



St. Paul's Hospital
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 www.heartcentre.ca



HEALTHY HEART PROGRAM REFERRAL FORM

PLEASE FAX FORM TO 604-806-8590 WE WILL CONTACT PATIENT FOR APPOINTMENT

Patient Information

Last Name:	First Name:	Initial:
Address:		
City:	Province:	Postal Code:
Telephone (Home):	(Work):	
PHN:	DOB (DD/MM/YYYY)	Sex:

Medical History / Risk Factors

<input type="checkbox"/> Cholesterol / Dyslipidemia	<input type="checkbox"/> Smoker	<input type="checkbox"/> Coronary artery disease
<input type="checkbox"/> Obesity / Overweight	<input type="checkbox"/> Hypertension	<input type="checkbox"/> Cerebral vascular disease
<input type="checkbox"/> Diabetes	<input type="checkbox"/> Physical Inactivity	<input type="checkbox"/> Peripheral vascular disease
<input type="checkbox"/> Impaired Fasting Glucose (IFG) or Impaired Glucose Tolerance (IGT)	<input type="checkbox"/> Psychosocial factors	<input type="checkbox"/> Other
<input type="checkbox"/> Family history of vascular disease (1 st degree relative ≤ 65 years of age)		

Reason(s) for Referral:

Medication Include dose. Please include lipid medication history if relevant.

Laboratory Results Include copy of lipid profile results within last 6 months (total cholesterol, triglycerides, HDL-cholesterol, LDL-cholesterol, ratio, fasting plasma glucose)

Cardiac Test Results Include copy of stress test(s) (within 1 year), electrocardiogram echocardiography, angiogram

In my opinion, this patient should be seen in the following program:

Prevention Clinic – Referrals for any of:

- Cardiovascular risk assessment
- Dyslipidemia • Lipid therapy intolerance • Known vascular disease • Smoking cessation
- Unexplained premature vascular disease • IFG/IGT • Family history of diabetes
- Patients requiring high intensity lipid and preventive therapy to achieve targets
- Family hx of severe/genetic dyslipidemia or premature vascular disease (men before 55, women before 65)

All patients receive intensive risk factor assessment and counseling on family hx, lifestyle, nutrition, exercise, and smoking cessation from a nurse educator, dietitian and physician, with follow up to achieve recommended targets.

Cardiac Rehabilitation – Weekly monitored exercise with lifestyle/ risk factor counseling and education around cardiovascular disease. Including medical management of patients recovering from acute coronary syndrome, PCI, CABG and valve surgery. Patients with history of CAD, PVD, or CVD, CHF, CAD equivalents – diabetes and chronic kidney disease, arrhythmia, recent pacemaker, or internal cardiac defibrillator also benefit from the supportive, medically monitored, environment.

Metabolic Syndrome Program– Intensive lifestyle counseling, exercise guidance, and self-management support over 18 months. Individualized and group interventions with medical treatment as necessary for patients with increased waist circumference and any 2 of the following risk factors: ↑TG ≥ 1.7mmol/L, ↓HDL (≤1.03 mmol/L males, <1.29 mmol/L females), ↑BP≥130/85, ↑FPG ≥5.6 mmol/L.

Referring Physician:
Office Address/Phone