



BCIAP Appointments- What to Expect?

How can I be seen in the BCIAP?

To be seen in the BCIAP, patients must usually obtain a referral from their health care provider. You can call one of the two BCIAP clinic sites (numbers listed at the bottom of this page) to confirm their referral policies.

The BCIAP accepts referrals for patients with a personal or family history of:

- A known or suspected diagnosis of an Inherited Arrhythmia or unexplained sudden cardiac arrest
- Sudden unexpected death (when an autopsy has not found a cause for the death) or sudden infant death syndrome

Once received, your referral is processed in our office and you may receive a family history questionnaire and/or other forms to complete. Please complete these as soon as possible and return them to us by mail, fax or email prior to your appointment. The program coordinator/genetic counsellor may call you directly if we need additional information.

Prior to the Appointment:

You will be contacted directly by telephone to schedule an appointment. Most often, we will also schedule some heart tests for you to complete prior to seeing us in the clinic. The heart tests that are scheduled depend on the reason of your referral. We try and schedule these on the day of your clinic appointment, or at a hospital/clinic close to your home.

Heart Screening Tests May Include:

- Exercise Stress Test
- Echocardiogram
- 24 hour Holter monitor
- Cardiac MRI

A description of each of these can be found at www.heartcentre.ca/services/heart-tests. Instructions and processes may vary slightly by hospital. You may be offered some tests that are not listed here; the program coordinator/genetic counsellor can review these with you by telephone.

You and/or your family may be offered an in person, videoconference (from your local hospital) or telephone appointment. The reason for referral and the heart tests needed determine which type of appointment is offered. Once the appointment and heart tests are scheduled, we send you a letter with the details, date, time and instructions by mail or by email (if you prefer).

On the Day of the Clinic Appointment:

Please make sure you bring:

- A list of your medications
- A list of the doctors involved in your care

Appointments can take up to 2 hours; please plan accordingly for parking

You arrive at the clinic and register for your appointment. Most patients will have one or more one or more electrocardiograms (ECG/EKG) in an exam room prior to meeting with the BCIAP team. Most ECGs take only one to two minutes, but one special type can take up to 10 minutes. The ECG technologists perform these tests.

During your appointment you will meet:

Genetic Counsellor:

- Reviews your family history
- Discusses the possibility of genetic testing
- Provides you with information to share with your family members
- Is your main point of contact with the clinic

Heart Rhythm Specialist:

- Reviews your medical history
- Discusses the results of your heart tests
- May talk about treatment options or future testing

A medical resident, student or fellow may also join in the appointment. Together with the genetic counsellor and heart rhythm specialist, a follow up plan is discussed. Information and education about the diagnosis is provided. You will have the opportunity to ask all of your questions.

As research is an integral part of the program, patients are invited to participate in research. This may include participating in registries and/or providing a sample for bio-banking.

After the Appointment:

We send your doctors a letter summarizing the appointment. Our office will contact you directly to arrange any follow up tests or appointments. The genetic counsellor or program coordinator will contact you to review the results of genetic tests and sometimes, the heart tests.

What if My Children (under 18) Also Need an Appointment?

If your children are referred to our program, we can arrange for them to be seen at one of our two clinic sites (in Vancouver or in Victoria). Some heart tests for children must be completed at BC Children’s Hospital, so additional appointments may need to be arranged there. Our office can help coordinate this with the staff at BC Children’s Hospital Heart Centre.

For some families, we arrange for both parents and children to be seen together, along with the adult heart rhythm specialist, children’s heart rhythm specialist, genetic counsellor, nurse clinician and research assistant. Other times, only the children’s heart rhythm specialist and genetic counsellor attend the appointment.

Who Can You Call if You Have Questions?

Questions about appointments in Vancouver:
BC Inherited Arrhythmia Office
St. Paul’s Hospital
204-1033 Davie St.
Vancouver BC V6E 1M7
Phone: 604-682-2344 ext. 66765

Questions about clinic appointments in Victoria:
Island Medical Genetics Program
1 Hospital Way
Victoria BC V8Z 6R5
Phone: 250-727-4461

Questions about heart tests in Victoria
Dr. Richard Leather
Western Cardiology
301 - 740 Hillside Ave, Victoria, BC,
V8T 1Z4
Phone: (250) 595-1551

Questions about children’s appointments in Vancouver:
BC Children’s Hospital
Children’s Heart Centre
Rm 1F3 - 4480 Oak Street,
Vancouver, BC V6H 3V4
Phone: 604-875-2295

