



## North Shore Cardiac Rehabilitation Exercise Program – Referral Form

Program start date: \_\_\_\_\_

### CLIENT IDENTIFICATION

Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone \_\_\_\_\_ e-mail \_\_\_\_\_

Signatures \_\_\_\_\_

### Person to be contacted in case of emergency:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Relationship \_\_\_\_\_

CARDIAC DIAGNOSIS:				
	YES	NO	DATE	OUTCOME
M.I.				
Angina				
PTCA				
CABG				
Valve Surgery				
Dysrhythmias				
Pace Maker/Defibrillator				
Stress Test (Please attach results)				

Coronary Risk Factors:

\_\_\_\_\_  
\_\_\_\_\_

Other relevant medical problems:

\_\_\_\_\_  
\_\_\_\_\_

Current Medications:

\_\_\_\_\_  
\_\_\_\_\_

Resting Heart Rate \_\_\_\_\_ BP \_\_\_\_\_ Recommended Training Heart Rate (if known) \_\_\_\_\_

Comments: \_\_\_\_\_  
\_\_\_\_\_

Family Physician:

Phone:

Specialist:

Phone:

Signature:

Date:

***Please return completed form and any other relevant info (cardiologist consult, stress test, echo, lipids etc) to: Cardiac Rehabilitation Program. Harry Jerome recCentre  
123 East 23<sup>rd</sup> Street, North Vancouver, B.C. V7L 3E2 (604) 983-6423 or Fax: (604) 983-6409***



## ***North Shore Cardiac Rehabilitation***

The North Vancouver Recreation Commission in partnership with Lions Gate Hospital and the North Shore Cardiac Rehabilitation Society offers several cardiac rehabilitation classes on the North Shore. The purpose of these programs is to return people to their optimum capacity following a cardiac event and to modify risk factors to prevent a secondary event. Classes are also open to those at high risk for developing heart disease (for example those with diabetes)

### ***Benefits of the program include:***

- ✓ Ongoing exercise consultation and supervision in a fun and supportive environment
- ✓ Risk factor and lifestyle education
- ✓ Dietary consultation
- ✓ Optional social events

### **Introductory Level (Phase II/III)**

*Designed for those just recovering from a recent heart attack, heart surgery or angioplasty.*

Lions Gate Hospital Medical Day Centre

M, W, F - 9:30-11:30am

### **Maintenance Programs (Phase IV)**

Designed for graduates of a hospital-based program or for those with a history of heart disease who are currently stable or for those at high risk for heart disease.

John Braithwaite Community Centre

M, W, F - 8:30, 9:30 & 10:30am

Parkgate Community Centre

M, W, F - 7:30am

### ***Staffing:***

Each class is staffed with health professionals who have been certified by the American College of Sports Medicine as Exercise Specialist for those recovering from heart disease. All staff have a C.P.R Certification.

### ***Referral and Contact:***

Please discuss starting this program with your doctor. If you and your doctor feel that this program is appropriate for you, please have them sign the referral form and fax it to the Cardiac Rehabilitation Program at 604.983.6409.

**Doctors / M.O.A.: please include any relevant information.**

***For additional information contact Min Naruki-van Velzen, BHK, MSc, ACSM, 604-983-6423  
Or visit our website: [www.northvanrec.com](http://www.northvanrec.com)***