



CARDIAC REHABILITATION PROGRAM REFERRAL



Form ID: CDXX104703D

Rev: July 13, 2021

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Choose preferred site:			
<input type="checkbox"/> ARH	<input type="checkbox"/> BH	<input type="checkbox"/> JPOCSC	<input type="checkbox"/> PAH
Language preference besides English			
<input type="checkbox"/> Punjabi	<input type="checkbox"/> Mandarin	<input type="checkbox"/> Other: _____	

Referring Clinician

<input type="checkbox"/> Family physician	<input type="checkbox"/> Nurse Practitioner
<input type="checkbox"/> Cardiologist	<input type="checkbox"/> Emergency Physician
<input type="checkbox"/> Cardiac Surgeon	<input type="checkbox"/> Internal Medicine
<input type="checkbox"/> Internist	<input type="checkbox"/> Other: _____

Point of Referral

<input type="checkbox"/> Emergency	<input type="checkbox"/> Outpatient clinic
<input type="checkbox"/> Physician's office	<input type="checkbox"/> Cardiac Diagnostics / Intervention
<input type="checkbox"/> Inpatient unit	<input type="checkbox"/> Other: _____

Referral / Eligibility Criteria

<input type="checkbox"/> STEMI / NSTEMI / UA or CAD	<input type="checkbox"/> PVD
<input type="checkbox"/> CABG / Valve surgery	<input type="checkbox"/> Arrhythmia
<input type="checkbox"/> Heart Failure	<input type="checkbox"/> Other: _____

Reason for Referral

<input type="checkbox"/> Cardiac rehab program including: <ul style="list-style-type: none"> • Cardiologist / RN / Exercise Physiologist intake • Risk stratification • Exercise program • Cardiac Education 	<input type="checkbox"/> Cardiac rehab education ONLY (RN can refer) Topics include: nutrition, exercise, emotional health, stress management, medication, heart health, cardiac events and family, and risk factors, <input type="checkbox"/> Other: _____
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Referring Clinician / Physician

Signature

Date

Patient's Cardiologist

MRP

Family Physician

**Please attach any relevant documents that cannot be retrieved from online sources when faxing the referral
Fax numbers are on the back of page 1**

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Cardiac Rehabilitation Clinics

Abbotsford Regional Hospital & Care Centre

32900 Marshall Road
Abbotsford, BC
V2S 0C2
Phone: 604-851-4700
Fax: 604-851-4782

Burnaby Hospital

3935 Kincaid Street
Burnaby, BC
V5G 2X6
Phone: 604-412-6440
Fax: 604-412-6189

Jim Pattison Outpatient Care Centre

9750 140th Street
Surrey, BC
V3T 0G9
Phone: 604-582-4584
Fax: 604-582-3744

Peace Arch Hospital

15455 Vine Avenue
White Rock, BC
V4B 2T3
Phone: 604-541-7162 ext 3
Fax: 604-538-9809

The Rehabilitation Team

A cardiac rehabilitation team is usually made up of professionals with specialized areas of expertise who work together to improve your physical and emotional health. Rehabilitation programs vary depending on participant needs and residential location.

The team may include a physician, clinical exercise physiologist, nurse, occupational therapist, physical educator, dietitian, psychiatrist or psychologist, physiotherapist and social worker.

What Rehabilitation Includes

Programs vary, but they generally include:

- Medical assessment evaluating your physical abilities, limitations and risk factors.
- Physical activity exercises to improve your cardiovascular and muscular fitness.
- Lifestyle education includes expert advice about nutrition, medication, and heart health.
- Psychosocial support strategies for managing depression, stress, anxiety and returning to work.

The Benefits of Rehabilitation

Cardiac rehabilitation will help participants regain their strength and independence, and overcome their anxieties and fears. Participants learn how to make heart-healthy living a part of their life - for the rest of their life. Participants meet a support group of professionals and people dealing with the same challenges they face each day.