



### **BAFHT Nurse Educator Explanation of Services**

The role of BAFHT Nurse Educators is to provide education and support for disease prevention, disease management, health promotion, and health care system navigation. BAFHT Nurse Educators work with your primary care provider (physician/nurse practitioner) to offer a collaborative approach to care. By using a shared Electronic Medical Record, your BAFHT provider(s) and primary care provider can access your health information and communicate about your care.

We strive to create an environment of trust, safety and meaningful connection with our patients. We understand how care rooted in compassion, curiosity and understanding can help people to heal and stay well.

As a courtesy to your provider and other patients waiting to access our services, we ask that you provide 24-hour notice of cancellation when unable to attend your appointment. This notice allows us to offer your appointment to another patient. As all programs and services offered by the BAFHT are funded by Ontario Health, there is no direct charge to patients to access.

Please be aware that due to privacy limitations, we do not communicate patient health information by e-mail. If you need to contact us, please call our office at 519-369-3007.

### **Reason for Referral: Heart Attack/Cardiac Surgery/Congestive Heart Failure/Unstable Angina**

After a referral is made by your Cardiologist or Primary Care Provider, you will be contacted by a BAFHT Nurse Educator to schedule an initial appointment. At your initial appointment the nurse educator will complete an assessment and gather information related to your recent cardiac event. Explanation of the eight-week in person Cardiac Rehab education and exercise program will be provided (see below), along with a start date into the program. The option for a referral to a BAFHT Dietitian and/or BAFHT Social Worker will be discussed and completed as needed.

Patients can expect a 60-minute in-person, phone, or video initial appointment, followed by a 30–60-minute in-person appointment with the Kinesiologist prior to Cardiac Rehab program start. After completion of the program a 1- month follow up appointment will be completed by the Kinesiologist.

### **Cardiac Rehabilitation Program**

The BAFHT Cardiac Rehab program is an eight-consecutive week education and exercise program for individuals who have recently had a cardiac event or have certain cardiac risk factors. Patients will learn about lifestyle changes they can make to promote heart health and be supported in setting personal goals. A Nurse Educator and Kinesiologist, along with other members of our team, will provide education and support for a heart healthy lifestyle to reduce the risk of future cardiac events. This program is located at the P&H Centre in Hanover and is run in partnership with the Hanover Family Health Team.