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CARDIAC REHABILITATION PROGRAM REFERRAL

Regional Cardiac Services

Instructions:

- Form to be completed by the referring provider for patients requiring a referral to the Cardiac Rehabilitation program
- See back page for clinic information and fax numbers
- Fax completed form and relevant documents (i.e., consults, recent exercise tolerance test, procedures) to preferred site
- Referrals from RNs are accepted for education only sessions

Choose preferred site:

- ☐ Abbotsford Regional Hospital
- ☐ Burnaby General Hospital
- ☐ Jim Pattison Outpatient Centre
- ☐ Peace Arch Hospital

Patient Demographics:

Legal name: _____ Preferred name: _____

Date of Birth: (dd/mm/yyyy): _____ PHN: _____

Phone number: _____ E-mail: _____

Interpreter needed: ☐ No ☐ Yes, Language: _____

Patient's primary care provider: _____

Patients primary cardiologist or internal medicine provider: _____

Referral / Eligibility Criteria

- ☐ STEMI ☐ NSTEMI ☐ Angina ☐ CAD
- ☐ CABG ☐ Valve surgery
- ☐ Heart Failure
- ☐ PVD
- ☐ Arrhythmia
- ☐ Other: _____

Reason for Referral

- ☐ Cardiac rehab program including:
  - Cardiologist/RN/Exercise Physiologist intake
  - Risk stratification
  - Exercise program
  - Cardiac Education
- ☐ Cardiac rehab education ONLY
  Topics include: understanding your heart, nutrition, exercise, emotional health, stress management and sleeping, medication, exercise and active living
- ☐ Cardiac education in Punjabi (JPOCSC only)
- ☐ Other: _____

Referring Provider

- ☐ Family Physician
- ☐ Emergency Physician
- ☐ Cardiac Surgeon
- ☐ Cardiologist
- ☐ Nurse Practitioner
- ☐ Internal Medicine
- ☐ Other: _____

_____ Date: (dd/mm/yyyy)

_____ Signature:

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Cardiac Rehabilitation Clinics

Abbotsford Regional Hospital & Care Centre
32900 Marshall Road
Abbotsford, BC
V2S 0C2
Phone: 604-870-7526
Central Intake Fax: 604-592-4909

Burnaby Hospital
3935 Kincaid Street
Burnaby, BC
V5G 2X6
Phone: 604-412-6440
Central Intake Fax: 604-592-4909

Jim Pattison Outpatient Care Centre
9750 140th Street
Surrey, BC
V3T 0G9
Phone: 604-582-4500 ext. 763859
Central Intake Fax: 604-592-4909

Peace Arch Hospital
15455 Vine Avenue
White Rock, BC
V4B 2T3
Phone: 604-541-7162 ext 3
Central Intake Fax: 604-592-4909

The Rehabilitation Team

The cardiac rehabilitation team consists of professionals with specialized areas of expertise who work together to improve participants' 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

All cardiac rehabilitation programs complete Exercise Tolerance Tests as part of the intake process when needed.
Programs vary, but they generally include:

- Medical assessment evaluating participants' physical abilities, limitations and risk factors.
- Individualized physical activity exercises to improve cardiovascular and muscular fitness.
- Lifestyle education, which 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.

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