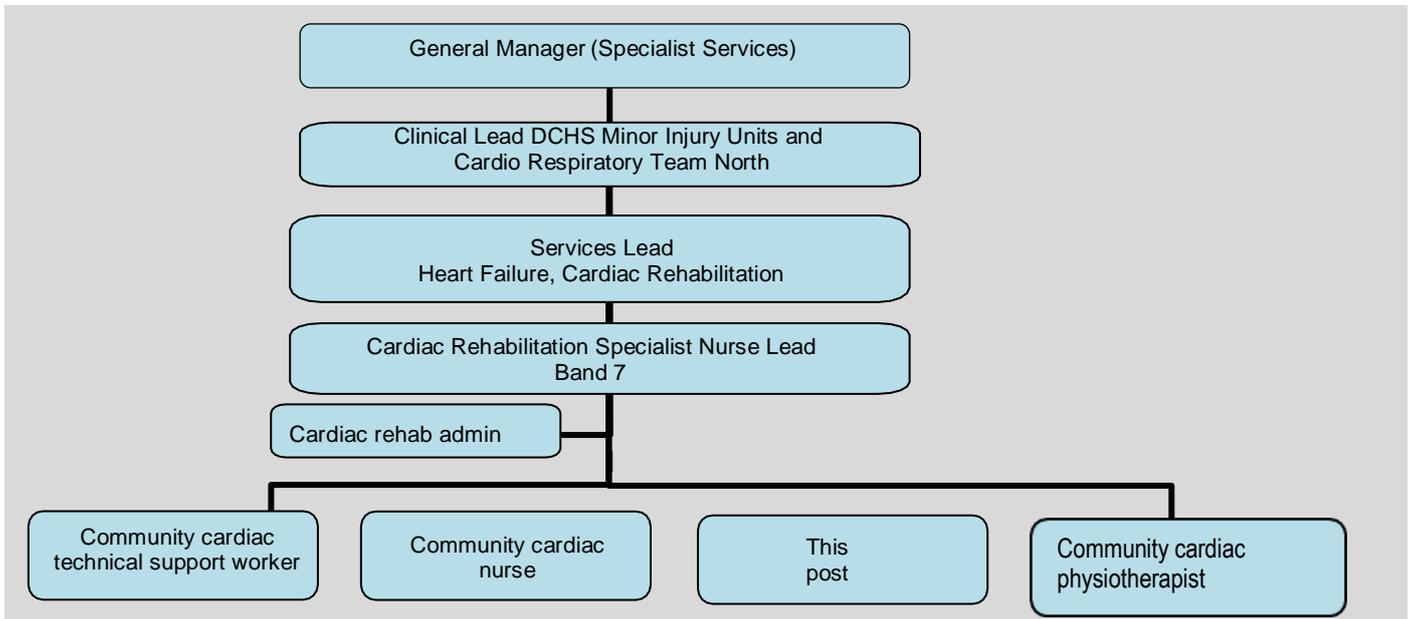
**KEY PURPOSE/SUMMARY**

As part of the cardiorespiratory services. The post holder will provide a programme of cardiac rehabilitation consisting of education and individualised exercise prescription to patients with a wide variety of cardiac conditions such as Myocardial Infarction, cardiac surgery, Angina and Heart Failure offering advice, education and support to patients, carers and other health care professionals in the management of their heart condition. With the opportunity to gain experience in Heart failure service, as well as Pulmonary rehabilitation.





## ORGANISATIONAL CHART/STRUCTURE



## KEY DUTIES TASKS AND RESPONSIBILITIES

### *Patient care*

Contribute to the smooth running of an effective, responsive, and efficient cardiac rehabilitation service by:

- Telephone triage patients who have been referred to the service. Offer initial support and advice post discharge and offer them a place on the cardiac rehabilitation programme.
- Assess patient's pre and post cardiac rehabilitation in locally held clinics and onward refer to other services as necessary.
- Assess patients holistically including completing a submaximal function exercise test
- Run the cardiac rehabilitation programme, in local leisure centres with the Cardiac exercise practitioner/specialist nurse, supervising patients for adverse effects of exercise,
- Provide education presentations on a variety of topics aligned to heart health.
- Enter data onto the NACR database (national audit for cardiac rehabilitation) as required
- Link as appropriate with other health care professionals as appropriate for the care of the patient — Heart Failure Team
- Work closely with members of primary care, secondary care providing support and advice which meets the needs of the patients, carers and other health care professionals in relation to cardiac rehabilitation.
- Act as a champion for designated service area as required
- To participate in clinical supervision/reflective practice and continuous learning in order to maintain and improve knowledge and skills and to share good practice with colleagues.
- Attend and contribute to operational and team meeting
- Assist in the reporting of complaints and incidents

