

COVID-19 Cardiovascular Rehabilitation Stakeholder Forum #8

MEETING SUMMARY NOTES

DATE: November 17, 2020; 8:00 - 9:00AM

GROUPS REPRESENTED: More than 70 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.

HIGHLIGHTS

System/CorHealth Updates

CorHealth – Ontario Health Update

- The Ministry of Health (MOH) is assessing the possible transfer of CorHealth Ontario into Ontario Health (OH)
- The MOH posted a notice about the potential transfer on Ontario's Regulatory Registry on November 2nd for public comment, which closed on November 16th
- There is an indication that the earliest this potential transfer would take place is September 2021 but the timing is still being determined
- Sheila Jarvis (CEO, CorHealth Ontario) & Matt Anderson (President & CEO, OH) will be co-leading the transition process
- CorHealth has created an internal planning transition team and will be working closely with OH and MOH throughout the process to ensure a smooth transition

CorHealth COVID-19 Stakeholder Forum Survey Results

- 82 unique responses were received with representation from Cardiac, Cardiovascular Rehabilitation, Heart Failure, Stroke, and Vascular Forum participants
- The majority of survey respondents indicated:
 - The information shared through these Forums is useful to inform decision-making (90%)

- CorHealth should continue to host Forums during the second wave of COVID-19 (91%)
- CorHealth should expand the focus of Forum-type meetings to include provincial content beyond COVID-19 (79%)
- Future meetings should take place monthly (63%)
- Full survey results can be found in the Appendix of the Forum slide presentation

Healthcare Quarterly

- Longwoods Publishing has accepted a manuscript that CorHealth submitted for publication in Healthcare Quarterly
- The article will be published in January 2021 and focuses on our crowdsourcing approach to health policy with the provider community during a crisis.
- Journal website: <https://www.longwoods.com/publications/healthcare-quarterly>

Outpatient CR Measurement in Ontario: Exploring Opportunities

Graham Woodward (Senior VP, CorHealth) and Dr. Paul Oh lead a discussion to seek input on an incremental approach to sustainable regular data collection to support planning, system monitoring and performance measurement for CR in Ontario

A discussion took place guided by the following questions:

- Do you see value in developing a provincial strategy for a staged approach to CR data collection to support planning, performance measurement, reporting, and monitoring?
 - A provincial strategy for CR measurement and reporting is very welcomed
 - The emerging National CR registry can support the data collection process
 - This work is also an interest of the Cardiac Rehabilitation Network of Ontario
- Would our proposed incremental approach result in data and information that is of value to CR providers?
 - The approach is a great starting point to begin to build a data collection and reporting plan for CR in Ontario
 - A great initiative and a good step forward
 - Collection of diagnosis is important and would be particularly interesting for the female CR patient population as they are often referred for non-occlusive cardiac conditions (e.g., SCAD – spontaneous coronary artery dissection)
 - Thoughts were shared that the proposed data collection would likely be manageable for community-based CR programs
- Are there key areas of initial data collection that we have missed or should reconsider?
 - Standardizing data collection across hospitals using EPIC was presented as an opportunity
 - Would also be helpful to include a discussion about EMR options and Cardiologica use across the province to guide the data collection process

Next steps

- CorHealth will continue to work with the task group and CR stakeholders to draft and test an initial data collection instrument based on key areas of interest
- Continued development of a CR data collection and reporting approach in the new year in consultation with CR forum participants and stakeholders
- Continued engagement with the Rehabilitative Care Alliance (RCA) and others with CR data collection experience and expertise to ensure we build on and align with previous and ongoing work

Virtual Care: Heart and Stroke COVID-19 Impact Survey

Natalie Gierman, Senior Manager, Health Systems and Research, Heart and Stroke provided an overview of results from the Heart and Stroke COVID-19 Impact Survey completed in May 2020

- A [Survey Report](#) has recently been released by the Heart and Stroke Foundation
- Of note:
 - Racialized communities and immigrants are being impacted by COVID-19 in different ways, which requires further exploration as the majority of respondents self-identified as white Caucasian
 - Emotional, mental and physical health concerns ranked highest for both persons with lived experience (PWLE) and caregivers in addition to trouble sleeping and feelings of isolation particularly among caregivers
 - The survey highlighted caregiver burden with caregivers dealing with their own multiple complex needs and comorbidities while having to care for others dealing with similar issues
 - A general reminder was shared about peer support groups offered through Heart and Stroke for both patients and caregivers

Program Activity Sharing: Virtual Care

Dr. Neville Suskin, Medical Director, St. Joseph's Health Care Cardiac Rehabilitation in London, Ontario shared pre-COVID and current CR programming practices

- CR in London is offered through an outpatient facility at St. Joseph's Health Care
- 95% of referrals are received electronically from inpatient settings (~100/month)
- Pre-COVID London offered a hybrid CR program through a team-based approach of in-person and home-based telephone visits
- Cardiopulmonary Exercise Testing (CPET) was done at the hospital at intake and discharge from the program
- Exercise training was delivered at the YMCA in downtown London or through home-based programming for patients who chose this option and/or live at a distance
- During the initial wave of the COVID-19 pandemic, the London CR team shifted to transform into a virtual CR program

- A formal patient survey was completed to determine capability for virtual care and the team has developed various streams of CR programming to meet patient needs
- Currently London continues to offer CPET on-site and operate CR programming as described above during this second wave of the COVID-19 pandemic

Next Steps

- CorHealth will continue to gather information from provincial partners and stakeholders to inform the development of a CR measurement and reporting approach
- The next COVID-19 CR Stakeholder Forum will be scheduled in early 2021
- Please feel welcome to email Karen Harkness (karen.harkness@corhealthontario.ca) with any questions, comments, or suggestions for agenda items or discussion topics at future Forums including the opportunity to provide a presentation of your program's activities
- As a reminder, all Forum presentations and summary notes can be found on the [CorHealth COVID-19 Resource Centre](#)