



Why refer to an adult congenital heart disease program?

Cook Children's Adult Congenital Heart Disease (ACHD) program is one of just six in Texas. This program provides specialized, state-of-the-art, medical and surgical care to adolescent and adult patients with congenital heart disease.

Our program provides:

- Inpatient and outpatient consultation
- Echocardiography and advanced cardiac imaging
- Cardiopulmonary exercise stress testing
- Diagnostic and interventional cardiac catheterization
- Diagnostic and interventional electrophysiology
- Congenital cardiothoracic surgery

Congenital heart disease (CHD) used to be thought of as a "pediatric problem." However, over the last several decades, due to advances in medical and surgical care, patients born with congenital heart defects are surviving and thriving well into adulthood. This has created a growing population of adolescent and adult cardiac patients that continue to require specialized, life-long care. Conservative estimates predict that there are more than 1 million adults in the United States with congenital heart disease. This means there are currently more adults than children with congenital heart disease in the United States.

The health issues faced by this unique population are numerous and require specialists with a working knowledge of their congenital heart defect and how it might interact with adult onset disease processes. Joint guidelines published in 2008 by the American Heart Association and American College of Cardiology recommend that all adults with congenital heart disease be evaluated at least once in a formal program. The type and frequency of follow-up within the program is determined by the nature and complexity of the underlying heart defect. Unfortunately, less than 10 percent of adults with CHD receive this care currently.

When to refer:

Any adolescent or adult patient with a previously confirmed or newly suspected diagnosis congenital heart disease should be referred to an ACHD program for a formal evaluation. Surveillance, diagnostic and interventional procedures are scheduled according to published guidelines.

Additionally, the ACHD program provides women of child-bearing potential with important education regarding birth control options, pre-pregnancy counselling and risk assessment. Women who are already pregnant are followed in conjunction with the obstetrician, maternal fetal medicine, fetal cardiology and anesthesia teams with a coordinated delivery plan.

The role of this program will vary based on the patient's needs and is not meant to replace the current care the patient is receiving. All ACHD patients should have a primary care physician and can continue with their local cardiologist, in addition to the ACHD specialist.

Medical Director, Adult Congenital Heart Disease Program

Scott Pilgrim, M.D.



Education:

St. George's University School of Medicine, Grenada, West Indies

Residency:

Combined Internal Medicine and Pediatrics

Maimonides Medical Center, Brooklyn, N.Y.

Fellowship:

Pediatric Cardiology

Cohen Children's Medical Center of New York, North Shore-Long Island Jewish Health System, New Hyde Park, N.Y.

**For referrals to Cook Children's Heart Center,
call 682-885-2273.**

**For patient consults or direct admissions,
call Cook Children's Direct Connect at 682-885-1940.**

CookChildren'sSM



Cook Children's Heart Center locations:

Abilene | Arlington | Denton | Fort Worth | San Angelo
Southlake | Mansfield | Midland | Waco | Wichita Falls

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- Inpatient and outpatient consultation
- Echocardiography and advanced cardiac imaging
- Cardiopulmonary exercise stress testing
- Diagnostic and interventional cardiac catheterization
- Diagnostic and interventional electrophysiology
- Congenital cardiothoracic surgery
- Fetal echocardiography

682-885-CARD | hearts@cookchildrens.org

Referral form

Date _____

Patient name _____ DOB _____

Address _____

Guardian name _____

Contact numbers work _____ home _____ mobile _____

Referring physician _____ phone _____ fax _____

Primary insurance name _____ HMO PPO POS

Other _____

Authorization number _____ Appointment priority same day (emergency only) 2-4 weeks beyond 4 weeks

Have the following tests been performed?

(please circle)

EKG (electrocardiogram) Yes No where _____

Echocardiogram Yes No where _____

Holter Monitor Yes No where _____

Treadmill Exercise Test Yes No where _____

Reason for referral:

(please circle)

Chest pain Abnormal EKG

Dyspnea Abnormal stress test

CHF CHD

Murmur Syncope

Kawasaki Palpitations

Arrhythmia Valvular heart disease

Cardiomyopathy Cholesterol

Adult CHD Other

Cardiology services requested:

(please circle)

Consultation Cardiac MRI

Echocardiogram EKG

Sports EKG 24-hour Holter

(physical not provided by Cardiology) Other _____

Physician signature _____

Please fax this form, plus a copy of the patient's insurance card to 682-885-2329.