### *Training*

- Undertake training relevant to the Cardiac Rehabilitation service which has been agreed and identified via the appraisal process. Act as a champion for cardiac rehabilitation.
- In accordance with professional codes maintain own professional development and competence to practice.
- Identify own gaps in skills and knowledge, to be able to add to competency record for training needs.
- Attend all statutory and mandatory training
- At all times ensure that one's own actions support and promote equality, diversity and the rights of patients, the public and colleagues within the health care environment.
- Promote the health and safety of patients by taking responsibility within the client group for identifying hazards, and assessing clinical risks, ensuring that all trust policies are adhered to within the health

### *Professional*

- Reflect and critically evaluate one's own practice, including the values, practices and interests that underpin it and the effectiveness of case management and share learning with practitioners and across organisations
- Provide and receive clinical supervision in order to continuously improve the quality of care to patients
- Establish communication networks with other specialist clinicians, community matrons, and social workers to share good practice
- Promote philosophy of life long training for themselves and the team
- Constantly strive to identify training needs for self and others
- Accept responsibility for teaching professional colleagues, nursing auxiliaries, student nurses, patients and carers
- To fulfil the requirements for maintaining professional registration

### *Managerial*

- be involved in the education and training of junior staff and other staff employed within the care settings
- Support the development of the specialist service and act as a change agent, where necessary leading staff and facilitating the change process whilst encouraging others to be innovative and adaptable in their approach to change
- Promote the health and safety of patients by taking responsibility within the client group for identifying hazards, and assessing clinical risks, ensuring that all trust policies are adhered to within the health care environment
- Support the development of individual staff including medical and nursing teams through the use of specialist education and training taking into account both the needs of the service and the aspirations of individual practitioners.

#### ***Strategy and Service Development***

- Contribute to Public Health and Health Promotion initiatives and under the direction of the senior nurse provide information to support well-being and independence for patients/relatives and carers
- Support the development and implementation of clinical audits and research projects, ensuring that the findings are disseminated and good practice is shared both at national and local level.
- Participate in setting clinical and non-clinical standards of care

#### **Financial Resources/Management**

- The service covers cardiac patients referred to cardiac rehabilitation across Derbyshire Health Community.
- The post does not have any direct budgetary management. The individual is, however expected to understand the resource implications related to the service.

#### **Information Resources/Information Systems**

- The service is paperless and role requires the post holder to access and utilize a variety of IT systems working in accord with local, national and legal policies and frameworks.
- Responsible for maintaining contemporaneous and accurate patient records and documentation in line with DCHS policies and procedures
- Use of system one is required for this role.

#### **Autonomy/Scope within Role**

- Required to complete DCHS and job specific competency packages
- Works within Professional codes of practice.
- Work is managed with support from band 7 peers
- The post holder has a degree of autonomy, with an expectation of personal responsibility for identifying and managing their workload, in accordance with identified priorities and an awareness of professional boundaries and responsibility

## KEY RELATIONSHIPS

*The post holder will demonstrate professional, well established and effective communication skills, both within and external to the organisation.*

### Key Working Relationships Internal:

- **Heart Failure service**
- **Respiratory service**
- **Other DCHS services as needed**

### Key Working Relationships External:

- **Cardiologists and other staff in Acute Trusts**
- **Cardiac rehabilitation services in acute trusts**
- **GPs and nurses in primary care**
- **Social Services & Leisure Services**
- **Voluntary services**
- **British Heart Foundation**
- **Service Improvement staff in other organisations**
- **User / Carer groups and representatives**

## KEY VALUES: WORKING THE DCHS WAY

### Our Vision

“To be the best provider of local health care and be a great place to work”

### Our Values

- To get the basics right
- To make a difference
- To value everyone's contribution: “everyone matters”
- To act with compassion and respect
- To value and develop teamwork

