

CARDIAC EDUCATION AND REHABILITATION



SIOUX LOOKOUT
Meno Ya Win
HEALTH CENTRE

Graduation Heart Health Risk Profile

Name: _____

Intake Date: _____ Discharge Date: _____

Health Factor	Intake Score	Grad Score	Desirable Level	Notes
Smoking			Non-smoking	
Blood Pressure			< 140/90 < 130/80 if diabetic	
Physical Inactivity			Aerobic Exercise: Moderate to vigorous intensity, 20-60 minutes, 3-7 days per week Resistance Exercise: Moderate intensity, 10-15 reps, 2-3 non-consecutive days per week	
Obesity (BMI)			BMI < 27 (minimum) BMI < 25 (optimal)	
Waist Size (cm)			Men: < 102 cm (40") Women: < 88 cm (35")	
Unhealthy Eating			A heart healthy diet intended to prevent or manage heart disease	
PHQ-2			Coping mechanisms for stress, anxiety, and depression	
Total Blood Cholesterol			< 4.5 mmol/L	
LDL			< 2.0 mmol/L Note: LDL calculation inaccurate when triglyceride value is >2.3mmol/L	
HDL			> 1.0 mmol/L	
Triglycerides			< 1.7 mmol/L	
Diabetes			Fasting Blood Glucose: 4 – 5.6 mmol/L if non-diabetic and 4 – 7.0 mmol/L if diabetic A1C: < 6.5% if non-diabetic and < 7.0% if diabetic	

Stress Test	Target Heart Rate (bpm)	Achieved Heart Rate (bpm)	Time (mm:ss)	RPE (6 – 20)	Maximum METs	Notes
Intake						
Discharge						

Abbreviation Legend:

< - less than

> - greater than

LDL – low density lipoprotein

HDL – high density lipoprotein

mmol/L - millimoles per litre

cm – centimeter

BMI – body mass index

Follow Up Plan	1 Month	3 Month	6 Month	1 Year	Notes:

CS-PTED-CER-10 June 2008 Copyright – taken from TBRHSC Healthy Lifestyles Program, adapted by SLMHC Cardiac Education & Rehabilitation Program (addition of stress test information and follow up plan)