



**CARDIOVASCULAR CARE PROGRAM  
PHYSICIAN REFERRAL FORM**

**Cardiovascular Risk Management Program (4-6 month program)**

**Inclusion criteria:**

Individuals who have had a cardiovascular event within the past 2 years and/or those newly diagnosed with being at high risk for cardiovascular disease (see list on front)

**Multidisciplinary services include:**

- individual and group education on cardiovascular disease, risk factor modification, and self-management principles
- optional individual counseling with dietary, pharmacy, psychology & social work support services
- cardiovascular fitness assessment and individualized exercise prescription
- medically supervised exercise (16-weeks) or home exercise programming
- specialty programming including insomnia treatment groups, smoking cessation and elective risk modification workshops
- post program follow-up visit to assist with adherence to lifestyle change

**Heart Function Clinic:**

**Inclusion criteria:**

Individuals diagnosed with congestive heart failure and followed by the CVH cardiology group.

**Multidisciplinary services include:**

- Individual and group education to teach individuals to manage their chronic condition
- Medication titration to optimize medical therapy
- Ongoing diagnostic testing to assess progress and to make referrals to tertiary centres for interventions
- Optional individual counseling with dietary, pharmacy, psychology & social work support services
- Exercise programming (if appropriate)

**Cardiac Device Clinic:**

**Inclusion criteria:**

Individuals with cardiac device (pacemaker, ICD, CRT)

**Services include:**

- Assessment and adjustment of cardiac devices
- Education before and after cardiac device implants or adjustments
- Telephone transmission follow-up for nursing home residents

