

Interning with Heart

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Community

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EDGE PROJECT

Project Summary

The project I decided to complete was an internship with cardiac rehabilitation. This project has helped me understand the workings of the heart as a muscle and how to make it stronger. During my time working at cardiac rehab I have learned how to take blood pressures, understand an EKG reading, and the process that it takes to get a patient back to normal activity.



Project Highlights

I was able to see an open heart surgery this semester. The major thing I learned from this experience is why patients are not allowed to use their arms for 8 weeks after their surgery; they have the potential to reopen their chest if they use their arms.

I was not able to take pictures during my internship due to HIPPA regulations.

From My Journal

“Today, I got to see an open heart surgery. This was possibly the greatest thing I have ever seen. It was amazing to see a human heart while it was still in the chest cavity.”



This is a patient who is working out on a Nu-step machine; he has a 4 lead EKG around his neck to monitor heart activity. I did not take this picture, but this is what it looked like in cardiac rehab.