

Centre intégré universitaire de santé et de services sociaux de l'Ouest-de-l'Île-de-Montréal
Québec
 Hôpital général du Lakeshore

AC accueil clinique

HLAS HGL CHSM HSA
 CHSLD DBV CHSLD DOR CHSLD LACH IUSMD
 CHSLD GD CHSLD NP CLSC LAS

PRE-PRINTED INDIVIDUAL ORDER TITLE :
Referral to the Clinical Access service for Retro-sternal Chest Pain

N° dossier / Chart N° _____ DDN/DOB _____
 Sexe/Sex _____
 Nom / Name _____ Prénom / First Name _____

 Nom de la mère / Name of mother _____

 Adresse / Address _____

 Tél. / Tel. _____

 N° assurance maladie / Medicare Card N° _____
 Expiration _____

| Init. MD/ NP | Referral to the Clinical Access service for Retro-sternal Chest Pain |
|---|--|
| <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> | <p>Allergies : _____ Height : _____ Weight : _____</p> <p><input type="checkbox"/> Breastfeeding <input type="checkbox"/> Liver impairment <input type="checkbox"/> Kidney impairment <input type="checkbox"/> Others: _____</p> <p>Clinical information and relevant personal and family medical history : _____</p> <hr/> <p>Presented symptoms (cochez)</p> <p> <input type="checkbox"/> Retro-sternal chest pressure or tightness <input type="checkbox"/> Discomfort provoked by exertion or emotional stress <input type="checkbox"/> Discomfort relieved rapidly by rest or usage of sublingual nitroglycerin <input type="checkbox"/> Diaphoresis <input type="checkbox"/> Nausea <input type="checkbox"/> Dizziness <input type="checkbox"/> Palpitations </p> <p>Beginning of symptoms : _____ Date and time of last angina episode : _____</p> <hr/> <p>Canadian Cardiovascular Society grading of angina pectoris :</p> <p> <input type="checkbox"/> Grade I Ordinary physical activity does not cause angina, such as walking and climbing stairs. <input type="checkbox"/> Grade II Slight limitation of ordinary activity. Ex: Walking or climbing stairs rapidly, walking uphill, etc. <input type="checkbox"/> Grade III Marked limitation of ordinary physical activity. Ex: Walking one or two blocks on the level, etc. <input type="checkbox"/> Grade IV Inability to carry on any physical activity without discomfort. Angina may be present at rest </p> <p>I have given to the patient the prescription for retro-sternal chest pain (optional)</p> <p>I confirm that the person referred meets all general admission criteria for the Clinical Access service as well as the specific inclusion criteria of the condition. I also confirm that the person does not have general exclusion criteria for the Clinical Access service or specific exclusion criteria of the condition.</p> <p>I confirm that the person referred has received the instruction sheet and has been instructed to wait for the nurse from the Clinical Access service to call them.</p> <p>I have read the description of the roles of the referring MD/NP and of the nurse of the clinical access service in the Cadre de référence and I agree to the interventions mentioned in the algorithm.</p> <hr/> <p>⇒ Fax this form and the prescription for Retro-sternal Chest Pain to 514-630-2870</p> <p>Name of clinic : _____ Fax # : _____</p> <p>Phone # for the next 24 hours : _____</p> <p>If unavailable, MD/NP who will do the follow-up : _____ Phone # : _____</p> |

| Physician or Nurse Practitioner | | | | |
|---------------------------------|-----------|------------|---------------------|------|
| Name (in block letters) | Signature | License N° | Date (YY – MM – DD) | Hour |
| | | | | |

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Ordonnance pour douleur rétro-sternale

Prescription for Retro-sternal Chest Pain

N° dossier / Chart N°
Sexe/Sex

DDN/DOB

Nom / Name

Prénom / First Name

Nom de la mère / Name of mother

Adresse / Address

Tél. / Tel.

