

Vascular Improvement Program

Clinical Services Building Level 2

Royal Inland Hospital

311 Columbia Street, Kamloops, BC



Welcome to the Vascular Improvement Program (VIP) Cardiac Rehabilitation

Cardiac Rehabilitation includes individualized education, health management counseling, exercise programming and specialized medical care to help you make the changes needed to live a longer and healthier life. We work with you to meet your personal health goals such as managing: cholesterol, high blood pressure, smoking, nutrition, diabetes, exercise, stress, medications, and living with cardiovascular disease.

Based upon your individual needs, the program includes ongoing support for up to one year:

- Regular follow-up by a Program Nurse
- Physician Consult and Evaluation
- Option to meet with the Dietitian
- Option to participate in the Virtual Exercise and Education Program

Research has shown that those patients who attend Cardiac Rehabilitation programs are better able to recover. We know that good health enables us to do the things that we enjoy most. We look forward to working with you to improve your health and well-being!

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Vascular Improvement Program – Virtual Cardiac Rehabilitation

What Will Be Done At Your First Clinic Visit:

- ✓ Assessment and evaluation by our specialist physician and nurse
- ✓ Receive a brief overview of the program
- ✓ Lab work and ECG is usually required for this visit (not routine during COVID-19)
- ✓ Cardiovascular Risk Factor review
- ✓ Medication review

Follow-up Appointments will be determined after your first visit and include:

VIP Nurse Appointments:

- ✓ Our program nurses will be your main contact throughout the program
- ✓ The development of an action plan that meets your individual heart health needs
- ✓ Follow-up phone calls or visits are scheduled with the VIP Nurse for up to one year

Follow-up Physician Clinic Appointments:

- ✓ Assessment and evaluation by our specialist physician and nurse regarding your heart health
- ✓ Lab work and ECG is usually required for this visit (see next page)

Risk Factor Education Visit:

- ✓ This is an information session that reviews all risk factors for cardiovascular disease as well as information about recovery from heart attacks and other cardiovascular conditions
- ✓ This session goes into depth in many of the areas that will be discussed in your clinic visits
- ✓ This 90 minute session takes place by Zoom with the opportunity to ask questions of our staff
- ✓ You will be able to review your lab results and risk factors for heart and vascular disease

Supervised Exercise Program and Information Sessions:

- ✓ We have ACSM Certified Clinicians to help support you regardless of your fitness level
- ✓ Group information sessions on a variety of topics areas: sign up at our public website
- ✓ **Please note that Physician clearance is needed before attending the exercise program**

In order to make your time with us as efficient as possible, we kindly ask:

1. **Contact** our office as soon as possible if you will be unable to attend your appointment. We can be reached at 250 314 2727.
 - a. **Rescheduling Appointments:** Please be aware that there is a waitlist for appointments at this time. If you need to reschedule, there may be a significant wait time for the next available appointment.
 - b. **No Show:** If an appointment is missed without notice, please be aware that all future booked appointments in our clinic may be cancelled. We have people waiting for available appointments and it is important to contact us as soon as possible if you need to change an appointment.
 - c. **Update Contact Information:**
 - Please make sure we have your best contact number as this is the number we contact for appointments.
 - We have automated phone and text reminders for many of our appointments. Please make sure we have your cell phone number if possible.
 - Please make sure that we have your current email address
 - Let us know if you have a change in address or contact number at any time during the program.
2. Have your **medications** (pill bottles or blister packs) and an up to date list of your medications on hand for all your clinic appointments.
3. **Lab work** is usually done prior to physician clinic appointments. Please make sure you have labs done prior to the visit if requested. If you require a lab req, please let us know.
 - for out of town patients, please go to your local facilities
 - book ahead – sometimes there are long waits for booked appointments
 - many Interior Health as well as private lab locations are open for online bookings:
 - Interior Health Online lab booking: <https://www.labonlinebooking.ca/>
4. **ECGs** are now only done if the physician orders them at the time of your appointment

What Else Do You Need to Know?

- ✓ A family member or support person is welcome to be part of the virtual visit with you.

VIP Hours of Operation: 8:30 am – 3:30pm Monday-Friday (closed weekends and holidays)
If you have any questions, please call **(250) 314 - 2727**

Phone Messages: We do our best to check the phone messages but it may take a number of business days to respond to messages.

