



Arizona State Board of Nursing

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An advisory opinion adopted by AZBN is an interpretation of what the law requires. While an advisory opinion is not law, it is more than a recommendation. In other words, an advisory opinion is an official opinion of AZBN regarding the practice of nursing as it relates to the functions of nursing. Facility policies may restrict practice further in their setting and/or require additional expectations related to competency, validation, training, and supervision to assure the safety of their patient population and or decrease risk.

OPINION: STRESS TESTING:
PHARMACOLOGICAL
DATE APPROVED: 7/95, 5/04
REVISED DATE: 7/02, 3/03, 5/04, 1/09
ORIGINATING COMMITTEE:
SCOPE OF PRACTICE COMMITTEE

ADVISORY OPINION STRESS TESTING: PHARMACOLOGICAL

STATEMENT OF SCOPE

It is within the Scope of Practice for the Registered Nurse to administer medications for the purpose of pharmacological cardiac stress testing as an alternative to physical stress testing.

I. GENERAL REQUIREMENTS

- A. These medications are administered under authorized licensed independent health care provider orders and/or established protocols if certain requirements are met:
 1. General requirements for medication administration by registered nurses.
 2. Written policies and procedures are maintained by the agency/employer to include administration of the medications.
- B. A licensed independent practitioner is required to be available on site (as defined by facility policy) as medications are being delivered for the intent of pharmacological stress testing.
- C. Required equipment:
 1. Code cart
 2. Defibrillator

II. COURSE OF INSTRUCTION

- A. Course of instruction is to include, but not limited to:
 1. Anatomy and physiology of the cardiac system including 12 lead ECG interpretation and potential intervention.
 2. Pharmacology of all administered pharmacological agents.
 3. Basic Life Support.
 4. Advanced Life Support (Age specific).

RATIONALE

While IV medications are within the scope of practice of the RN, the inherent risk of cardiac stressing requires special preparation and close supervision of the Licensed Independent Practitioner.

Reference

Di Carli, Marcel F. and Dorbala, Sharmila Exercise Testing and Nuclear Scanning, *Circulation* 2003; 107; e 100-e 102 American Heart Associations, retrieved September 7, 2008 from www.circ.ahajournals.org/cgi/content/full/107/16/e100

Gilman, G., Nelson, J. M., Murphy, A. T., Kidd, G. M., Stussy, V. L., & Klarich, K. W. (2005, July). The Role of the Nurse in Clinical Echocardiography. *Journal of the America Society of Echocardiography*, 31(7), 773-777.