

TITLE:	Wellness Specialist
REPORTS TO:	Lead Wellness Specialist
REVISED:	11/16/2022
	See current organizational chart for oversight/administrative support information

PRIMARY FUNCTION:

Responsible for ADVANCING EXCEPTIONAL CARE through the implementation of policies, protocols, and practice guidelines; participating in rigorous performance improvement monitoring and staff education. Implements and monitors progressive wellness and exercise programs for multiple client types; Educates within the hospital and community on wellness/fitness issues and wellness/fitness options available in accordance with the philosophy, goals, and objectives of Clarinda Regional Health Center (CRHC). Assists therapy staff with patient care as with in scope of practice. Will have access to confidential information abiding by the organizations privacy policies and regulations concerning this information.

OUR MISSION:

We are dedicated to providing health and wellness to our communities with Compassionate, Respectful, Holistic, and Collaborative care.

OUR VISION:

Our care and patient focus make us the first choice for patients, families, providers, and employees.

QUALIFICATIONS:

Education and/or Experience

- Bachelor’s degree in a Kinesiology related field preferred

Certificates, Licensure, Registrations

- Certified Personal Trainer and/or Group Fitness Instructor Certification (ISSA, NASM, ACE, ACSM, CI, NSCA, NETA, ASFA or AFAA), Coaching Authorization or specialty certifications in a fitness related field preferred.
- Basic Life Support (BLS) (or willing to obtain within 60 days of employment)
- Mandatory Reporter of Iowa Certificates (Dependent Adult and Child Abuse) (or willing to obtain within 60 days of employment)

Essential Job Duties and Responsibilities	
1.	<p>Educates the community and hospital employees on the benefits of fitness and options available to promote good health and fitness.</p> <ul style="list-style-type: none"> • Participates in community education – schools/Corporate and health fairs. • Promotes fitness, exercise and personal training program through local newspapers or radio programs.
2.	<p>Evaluates clients for exercise programs and the ability to participate in exercise.</p> <ul style="list-style-type: none"> • Reviews client’s relevant medical history & receive healthcare provider approval as needed.

Essential Job Duties and Responsibilities	
	<ul style="list-style-type: none"> • Checks current fitness levels. • Administers exercise programs. • Develops exercise program that fits client’s needs and goals. • Implements exercise programs. • Monitors exercise program and progress as appropriate. • Assists in the implementation and work with clients through the therapy maintenance program.
3.	<p>Researches and implements new wellness and exercise theory/techniques/best practices.</p> <ul style="list-style-type: none"> • Develops presentations to explain and promote new exercise or fitness programs for hospital management. • Presents new wellness and/or exercise programs and/or presentations to hospital employees and community.
4.	<p>Participates and assists with lead of the hospital Wellness committee.</p> <ul style="list-style-type: none"> • Assists with operation of Wellness Program. • Attends Wellness committee meetings.
5.	<p>Participates in CRHC’S Quality program, committees, performance and quality improvement initiatives, and activities which support the facility and department operations.</p> <ul style="list-style-type: none"> • Regularly attends Department huddles • Completes tasks as outlined on Department Huddle Board
6.	<p>Performs patient care related activities to support effective therapy care.</p> <ul style="list-style-type: none"> • Assists patients upon their arrival in Rehabilitation and Sports Center Department (when needed). • Assists patient with admission process. • Assists therapist with treatment as directed. • Assists therapists in selected procedures per request as trained and per scope of practice
7.	<p>Promotes and ensures patient safety in performance of all responsibilities.</p> <ul style="list-style-type: none"> • Alerts Director of therapy of any possible safety hazards in department. • Alerts or informs therapist of any change in patient’s condition when assisting within therapy department. • Demonstrates safe proficient use of all rehabilitation equipment.
8.	<p>Prepares the patient and treatment area for the administration of procedures and therapy.</p> <ul style="list-style-type: none"> • Ensures that the treatment area is clean and uncluttered prior to taking patient to treatment area.
9.	<p>Performs other duties as assigned.</p>

APPLICANT ESSENTIAL FUNCTION FORM

Name (please print): _____

Position Applied For: _____ Date: _____

In compliance with the Americans with Disabilities Act, we are requesting that you read the job description for which you are applying and answer the following question. If you would like assistance with this process, please ask Human Resources.

Can you perform the essential functions of the position with or without reasonable accommodations?

YES

NO

Signature: _____