

T.O.R.C.H.
Thompson Okanagan Rehabilitation for Cardiac Health
CARDIAC REHAB
REFERRAL FORM



Shuswap
Cardiac
Society

Patient Demographics

Last name: _____ **First Name:** _____ **Middle initial:** _____
Home address: _____

Phone (Home): _____ **PHN:** _____ **Phone (Other):** _____
Primary Care provider: _____ **DOB:** _____ **Gender:** _____
Emergency Contact Name/Relationship: _____ **Emergency contact phone:** _____

Select all that apply	Reasons For Referral	Event Date	Target Intake (from Event Date)
	Post PCI (MI or UA)		7-21 days
	Post PCI (Stable angina)		2-7 days
	Post Open Heart Surgery		21- 30 days
	Atrial Fibrillation/Flutter *		Less than 1 month from referral
	>2 CV Risk Factors **		
	CHF (NYHA Class I - II) ‡		
	Other (specify):		Variable

Additional comments about this referral (Optional)

*Atrial fibrillation/flutter - Consider referral if new/paroxysmal/symptomatic afib, and/or comorbid conditions.
 ** CV Risk Factors include diabetes, hypertension, dyslipidemia, smoking, or family history of premature CAD.
 ‡ Excludes patients that cannot carry on with day-to-day activities (dressing, showering) without dyspnea.

SUPPORTING DOCUMENT REQUIRED

Mandatory:

- Updated medication list
- Typed note with past medical history and reason for referral.

If Available:

- Cardiology/Internal Medicine Consultation (if not in Meditech).

Referral date: _____

Referring MD/NP signature: _____ Name/MSP #: _____

Fax Referral to 778 489 0010 (Shuswap Cardiac Society)
 T.O.R.C.H. #200-380 Alexander ST NE, Salmon Arm, Phone 250 833 2148

Opening November 11th, 2024

Services Offered at T.O.R.C.H.

- Individual intake assessment with or without formal stress testing* (bike ergometer).
- Group intake sessions (to teach BP, HR, and other basic skills while meeting other program participants).
- Individual exercise prescription by clinical exercise physiologist (kinesiologist or physiotherapist) and/or physician.
- Supervised group exercise classes (4 patients to 1 exercise specialist ratio for high-risk patients), with hemodynamics monitoring (HR/BP). Various times of day are offered, tailoring to patient's diverse schedules.
- Open gym outside of class times.
- Weekly onsite, in-person and virtual educational sessions (offered by dietitians, kinesiologists, physicians, pharmacists, etc.).
- Referrals to appropriate support as necessary (e.g., dietitian, psychiatry, etc.).
- Weekly supervised yoga mindfulness practice.
- Peer support (buddy) system.
- Coming soon: Ankle-Brachial Index (ABI)

Contraindications for Cardiac Rehabilitation:

Patients with the following conditions should **not** participate in cardiac rehabilitation until their situation is stabilized or managed.

- Unstable Angina
- Acute Myocardial infarction (within 1-2 days)
- Severe Heart Failure (NYHA class 3-4, e.g. patient gets dyspnea while getting dressed/at rest)
- Uncontrolled Cardiac Arrhythmias
- Active Infection
- Acute illness
- Severe Aortic Stenosis
- Acute pulmonary embolism or deep vein thrombosis (DVT)
- Acute Myocarditis or Pericarditis
- Uncontrolled Hypertension (e.g. SBP>180 at rest)
- Severe Musculoskeletal issues

***Disclaimer:** Stress tests done within the T.O.R.C.H program are not for diagnostic purposes and are not a substitute for stress tests done via hospital.