N° assurance maladie / Medicare Card N°

Expiration

| Init. MD/IPS/NP | Ordonnance pour douleur rétro-sternale / Prescription for Retro-sternal Chest Pain |
|---------------------------|---|
| <p>_____</p> <p>_____</p> | <p>ASA 81 mg PO DIE X 2 mois/months NR</p> <p>Nitroglycérine/Nitroglycerin 0.4 mg SL q 5 minutes X 3 doses PRN NR ⇒ Si patient prend un inhibiteur de la phosphodiesterase de type 5 tels que: sildénafil (VIAGRA®), tadalafil (CIALIS®) et vardénafil (LEVITRA®), aviser de cesser inhibiteur de la phosphodiesterase de type 5 / If patient uses PDE5 inhibitors such as sildenafil (VIAGRA®), tadalafil (CIALIS®) and vardenafil (LEVITRA®), advise to discontinue PDE5 inhibitors</p> |

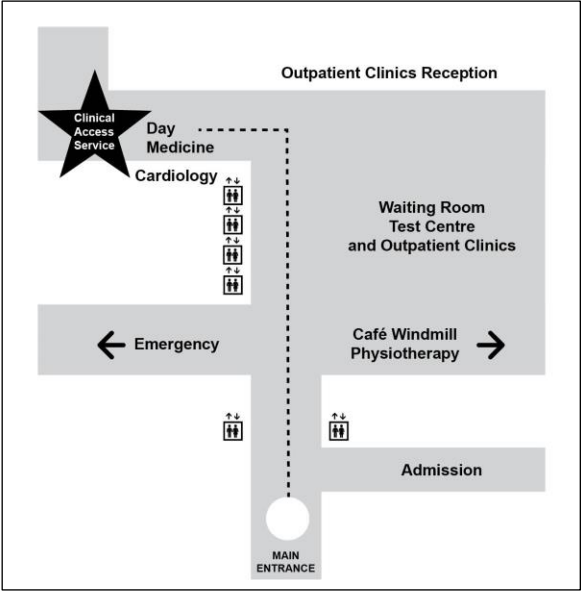
Médecin ou infirmière praticienne spécialisée / Physician or Nurse practitioner

| Nom (en lettres moulées) / Name (in block letters) | Signature | N° de permis / License N° | Date (AA/YY – M/M – J/D) | Heure / Hour |
|--|-----------|---------------------------|--------------------------|--------------|
| | | | | |

Document to Give to Patients

What is the Clinical Access Service? Your doctor or specialized nurse practitioner (SNP) has referred you to the Clinical Access Service because your condition is considered semi-urgent. This service will give you tailored access to diagnostic tests and specialists as quickly as possible.

Here is the procedure: The Clinical Access Service nurse will be available throughout the diagnostic period to answer your questions. You can call them at **514-630-2225, ext. 1719** during opening hours (Monday to Friday from 8:00 a.m. to 4:00 p.m., except on holidays).

| | |
|--|--|
| <p>1. The physician or SNP will give you documents when you leave their office:</p> <ul style="list-style-type: none"> • A referral to the Clinical Access service • A prescription for the pharmacy (in certain cases) | <p>2. As soon as they receive the referral, the Clinical Access Service nurse <u>will call you</u> by phone to schedule an appointment with you.</p> <p><u>*Make sure you are easily reachable</u></p> |
| <p>3. You must bring to your appointment:</p> <ul style="list-style-type: none"> • Your hospital card (if you do not have one, go to the Admissions office BEFORE coming to Clinical Access Service) • Your health insurance card • A list of all your medications • The documents your physician/SNP gave you | <p>4. Appointment at Clinical Access Service <u>Lakeshore General Hospital</u> 160 Stillview Avenue, Pointe-Claire, Ambulatory Centre, 1st Floor, Day Medicine</p> |
| <p>5. Parking:</p> <ul style="list-style-type: none"> • Parking on the streets surrounding the hospital is restricted to residents only at certain times of the day. • Hospital Parking Rates: <ul style="list-style-type: none"> - Under 2 hours.....free - 2 hours to under 4 hours..\$6 - More than 4 hours.....\$10 |  |

What is the treatment for angina?

Angina is usually treated with a combination of medications and lifestyle changes. Making certain lifestyle changes can help lower your risk of complications. Here are a few examples:

- Quit smoking
- Lower your sugar, salt and fat intake
- Eat a healthy, well balanced diet
- Limit your alcohol intake
- Lower your caffeine intake (coffee, tea, soft drinks)
- Maintain a healthy weight
- Limit stress wherever possible

Your doctor may prescribe a medication to thin your blood (Aspirin) and one to relieve angina pain (Nitroglycerin or Nitro), which comes as a patch, spray or tablet. The pharmacist or the nurse at the Clinical Access Service will give you more detailed information about the prescribed treatment.

