

PATIENT INFORMATION

Name		PHN	Gender <input type="checkbox"/> Male <input type="checkbox"/> Female
Street Address		Date of Birth (dd/mm/yy)	
Phone (Home)	Phone (Other)		

SERVICE REQUESTED (see page 2)

<input type="checkbox"/> Vascular Improvement Program (VIP)	Education, Lifestyle Coaching, Risk Factor Reduction,
<input type="checkbox"/> VIP Heart Function Clinic <i>see criteria</i>	Symptom Management

Additional Service Options (see page 2)

<input type="checkbox"/> Physician Consult	Contraindications/Limitations to exercise <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, please state: _____
<input type="checkbox"/> Supervised Exercise Program	

Reason for Referral

Event/Condition	Date (dd/mm/yy)	Complex Risk Profile
<input type="checkbox"/> Coronary Artery Disease		<input type="checkbox"/> Dyslipidemia
<input type="checkbox"/> Myocardial Infarction		<input type="checkbox"/> Hypertension
<input type="checkbox"/> Coronary Angioplasty / Stent		<input type="checkbox"/> Diabetes
<input type="checkbox"/> Coronary Artery Bypass		<input type="checkbox"/> Type 1
<input type="checkbox"/> Arrhythmia / Pacemaker / ICD		<input type="checkbox"/> Type 2
<input type="checkbox"/> Cardiomyopathy		<input type="checkbox"/> Metabolic Syndrome
<input type="checkbox"/> Valve Disease		
<input type="checkbox"/> Valve Surgery / Repair		
<input type="checkbox"/> Stroke / TIA		
<input type="checkbox"/> Peripheral Arterial Disease		Heart Function Clinic Criteria <input type="checkbox"/> EF < 40% <input type="checkbox"/> New diagnosis of heart failure <input type="checkbox"/> Decompensated heart failure <input type="checkbox"/> Intracardiac devices (ICD / Bivent) <input type="checkbox"/> Recent or frequent ER visits for heart failure
<input type="checkbox"/> Heart Failure NYHA Class _____		
<input type="checkbox"/> Other		

Comments

Associated Risk Factors

Chronic Kidney Disease

Smoking Overweight Inactivity Psychosocial Factors Microalbuminuria

Vascular / CAD in 1 relative (< 55 y male: < 65 y female)

OTHER CO-MORBIDITIES**PLEASE ATTACH PERTINENT DOCUMENTS**

Medication List Lab Results Diagnostic Reports Consults / Intervention Reports

REFERRING PHYSICIAN

Print Name	Signature	Date of Referral (dd/mm/yyyy)
<input type="checkbox"/> Family Physician <input type="checkbox"/> Specialist <input type="checkbox"/> ER Physician <input type="checkbox"/> Other: _____		

Fax Completed Form to (250) 314-2198

The Vascular Improvement Program (VIP)

- All patients referred to the VIP Program receive intensive primary and secondary cardiovascular risk management through a one year multidisciplinary program of health education, counseling and intervention

Additional Services available through the Vascular Improvement Program

Physician Consult

- Physician assessment and management of cardiovascular risk including:
 - medical consultation and follow-up
 - specialized lipid and emerging risk factor assessment

VIP Heart Function Clinic

- Outpatient clinic service available to support patients with chronic Heart Failure. The clinic offers education and medical care to patients requiring disease-specific education, self-management support, medication titration or other pharmacological assistance, telehome monitoring, and other clinical services as appropriate to their NYHA Class level, degree of stability and overall need.

Supervised Exercise Program

- The gold standard **Cardiac Rehabilitation** Exercise program is supervised by a team of ACSM Certified Clinical Exercise Specialists (Kinesiologists, Physiotherapists) and Registered Nurses. The program is run in accordance with the guidelines of the American College of Sports Medicine (ACSM) and the Canadian Association of Cardiac Rehabilitation (CACR).

Patients suitable for Referral to the Supervised Exercise Component of VIP

- ✓ Medically stable post-Myocardial Infarction
- ✓ Stable Angina
- ✓ Coronary Artery Bypass
- ✓ Percutaneous Coronary Intervention/ Stent
- ✓ Compensated Heart Failure
- ✓ Cardiomyopathy
- ✓ Heart transplantation
- ✓ Stable Valvular Heart Disease and Repair
- ✓ Pacemaker (including implantable cardioverter defibrillator (ICD))
- ✓ Peripheral Arterial Disease
- ✓ High-risk cardiovascular disease (CVD) ineligible for surgical intervention
- ✓ End-stage renal disease
- ✓ Complex Risk Profile for CAD

Source: ACSM's Guidelines for Exercise Testing and Prescription, 8th edition 2010

Comprehensive Cardiovascular Risk Reduction and Management Programs

- Reduce Mortality by 20–30%
- Reduce hospitalization
- Are more cost effective than angioplasty or coronary artery bypass surgery
- Improve self-management skills, health and quality of life