

## MEMORANDUM

---

DATE: 30 October 2009

TO: Referring Physicians for Exercise Stress Echo Procedure

FROM: Dr. Manjeet Mann, Medical Director Echocardiography  
Sonya Rinzema, Manager of Echocardiography

RE: **Stress Echocardiography, Royal Jubilee Hospital, Victoria**

---

We are pleased to inform you that, due to increased capacity and decreased Echo procedure waitlists we are able to open up booking privileges for the booking of **Exercise Stress Echocardiograms** to **General Practitioners**. Previously, only Cardiologists, Internists and a few other Specialists could order a Stress Echo. However we are increasing the eligibility to stress echo since there is a shortage of isotopes and this might expedite the diagnosis of a patient.

Criteria for GP patients for Stress Echo:

1. Must have had a non-diagnostic treadmill test within the past 12 months, completing at least 6 minutes on an Exercise Stress Test, reaching a Heart Rate of greater than or equal to 120 bpm AND be stratified, as “low risk” for coronary artery disease

**OR**

2. Low risk based on patient  $\leq 40$  y.o. with atypical chest pain. This group may be referred directly for Stress Echo without a previous treadmill test.

The ordering Physician is responsible to inform the patient of prep requirements. Please refer to the attached “Echocardiogram Patient Information” handout for details on preparation requirements for Echo procedures. **Required documentation:** A referral letter and if applicable, results of ECG treadmill test must accompany the Echo procedure booking form. If Stress Echo is for a low risk patient without a previous treadmill test, then an accompanying ECG is required.

**\*Please note: This procedure does not include a Cardiology consultation**

The Echo procedure booking form is available on the VIHA website at [http://www.viha.ca/heart\\_health\\_cardiac\\_services/cardiac\\_procedures/echocardiography\\_lab/](http://www.viha.ca/heart_health_cardiac_services/cardiac_procedures/echocardiography_lab/). Please use this requisition when ordering any echo procedure. Please send Echo requests to the following location:

- Regular Transthoracic & Stress Echo to RJH D&T 3<sup>rd</sup> floor or fax to 250-370-8495

If you have any questions or concerns, please contact the Echo Program Manager at 250-370-8667 or [sonya.rinzema@viha.ca](mailto:sonya.rinzema@viha.ca)