

REFERRAL

Program Description:

- This FREE program is designed to help patients reduce their risk of heart disease through lifestyle change.
- The participants and their mentor work together to develop a personalized education and action.
- Participants choose which areas they want to focus on (e.g.: nutrition, exercise, stress management, smoking cessation, weight loss, etc.).
- The program is adapted to the individual needs of each participant (time, schedule, distance, etc.).
- Follow-up is usually done by telephone once per week for 3 months.
- A reassessment of the participant's risk factors is done at the 3 month and 12 month time points.

Program Includes:

- Online access to our varied educational kits on cardiovascular risk factors and lifestyle @ <http://francoforme.ca>
- A cardiovascular risk profile at the beginning and the end of the program, as well as at the one year time point. The referring physician also receives a copy of the risk profile at each time point.
- Exercise guidelines.
- Weekly discussions with the mentor for motivation, support and personalized recommendations.

Admission Criteria:

- The program is open to francophones living in the Champlain region.
- Participants must have at least one cardiovascular risk factor (see below).
- **Please attach a copy of the patient's recent blood results, including fasting glucose, lipid profile and HbA1C. If no recent bloodwork is available (< 3months), please provide a requisition to the patient.**

Please indicate patient's risk factors for heart disease:

- Family history of heart disease
- Hypertension
- Sedentary lifestyle
- Smoking
- Obesity/overweight
- High cholesterol
- Diabetes

For secondary prevention patients, please indicate cardiac diagnosis:

- Angina
- Myocardial infarction
- Angioplasty/stent
- Heart failure
- Cardiac surgery
- Arrhythmia
- Other: _____

Comments/Concerns:

Physician's signature

Physician's name

Address

Date (dd/mm/yyyy)

Telephone

Fax

Please send the completed form to:

FrancoForme Program
University of Ottawa Heart Institute
Prevention and Rehabilitation Centre
2nd floor, Room H2330
40, Ruskin St, Ottawa (Ontario) K1Y 4W7
Tel: 613-696-7000, ext. 19270
Fax: 613-696-7106
francoforme@ottawaheart.ca