Choose preferred site:
- ARH
- BH
- JPOCSC
- PAH

Language preference besides English:
- Punjabi
- Mandarin
- Other: __________

Referring Clinician
- Family physician
- Nurse Practitioner
- Cardiologist
- Emergency Physician
- Cardiac Surgeon
- Internal Medicine
- Internist
- Other: __________

Point of Referral
- Emergency
- Outpatient clinic
- Physician's office
- Cardiac Diagnostics / Intervention
- Inpatient unit
- Other: __________

Referral / Eligibility Criteria
- STEMI / NSTEMI / UA or CAD
- PVD
- CABG / Valve surgery
- Arrhythmia
- Heart Failure
- Other: __________

Reason for Referral
- Cardiac rehab program including:
  - Cardiologist / RN / Exercise Physiologist intake
  - Risk stratification
  - Exercise program
  - Cardiac Education
- 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,
- Other: __________

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
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.