The Why, What, and How of Vital Signs and Cardiovascular Risk Stratification for the
Outpatient Physical Therapist

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Why? [Kyle Ridgeway]
- Case Example 1
- Case Example 2
- Definitions and Terminology (list)
- Epidemiology
  - Cardiovascular disease
    - Morbidity
    - Mortality
    - Disability
  - Undiagnosed disease
- A Doctoring Profession
  - Guide to Physical Therapy practice
  - CAPTE standards for educational content
  - Direct Access, Entry Point into Healthcare

Why? [Rich Severin]
- Epidemiology in Outpatient PT Patient Population
  - More common than most assume
    - Comparison to cancer screening
    - Benefits and Importance of multiple measurements
  - Relationship between common PT referrals and CVD
    - OA
    - LBP

What and How? [Rich Severin]
- Resting Vital Signs Basics:
  - Measurement,
  - Normal Values
  - Interpretation
    - Abnormal findings
- Confounders
  - Possible user error
  - Diurnal Rhythms
  - Pain
  - Masked HTN
- Activity & Response
  - Low Level exercise enough to screen for exHTN
  - Interpretation: The importance of trends
- Screening Tools
Asking the right questions
- PAR-Q (brief)
- Duke Activity Status Index
- ACSM Questionnaire
- Modified ACSM Questionnaire

Risk Stratification
- Decision Making
- Case Examples?
  - Screen & OK
  - Screen & Monitor during activity (prescribe based on vitals)
  - Screen & Refer
- Intervention Considerations
  - Low Risk
  - Moderate Risk
  - High Risk

How? Logistics & Benefits [Matt Lee]
- Risk of NOT screening
  - Professional
  - Patient
  - Health care system
  - Beyond adverse effects
- Logistics
  - Practically speaking, cardiovascular considerations in the outpatient clinic.
    - Population
    - Interventions
    - Potential Risk
  - Barriers to checking CV status.
  - Strategies in incorporate CV measurement.
    - Equipment needed and cost investment.
    - Time investment.
    - Clinic Operation/Flow/Logistic
  - Potential benefits
    - Profession
    - Patient
    - Health care system
    - Referrals back to physicians
    - Marketing
  - Case Study Kentucky Orthopedic Rehab Team, Nicholasville KY. KORT model.
  - Discussion and Questions.
Selected References & Resources


