## **Outpatient Cardiac Rehabilitation**

If you have a heart condition, your doctor may refer you to a cardiac rehabilitation program. This is a place where you can exercise under supervision and learn how to manage your activity as you continue with your recovery. Research has shown that these programs can help people with heart disease feel their best, both physically and emotionally. The list below contains information on programs that may be convenient for you. Programs in **bold** are part of the Beth Israel Lahey Health system and affiliates. If you have an LVAD, please call to ask if the program can accommodate you.

BOSTON & CAMBRIDGE		CENTRAL REGION	
Mount Auburn Hospital-Cambridge	617-497-2400	Harrington Hospital-Southbridge	508-765-2295
Boston Medical Center-Boston	617-638-8720	Milford Regional Medical Center-	508-422-2464
Faulkner Hospital-Boston	617-983-7105	Milford	
Massachusetts General Hospital- Boston	617-726-1843	UMass Memorial Marlborough Hospital-Marlborough	508-486-5465
GREATER BOSTON REGION		SOUTHEAST REGION	
Winchester Hospital, Family Medical Center-Wilmington	978-988-6131	Beth Israel Deaconess Hospital- Plymouth	508-830-2650
MetroWest Medical Center- Framingham	508-383-1679	Signature Healthcare Brockton Hospital-Brockton	508-941-7558
Newton-Wellesley Hospital-Newton	617-831-7100	Brigham and Women's-Foxborough	508-718-4661
NORTHEAST REGION		Southcoast Cardiac Rehab Fall River; Tobey Hospital-Wareham; St. Luke's Hospital-New Bedford	508-973-5435
Anna Jacques Hospital-Newburyport	978-463-1388		
Beverly Hospital, Lahey Outpatient Center, Danvers	978-304-8444	South Shore Hospital– South Weymouth	781-624-8824
	978-287-3732	Sturdy Memorial Hospital-Attleboro	508-236-7390
Emerson Hospital-Concord		CAPE COD	
Melrose-Wakefield Hospital	781-979-3171	Cape Cod Hospital-Hyannis	508-957-7300
		Falmouth Hospital-Falmouth	508-495-7676
WEST REGION			

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Baystate Franklin Medical Center- Greenfield	413-773-0211
Baystate Medical Center-Springfield	413-794-7024
Berkshire Medical Center-Pittsfield	413-447-3093
Cooley Dickinson Hospital- Northampton	413-582-2404
Fairview Hospital-Fairview	413-854-9736
Holyoke Hospital-Holyoke	413-534-2555
Lowell General Hospital-Lowell	978-934-8238

Consult with your cardiologist to obtain a referral. Insurance coverage varies.

Martha's Vineyard Hospital-Oak Bluffs

For the latest information on programs in your area visit the Massachusetts Association of Cardiovascular and Pulmonary Rehabilitation at www.macvpr.org, or call the American Heart Association at 800-242-8721.

508-957-9524

## **Prescription for Referral to Outpatient Cardiac Rehabilitation**

Bring this referral form to your provider (doctor or nurse practitioner) to complete. Take it to your cardiac rehabilitation program.

- 1. Please provide demographic information about the patient in the space above—print legibly, or attach a patient identification label.
- 2. Referral to outpatient cardiac rehabilitation is indicated within 12 months of any of the events or diagnoses listed below. Please check **ALL** that apply to this patient.

EVENT OR DIAGNOSIS	DATE
Chronic stable angina/coronary artery disease	//
Unstable angina/coronary artery disease	//
Acute myocardial infarction (MI:NSTEMI, STEMI) (Within preceding 12 months)	//
Coronary angioplasty/stent (PCI)	//
Coronary artery bypass surgery (CABG)	//
Heart valve repair or replacement surgery	//
Other major surgery of heart or great vessels	//
Heart transplantation, or heart+lung transplantation	//
<ul> <li>Congestive heart failure (CHF)</li> <li>(LVEF of 35% or less and NYHA Class II to IV, despite being on optimal heart failure therapy for &gt; 6 weeks)</li> </ul>	//
Placement of a ventricular assist device (VAD)	//
Cardiac arrest/survival from sudden cardiac death	//
Sustained ventricular tachycardia or ventricular fibrillation	//

Patient's primary outpatient cardiologist: Name Telephone Number ( \_\_\_\_\_ ) \_\_\_\_\_ - \_ Printed name and credentials of prescribing provider \_/\_\_\_/ \_/\_\_\_/\_\_ Signature Date Time

If available, please provide copies of the most recent documents to the patient to facilitate communication with the cardiac rehabilitation program:

- Cardiac Catheterization/ PCI Report
- Medication List

**Beth Israel Deaconess Medical Center** 

Beth Israel Lahey Health

- Operative Report
- Echocardiogram Report
- Cardiologist Visit Notes
   Stress Testing Report (highly recommended)
  - Hospital Discharge Summary
  - ECG Tracings and Interpretation
- Lab Results (including lipid profile)