

Program Description:

The CardioPrevent IMPROVE Post-partum Program has been adapted from our CardioPrevent Program to support high risk women postpartum. CardioPrevent is a heart health program that helps people with risk factors lower their chances of developing CVD.

Inclusion Criteria: Patients who have been diagnosed with preeclampsia, eclampsia and/or gestational hypertension and/or gestational diabetes.

Exclusion: Patients with known cardiovascular disease and/or cerebrovascular disease.

Over a one year period, CardioPrevent coaches will guide participants through a customized lifestyle program based on their personal risk factor profile. Ordinarily the lifestyle intervention *does not include* the provision or prescription of any medication or consultation with UOHI medical staff.

Date (yyyy/mm/dd) / /		Surname		First Name		DOB (yyyy/mm/dd) / /	
Health Card No.			Version Code	Expiry date	<input type="checkbox"/> Female <input type="checkbox"/> Male		<input type="checkbox"/> French <input type="checkbox"/> English
Address				City, Province		Postal Code	
Telephone No (Home):				(Alternative):			

Clinical Indications (*fields are mandatory)

*Severe preeclampsia <input type="checkbox"/>	*Non-severe preeclampsia <input type="checkbox"/>	*Gestational hypertension <input type="checkbox"/>	*Gestational diabetes <input type="checkbox"/>
*Expected Due Date or Delivery Date: _____			
Blood Pressure (most recent) _____ mmHg Date: _____			
Diabetic?	<input type="checkbox"/> Yes		<input type="checkbox"/> No
Dyslipidemia?	<input type="checkbox"/> Yes		<input type="checkbox"/> No
Treated with lipid lowering therapy/medication?	<input type="checkbox"/> Yes		<input type="checkbox"/> No
Treated with antihypertensive medication?	<input type="checkbox"/> Yes		<input type="checkbox"/> No
Smoking Status?	<input type="checkbox"/> Smoker	<input type="checkbox"/> Quit in the past 6 months	
	<input type="checkbox"/> Quit more than 6 months ago	<input type="checkbox"/> Non-smoker, never smoked	
Patient's first degree relatives (parents, sisters, and brothers), including living and deceased, diagnosed with cardiovascular disease before the age of 60 years?			<input type="checkbox"/> Yes <input type="checkbox"/> No

Results of recent blood values (within the past 3 months) – if available

Total Cholesterol: _____ mmol/L	Triglycerides _____ mmol/L
LDL-C: _____ mmol/L	Fasting Glucose: _____ mmol/L
HDL-C: _____ mmol/L	HbA1C _____ %
TC/HDL-C: _____ mmol/L	(Note: this INCLUDES non-diabetic patients)

Medical history and/or specific concerns with this patient:

Physician/Nurse Practitioner Name (Print)	Physician/Nurse Practitioner Signature	Return to: Attn: CardioPrevent IMPROVE Post-partum Fax: 613-696-7194
Address	Telephone	
_____	Fax	Email: pwc@ottawaheart.ca
_____		Mail:
_____		University of Ottawa Heart Institute
_____		Prevention and Wellness Centre, RmH2353
		40 Ruskin St, Ottawa, ON K1Y 4W7