

# Summary of Practical Experience

## Section 1: Applicant & Placement Summary

<b>Name of Student:</b>	Jordan Taylor		
<b>Name of Placement Site:</b>	Metropolitan Exercise Rehabilitation Clinic		
<b>Total Hours at Placement Site:</b>	150		
<b>Date Commenced:</b>	10/02/2025	<b>Date Completed:</b>	30/05/2025

### Provide an overview of your time at this practicum site

*During this practicum placement, I worked within a community-based cardiac and metabolic rehabilitation service delivering supervised exercise interventions to adults with chronic and complex medical conditions.*

#### **Clientele included:**

- Adults aged **49–84 years**
- Both males and females
- Diagnoses included:
  - Heart failure
  - Coronary artery disease (post-NSTEMI, PCI with DES)
  - Atrial fibrillation
  - Type 2 diabetes
  - Hypertension
  - Abdominal aortic aneurysm repair
  - Knee osteoarthritis
  - Obesity
  - Balance and mobility impairments

#### **Reasons for referral included:**

- Phase II and III cardiac rehabilitation
- Cardiopulmonary exercise testing
- Functional mobility and strength improvement
- Secondary prevention of cardiovascular disease

#### **Client goals included:**

- Improving aerobic capacity ( $VO_2$ max)
- Increasing muscular strength and endurance
- Enhancing balance and functional walking capacity
- Maintaining independence
- Reducing cardiovascular risk factors

#### **How I spent my time at this site:**

*My time was divided between exercise delivery, assessment, preparation, and administration.*

# Summary of Practical Experience

## Key responsibilities included:

- Reviewing medical notes and session plans prior to appointments
- Conducting pre-exercise screening (HR, BP, weight, symptom review)
- Supervising moderate-intensity continuous training (MICT) and HIIT protocols
- Delivering and progressing resistance training programmes
- Monitoring HR, BP, RPE and symptoms during exercise
- Conducting predicted 1-RM testing and flexibility assessments
- Assisting with cardiopulmonary exercise testing (CPET), including:
  - Spirometry (FVC, FEV1, MVV)
  - 12-lead ECG setup
  - Blood pressure monitoring
- Writing treatment notes and updating exercise prescriptions
- Communicating exercise recommendations to clients via written summaries

## Clinical Competencies

Please tick the knowledge, skills and/or areas of application developed at this practicum site.

### Domain 1: Professional Practice

X	1.1 Ethical and Legal Practice
X	1.2 Culturally Safe and Inclusive Practice
X	1.3 Communication, Collaboration & Referral
X	1.4 Professional Development
	1.5 Advocacy and healthcare Systems Knowledge

### Domain 2: Foundational Clinical Knowledge

X	2.1 Integrated Scientific Understanding
X	2.2. Medical Management
X	2.3 Evidence Based Practice

### Domain 3: Clinical Assessment & Patient Management

X	3.1 Screening & Risk Stratification
X	3.2 Assessment & Interpretation
X	3.3 Monitoring
X	3.4 Patient Management
X	3.5 Emergency Response & Risk Management

### Domain 4: Exercise Prescription & Delivery

X	4.1 Programme Design
X	4.2 Programme Delivery
X	4.3 Programme Adaptation

## How did this practicum site assist you in developing these clinical competencies?

Please select three attributes from the table above and provide examples.

Summary:

### 3.2 Assessment & Interpretation

*I assisted in conducting cardiopulmonary exercise testing, including spirometry and ECG setup. I interpreted heart rate responses, blood pressure changes, and RPE during testing and exercise sessions.*

# Summary of Practical Experience

*I also conducted predicted 1-RM assessments and flexibility testing, using results to inform programme adjustments.*

### **3.3 Monitoring**

*During cardiac rehabilitation sessions, I monitored HR, BP, and RPE during MICT and HIIT protocols. I identified elevated resting blood pressure in one patient who had missed medication and modified the warm-up duration and intensity accordingly. This reinforced the importance of clinical vigilance and real-time decision-making.*

### **4.3 Programme Adaptation**

*I progressed aerobic prescriptions from 30-second to 40-second intervals when appropriate and introduced HIIT to suitable cardiac patients under supervision. I modified resistance exercises to accommodate knee osteoarthritis and balance impairments, ensuring safe execution while still progressing overload principles.*

## Section 2: Supervisor Details & Declaration

<b>Supervisor Declaration and Signature:</b> <i>(To be signed within one month of completing placement)</i>	
<b>Supervisor Name:</b>	Alex Morgan
<b>Supervisor Experience &amp; Accreditation(s):</b>	MClinExPhys (2011), RCEP (CEPNZ 2012), 8 years experience in exercise rehabilitation
<b>Supervisor Contact Email:</b>	a.morgan@metropolitanrehab.com
<b><i>I have read the information contained within this logbook and certify that this is a true and accurate reflection of the student's engagement at this placement site.</i></b>	
<b>Signature:</b>	A.morgan
<b>Date:</b>	20/06/2025