



# Lions Gate Cardiac Rehab and Cardio-Metabolic Program

Suite 1110 – 160 East 14<sup>th</sup> Street  
North Vancouver, B.C., V7L 2N3  
Phone: 604-904-0810 Fax: 604-904-0812

Website: [www.vancouverhearthealth.com](http://www.vancouverhearthealth.com)

## FAX REFERRAL FORM TO 604-904-0812 – PATIENT WILL BE CONTACTED FOR APPOINTMENT TIME

### Patient Information

Last Name:	First Name:	Initial:
Address:		
City:	Province:	Postal Code:
Telephone (Home):	(Work):	
PHN:	DOB (DD/MM/YYYY)	

### Reason(s) for Referral:

<input type="checkbox"/> Smoker	<input type="checkbox"/> Coronary artery disease
<input type="checkbox"/> Obesity	<input type="checkbox"/> Cerebral vascular disease
<input type="checkbox"/> Diabetes	<input type="checkbox"/> Peripheral vascular disease
<input type="checkbox"/> Inactivity	<input type="checkbox"/> Metabolic Syndrome
<input type="checkbox"/> Hypertension	<input type="checkbox"/> Other _____
<input type="checkbox"/> Dyslipidemia	_____
<input type="checkbox"/> Strong family history of vascular disease (in 1 <sup>st</sup> degree relative < 60 years of age)	

### Comments/Medications

Please remind your patient to bring all of their medications with them to the clinic.

### Laboratory Results

Include copies of any recent and relevant laboratory data.

### Physicians Involved in the Patients Care

### Which program would you like your patient to participate in?

- Cardiovascular Risk Reduction** – Lifestyle counseling and medical treatment for patients with risk factors; complication of existing treatment, not reaching target guidelines; the metabolic syndrome; or physical inactivity. Patients are put through a full risk assessment, spend time with the clinical educator, exercise specialist, and program specialist physicians. They have the option to enroll in the community based exercise programs. An individualized risk reduction program is developed with specific patient goals.
- Hospital Based Cardiac Rehabilitation** – Exercise and lifestyle counseling and medical treatment for patients recovering from acute coronary syndrome, CABG, PTCA, valve surgery or history of CAD, PVD, or CVD, CHF, arrhythmia, recent PPM, or internal cardiac defibrillator. This program is for higher risk patients with the first 1 to 3 months of exercise occurring in the hospital based facilities before moving to the community based exercise program.

### Referring Physician

Office address/telephone

In partnership with

 <p>Vancouver Coastal Health Promoting wellness. Ensuring care.</p>	 <p>North Shore Cardiac Rehab Exercise For Life</p>	
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