



Memo

| | |
|-------|--|
| To: | Division of Cardiology |
| From: | Dr. Carolyn Taylor, Physician Director; Dr. Miles Marchand, Physician Lead, Harmony Johnson, VP Indigenous Wellness & Reconciliation |
| Date: | December 1, 2025 |
| RE: | New Pathway, Indigenous Cardiac Rehabilitation is accepting referrals |

We are pleased to share that a **new Indigenous Cardiac Rehabilitation Pathway, led by First Nations Cardiologist, Dr. Miles Marchand**, is now accepting referrals in the St. Paul's Hospital Healthy Heart Program. This pathway supports Indigenous patients with or at risk of cardiovascular disease, through a holistic, culturally safe, team-based approach to cardiac care. In-person and virtual care options are available. This pathway was developed in close partnership with the Indigenous Wellness and Reconciliation (IWR) team.

What is the Indigenous Pathway to Cardiac Rehabilitation?

We provide a comprehensive 6-month cardiac rehabilitation program which includes:

1. Consultation by **Dr. Miles Marchand**, a member of the Syilx First Nation, Okanagan Indian Band
2. Support from an **Indigenous Wellness Liaison (IWL)** throughout the patient's journey including supporting participants through key appointments, diagnostic visits, and telehealth check ins. IWLs provide emotional, cultural, spiritual and navigation support based on patient needs and preferences.
3. Support from a **Registered Nurse (RN)** via telehealth and online education sessions
4. Individualized dietary advice from a **Registered Dietitian (RD)**
5. 16 weeks of supervised, weekly group exercise classes, led by a **Clinical Exercise Physiologist (CEP)**, who offers tailored exercise guidance in the gym on site at the hospital. (Online option also available).
6. Referrals to short-term Psychiatry and Physiatry support as needed

Benefits to Patients

1081 Burrard Street
 Vancouver, BC Canada, V6Z 1Y6
 T: 604-682-2344

providencehealthcare.org

Sites

St. Paul's Hospital
 Holy Family Hospital
 Mount Saint Joseph Hospital
 Youville Residence
 St. John Hospice
 May's Place Hospice
 St. Vincent's: *Brock Fahrni*,
Langara, Honoria Conway-Heather
 Crosstown Clinic

Community

Dialysis Clinics
 East Vancouver
 North Shore
 qathet Powell River
 Richmond
 Sechelt
 Squamish
 Vancouver

- Participation in a comprehensive cardiac rehab program reduces cardiovascular mortality and hospitalizations, and improves quality of life
- Holistic support that respects cultural identity can lead to increased patient engagement and self-efficacy
- The multi-disciplinary program can improve the continuity from hospital to community care.

Who can be referred?

All Indigenous patients with or at risk of cardiovascular disease are welcome to be referred

How can I refer my patient?

There are two ways to refer.

1. Submit an order via Cerner, please use the comment box to indicate Dr. Marchand, OR
2. The [regional cardiac program referral form](#) can be found here: [Healthy Heart Cardiac Rehabilitation Clinic | Providence Health Care](#)

Please send attention to: Dr. Marchand.