Important: Before taking over-the-counter medications or natural products, please consult your pharmacist.

Questions?

- **The nurse at the Clinical Access Service** Monday through Friday, from 8 am to 4 pm, except statutory holidays, at 514-630-2225 ext. 1719;
- **Info-Santé nurse by dialing 811.** This service is available 24/7;
- Heart and Stroke Foundation at <https://www.heartandstroke.ca/heart-disease/conditions/angina>
- **Your pharmacist can also advise you when it comes to your medication.**

Other available resources:

- Both resources are available at your CLSC or online at www.osezlasanté.ca:
- **Health Education Centre** to review your lifestyle habits;
 - **Smoking Cessation Centre** to help you stop smoking.

LAKESHORE
GENERAL HOSPITAL

CLINICAL ACCESS SERVICE

 PATIENT EDUCATION HANDOUT
AND APPOINTMENT TRAJECTORY



Retrosternal Pain

YOUR APPOINTMENTS:



- **Blood tests (fasting):**
Date and time: _____
Location: Ambulatory Centre - Day Medicine, Room 1900
- **Electrocardiogram (ECG):**
Date and time: _____
Location: Cardiology Department – Ground floor
- **Stress test:**
Date and time: _____
Location: Cardiology Department – Ground floor
- **Cardiology consultation:**
Date and time: _____
Location: West Island Cardiology Clinic

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What is retrosternal pain?

Retrosternal pain is a type of chest pain known as angina, which can be a symptom of heart disease. It happens when one of the blood vessels (coronary artery) that supplies oxygen-rich blood to the heart muscle becomes blocked or narrowed. When the heart does not get enough blood and oxygen it must work harder, which can cause pain.



Why use the Clinical Access Service?

The nurse at the Clinical Access Service will perform a health assessment with the help of a questionnaire. This will be followed by blood tests and an electrocardiogram (ECG) to measure the electrical activity of your heart. Depending on the results, the nurse may schedule a stress test with a specialist.

The nurse at the Clinical Access Service will keep your doctor or primary care nurse practitioner informed. Your healthcare provider will receive a copy of all your laboratory and diagnostic test results.



What are the causes of angina?

Angina can be triggered by physical exertion, stress, intense emotions, extremely cold or hot temperatures, large meals, drinking alcohol or smoking.

The most common causes of angina are:

- High cholesterol
- Coronary artery disease
- Uncontrolled high blood pressure
- Heart problems (e.g., narrowing of a heart valve or an enlarged heart known as hypertrophic cardiomyopathy)

Living a healthy, active lifestyle can help reduce your risk.



What are the signs and symptoms of an angina attack?

The following symptoms usually occur as a result of physical exertion or emotional stress and are quite similar to those of a heart attack.

- Pain or discomfort in the middle of the chest that can spread to the arms, neck, back, throat and jaw, often described as a burning or cramping sensation;
- A feeling of tightness, squeezing, pressure or heaviness;
- Numbness or loss of feeling in the arms, shoulders or wrists.

Angina symptoms can be accompanied by:

- Shortness of breath
- Nausea (retching) or vomiting
- Sweating/paleness, fatigue/weakness
- Dizziness or fainting

Angina usually lasts no more than a few minutes (3-5 minutes) and disappears with rest and/or nitroglycerin.



If you experience one or more of these symptoms or if the pain lasts longer than 15 minutes even after resting and taking nitroglycerin, do not wait until your appointment at the Clinical Access Service and call 9-1-1. When you report to the Emergency Department, tell the triage nurse that you are currently being assessed and are followed at the Clinical Access Service and that you may be experiencing a possible complication.



What are the risks and complications associated with angina?

Angina is not a heart attack. It is a warning sign that you are at increased risk of a heart attack, cardiac arrest or sudden cardiac death. Your heart is telling you to stop what you are doing, to reduce your stress or to step away from the stressful situation and rest.



Can I continue to be physically active?

This usually depends on the severity of your symptoms. Continuing to be physically active and doing light-to-moderate activities is possible.