

COVID-19 Cardiovascular Rehabilitation Stakeholder Forum #5

MEETING SUMMARY NOTES AND RECORDING

DATE: July 21, 2020; 8:00 - 9:00AM

GROUPS REPRESENTED: More than 60 stakeholders joined the call with representation from the CorHealth Cardiac Leadership Council, CorHealth Vascular Leadership Council, Cardiovascular Rehabilitation Programs, the Rehabilitative Care Alliance, Ministry of Health Partners, Heart and Stroke Foundation Leadership and colleagues from Manitoba

DISCLAIMER: The information in this document represents a high-level summary to capture the discussion at the point of time of the meeting and is NOT general guidance.

Note:

In light of the summer holidays and vacation schedules, this Forum was recorded. Please note the recording has not been edited. There are some significant challenges with the audio at the beginning of the recording, but these resolve within 1 minute. There are some minor sporadic audio challenges in the remainder of the Forum taping. Please click [here to link](#) to the Forum recording.

HIGHLIGHTS

System/CorHealth Updates

- Meetings with Ontario Health and Chris Simpson are resuming as this team will create a document that provides guiding principles for providing health care while managing the ebbs and flows of COVID-19. Anticipated release end of August/September 2020.
- CorHealth and Clinical and Forums chairs will be submitting an article to Healthcare Quarterly describing the provincial approach to managing COVID-19 for the cardiac, stroke and vascular clinical domains, including information about the Provincial Forums. Conversations with the CEO and editor-in-chief of Longwoods, the journal's publisher, indicate the enthusiasm and support for publishing this information in the Fall 2020 (target October 2020 issue)

Virtual Care and Cardiovascular Rehabilitation

- CR Program activity updates were shared by three CR program sites from across the province:
 - Leslie-Anne McDonald and Julie Lessard from Seaway Valley Community Health Centre shared an update that highlighted the changes in their program since March and how they are transitioning back to in-person visits. Two resources noted that have been guiding their triage back to in-person visit were described including the Saskatoon Risk Stratification tool as well as the Return to Program Triage Tool. Both of these were shared with meeting participants.
 - Jason Petro from Hotel-Dieu Grace Healthcare shared current program offerings of in-person and virtual services. Participants were able to see some of the physical distancing measures and other measures implemented to screening, exercise spaces, and waiting rooms to ensure a safe environment.
 - Nicole Sandison from University Health Network shared highlights from UHN's planning for onsite care including a new hybrid program model of care and IPAC checklists and environmental measures in place to ensure safe in-person visits. She noted that there the hybrid model as well as a virtual only will be offered moving forward in order to adapt to a COVID-19 resurgence if needed.
- Participants engaged in a discussion regarding innovations in virtual CR delivery and hybrid models including:
 - Patient willingness to come on-site (maintaining virtual only options)
 - Frequency and duration of on-site visits
 - Flexibility and personalization of programs for patients
 - Weekend program offerings and issues/ challenges with hospital funding constraints due to COVID-19 deficits
 - Home exercise resources and strategies for providing patients with equipment (e.g. mailing out resistance bands)

Upcoming Learning Opportunities

- CorHealth highlighted some learning opportunities for patients and providers that are available in the coming weeks. These included:
 1. University of Ottawa Heart Institute – Women@Heart Peer support program
 - There is no longer a geographical barrier so participants at the meeting were encouraged to leverage the resource. Contact information was provided: Nelias@ottawaheart.ca or online registration at <http://cwhhc.ottawaheart.ca/virtual-groups>
 2. The HeartWise Exercise App – A webinar will be held on Friday July 24th to learn more about the HeartWise Exercise App. More information can be found at

3. Cardiologica Patient App – A webinar will be held on July 30th from 1-1:30 pm for those interested in learning more about the app. For invitation please email Stephanie Bennett sbennett@shn.ca
4. Patient with heart failure webinar- hosted by Heartlife. Friday July 24. Registration required at www.heartlife.ca

NEXT STEPS

- The next COVID-19 Cardiovascular Rehabilitation Stakeholder Forum will be scheduled August 25th. Potential topics that emerged from the discussion today include:
 - Program sharing- virtual group activities
 - Continue the discussion on providing services in the ebbs and flows of COVID
 - CorHealth virtual care initiative- validating information heard from interviews with multiple stakeholders
 - Heart and Stroke Foundation- presentation of findings from virtual care experience from patients with lived experience
- Please feel welcome to email Karen Harkness (karen.harkness@corhealthontario.ca) with any questions, comments or suggestions for discussion at future Forums