



## **What can patients expect from an appointment in the BCIAP?**

Patients must be referred to the BCIAP by a health care provider. Once the referral is received it is processed by our clerk and most patients are mailed a family history questionnaire to complete. We ask that questionnaires are completed and returned to our office by mail, fax or email, prior to the appointment. The family history is a very important part of the assessment. Some patients may be contacted by telephone by the Program Coordinator if additional information or clarification is needed.

### **Prior to the Appointment:**

The program clerk will contact patients directly by telephone to schedule the appointment. Depending on the reason for referral, some heart tests may be arranged prior to the appointment. Heart tests may include an exercise stress test, Holter monitor and/or echocardiogram. Other heart tests not mentioned here may be arranged. If needed, the program coordinator and/or genetic counsellor will discuss these with patients by telephone. When possible heart tests are scheduled at a local hospital or on the same day as the clinic appointment.

Patients and families may be offered an in person appointment or an appointment by videoconference from your local hospital. The reason for referral, the heart tests needed determine which type of appointment is offered.

The details of the heart test appointments and clinic appointments (when you meet the BCIAP health care providers) are sent directly to the patient.

### **On the Day of the Clinic Appointment:**

Upon arriving to the clinic, patients are registered and most will have one or more electrocardiograms in an exam room prior to meeting with the genetic counsellor and heart rhythm specialist. Most ECGs take only one to two minutes, but one special type can take up to 10 minutes. The ECG technologists perform these tests.

Once the electrocardiograms are complete, the genetic counsellor will come into the room and review the purpose of the appointment and family history. She may also ask questions about your medical history. Sometimes, a medical resident will join her or will be the one to ask questions.

Next, the heart rhythm specialist will come in, ask you additional questions about your history and review the results of the heart tests completed. Depending on the results, treatment options or further testing may be suggested. Information and education is provided about the diagnosis. The genetic counsellor may discuss the option of genetic testing. We ensure that there is enough time for patients to ask the doctor and genetic counsellor questions. A follow up plan is discussed and if needed, we provide information to share with family members.

As research is an integral part of the program, the research team will discuss the option of enrollment in registries.

**After the Appointment:**

A letter summarizing the appointment will be sent to all of the doctors involved in your care. The booking clerk will contact you directly to arrange any follow up heart tests or appointments. The genetic counsellor will contact you to review follow the results of additional heart tests and genetic test results, as well as the follow up plan.

**What if My Children (under 18) Also Need an Appointment?**

If your children are referred to our program, we work with the staff at the BC Children's Hospital to arrange heart tests and clinic appointments with our pediatric heart rhythm specialists and nurse clinician. In some cases, both parents and children are seen together for a joint appointment with the adult and pediatric heart rhythm specialists, genetic counsellor, nurse clinician and research staff.