



Yarmouth Regional Hospital

# Cardiac Rehabilitation Program Referral Form

Yarmouth Regional Hospital  
Fax: 902-749-0759

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TESTEFR,TEST    M  
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NEW GLASGOW, NS B2H 5C7  
Pt. Home Phone: (902)999-9999    UPHI:  
FIN CLASS: DOH    INS.#:    EXPIRY:  
FD: TEST,DOCTOR 3 BNCWJDBVCJK MDNN  
AD: TEST, NON-DOCTOR  
REG: Jan/8/2015    AJ0000175/14

Name: \_\_\_\_\_ DOB: \_\_\_\_\_  
Health Card Number: \_\_\_\_\_ Telephone Number: \_\_\_\_\_

Most recent cardiac event, with date: \_\_\_\_\_  
Ejection Fraction (EF): \_\_\_\_\_  
Risk Stratification (see reverse):     Low     Intermediate     High

**PATIENT MUST HAVE HAD A STRESS TEST WITHIN THE LAST 3 MONTHS**

Stress test date: \_\_\_\_\_  
Time: \_\_\_\_\_ METS: \_\_\_\_\_ Stage: \_\_\_\_\_ Protocol: \_\_\_\_\_  
HR (rest): \_\_\_\_\_ HR (max.): \_\_\_\_\_ Ischemic ECG changes:     Yes     No  
Symptoms: \_\_\_\_\_

Target Heart Rate for Exercise: \_\_\_\_\_ BP max: \_\_\_\_\_  
Special Considerations/Restrictions: \_\_\_\_\_

Referring Internist/Cardiologist:  
Name: \_\_\_\_\_ Signature: \_\_\_\_\_  
Date: \_\_\_\_\_

For Office use only:    Referral Received: \_\_\_\_\_  
Projected next available start date for CRP: \_\_\_\_\_



## Risk Stratification

### **Low Risk** (must have all characteristics)

- Uncomplicated event
- FC  $\geq$  6 METS 3 or more weeks after event
- No resting or exercising ischemia or angina
- No complex dysrhythmia
- EF  $\geq$  50%

### **Intermediate Risk**

- FC < 5–6 METS 3 or more weeks after event
- EF 31–49%
- Failure to comply with exercise prescription
- Exercise–induced ST depression of 1–2 mm or reversible ischemic defects (with maximal medical and surgical management)

### **High Risk** (must have any one characteristic)

- FC  $\leq$  4 METS
- MI complicated by CHF, shock, and/or complex ventricular dysrhythmias
- EF < 30%
- Decrease in systolic BP of > 15 mm during exercise (with maximal medical and surgical management)
- > 2 mm ST exercise–induced depression (with maximal medical and surgical management)
- Survivor of cardiac arrest

