

The Cardiac Therapy Foundation of the Midpeninsula

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www.cardiactherapy.org

Take Heart! Diabetes Program

Physician Referral Form

I am referring to you the following patient of mine,

(Patient Name) (Patient Date of Birth) (Patient Phone Number)

My patient currently does not have unstable angina, uncompensated CHF, unexplained syncope, or uncontrolled or symptomatic arrhythmias.

- I agree to have my patient participate in your **Take Heart!** Diabetes Program and, in the event of a medical emergency, be treated per ACLS protocols by ACLS certified personnel.
- I agree to have my patient counseled in measures designed to reduce coronary risk factors and manage blood glucose levels, and to be treated for hyper/hypoglycemia per CTF exercise glucose parameters.
- I agree to continue the regular care of my patient throughout his/her participation in your program.

I will fax or mail to you the following records (or if checked here ____, Cardiac Therapy Foundation will arrange to get them from our medical records department):

- 1) Hospital discharge summary following MI /Unstable Angina/CABG/PTCA/Heart Failure
- 2) Patient's most recent EKG
- 3) Treadmill Test if done within the past year.
- 4) Most recent lipid profile, Chem. Panel, FBS, A1C, GFR, BUN, Cr, Hgb/Hct
- 5) Last office visit notes with medication and diagnosis list

If no treadmill test was done within the past year, please indicate exercise parameters:

- May Exercise up to a heart rate of _____, and/or**
- RPE of 13 (somewhat hard) if asymptomatic.**
- Patient must wait for stress test to start program.**
- Other instructions: _____**

X _____
(Physician Signature)

X _____
(Date Signed)

(Print Physician Name)

(Please fax or mail this form to the Cardiac Therapy Foundation as given above.)

Note: The Cardiac Therapy Foundation's standard wellness and rehabilitation program includes:

- Supervised exercise training, including strength, flexibility and aerobic conditioning;
- Weight loss and nutritional counseling & Blood sugar management;
- Blood pressure monitoring, & Cholesterol management and education;
- Heart Forum educational classes & Stress management; and
- 6 week Interactive Diabetes Educational Series (for an additional fee)