### Our quadruple aim

- Improving the health of the population
- Improving staff experience
- Improving the experience of care
- Reducing the per capita cost of healthcare



## EFFORT REQUIRED WITHIN THE ROLE AND WORKING ENVIRONMENT

*The post holder will be expected to perform a degree of effort within the context of the role capturing elements of physical, mental and emotional demands.*

### Physical

- The post holder is required to work within a small office area and “hot desk” at locations off site.
- The post holder is required to drive to community venues, carrying their equipment to their care from base to community clinic or venue.
- Within both the clinic setting and community venue environment the post holder must perform blood pressure, pulse and pulse oximetry monitoring requiring dexterity.
- Assist with Manual handling of patients whilst exercising Manual handling of exercise equipment such as weights up to 4 kg , chairs and static bikes and exercise steppers.

### Emotional

- Displays exemplary standards of personal and professional behaviour and integrity at all times.
- Regular need to counsel patients and relatives/carers
- This post deals continuously with patients with long term conditions some of whom may be terminal.
- Requires dealing with sudden death in some patients and offering advice and support to patients and carers.
- Occasionally exposed to and required to deal with highly distressing and emotional situations

### Mental

- Frequent requirement for prolonged concentration with interruptions the post involves predictable patterns in work styles.
- Requires occasional reorganisation of day, responding to individual needs of patients.
- This post needs to manage patients with highly complex conditions.
- Engaging professional in primary and secondary care with differing role expectations. Regular concentration recording and checking of information

### Working Environment

- Is required to drive from base to community venues and also to other clinic settings/acute trusts .
- Deals with general public and therefore exposed to potential aggressive behaviour of patients, clients, relatives, and carers.
- Required to use mobile phone and laptops

## Health & Safety

In addition to the responsibilities of the Trust under Health and Safety legislation you are reminded of your responsibilities for health and safety at work under the Health and Safety At Work Act 1974 as amended and associated legislation. These include the duty to take reasonable care for the health and safety of yourself and of others in your work activities or omissions, and to co-operate with your employer in the discharge of its statutory duties.

You must adhere strictly to the policies and procedures on health and safety, and report all accidents, dangerous occurrences, unsafe practices or damage to your manager promptly using the Trust's incident reporting system.

You must make use of appropriate training, safety equipment, protective clothing and footwear and attend training. Failure to comply with these requirements may result in disciplinary action.

## JOB DESCRIPTION AGREEMENT:

Job Holder's Name and Signature:	Date:
Line Manager's Name and Signature:	Date:

## PERSON SPECIFICATION

*Is the criteria essential or desirable and how will it be assessed*

### Criteria

#### Education, Qualifications and Training

#### Essential / Desirable

#### Assessment

Registered nurse or physiotherapist or exercise instructor who is either: BASES Certified Exercise Practitioner or BASES Accredited Sport and Exercise Scientist or REPS Level 4 Cardiac Disease (Rehab) qualification in exercise and fitness

E

A

Experience in cardiology, or related area of practice.

E

A

Teaching qualification

D

A

Educated to degree level or working towards

E

A

Evidence of recent training

E

A

Specialist education and training in cardiac care (short courses at degree level)

D

A

#### Experience and Knowledge Required

Experience of working with a wide range of cardiac conditions

E

A, I

Awareness and understanding of the Public Health Agenda

E

I

Evidence of research based/reflective practice

E

I

Knowledge of local and national priorities.

E

I

Community Experience

D

A, I

Experience/ knowledge of Long Term Conditions

E

A, I

Experience of service development and transformational change processes

### Skills and Attributes

Excellent communication and interpersonal skills	E	A, I
Written and recording skills	E	A, I
Ability to assess, plan and implement care	E	A, I
Ability to supervise junior staff	E	A, I
Good IT Skills /SystemOne experience/word processing	E	A, I

### Aptitude and Personal Qualities

Good team member	E	A, I, R
Innovation	E	A, I,
Work autonomously	E	A, I, R
Flexible approach to working practice	E	A, I, R
Able to use own initiative	D	A, I,
Willingness to adapt the role as the service develops	E	A, I, R

### Values, Drivers and Motivators

Ability to meet the travel requirements of the post, as you will be expected to travel across North Derbyshire to deliver CR programmes and access meetings and training	E	A, C
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**E = Essential D = Desirable A = Application I = Interview T = Test C = Certificate R = Reference**