

OH-CorHealth Cardiovascular Rehabilitation Partners Engagement #7

January 31, 2024 | 3:00-4:00 PM



Santé Ontario
CorHealth Ontario

Agenda

TIME	TOPIC	NAME
3:00 pm	Welcome <ul style="list-style-type: none">• Land acknowledgement and Meeting Objectives	Kyle Baysarowich
3:05 pm	CorHealth Cardiovascular Rehabilitation Update <ul style="list-style-type: none">• Update from Cardiac Services Table• “Understanding the Gap in CR services in Ontario”	Kyle Baysarowich
3:10 pm	Provincial CR Measurement & Reporting Initiative <ul style="list-style-type: none">• Updated CR Measurement Results	Dr. Paul Oh
3:20 pm	Guest Presentation <ul style="list-style-type: none">• Mackenzie Health Cardiovascular & Pulmonary Rehabilitation Program	Ann Briggs
3:40 pm	Open Forum Discussion <ul style="list-style-type: none">• Pulse Check: What is the current experience of delivery CR Ontario	Dr. Paul Oh
3:55 pm	Next Steps	Kyle Baysarowich



We are recording this Forum and will make the recording available on the CorHealth website

Land Acknowledgement

Kyle Baysarowich, Senior Advisor – Clinical Programs

Meeting Objectives

- To review updated CR data collection results to date
- To share experiences and facilitate dialogue on the current activities and models of delivery for Cardiovascular Rehabilitation

CorHealth Update:

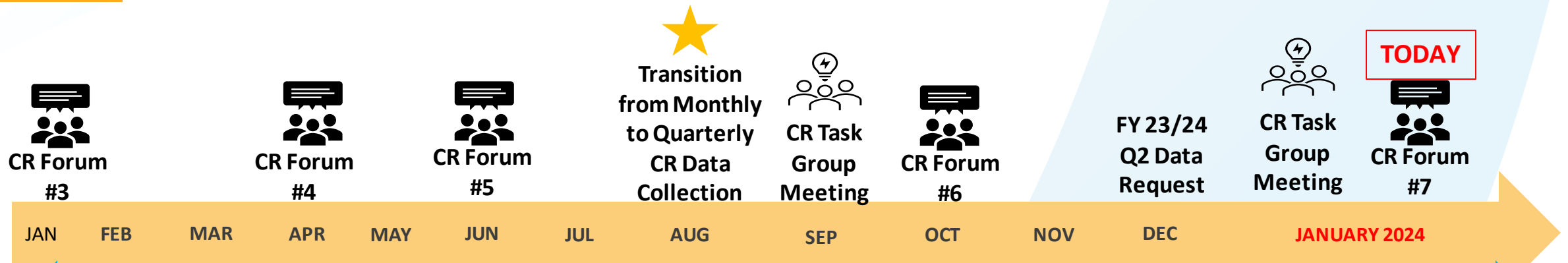
- Although Ontario aspires to deliver a high-performing cardiac system of care, there is a discrepancy related to the access of Outpatient Cardiovascular Rehabilitation services that is aligned with meeting the needs of our population.
- The Cardiac Services Table supports working towards increasing equitable access to Outpatient Cardiovascular Rehabilitation services.
- Ontario Health is committed to understanding the gap in outpatient Cardiovascular Rehabilitation care

CorHealth Update:

Understanding the Gap in CR Services in Ontario

- Continued data collection - Thank you
- Current state assessment: Survey
 - Type of questions being asked:
 - Human Resources – team discipline composition and volumes
 - Volumes and staffing ratio
 - Barriers to participant access to services

Update: Project Timeline



Initial cardiac cohort-post cardiac event (August 2021 data-present)

Additional subgroups- post CABG +/- Valve; post PCI (June 2022 data- present)

Request for quarterly data submission occurs on 1st of August, December 2023, February 2024.
(60-day time lag to allow sites to finalize volumes prior to submission)

Key Achievements to Date:

Start of CR data collection process (Aug 2021)

- ✓ Completed 1 year of data collection on the initial cardiac cohort (Aug 2022)
- ✓ Consistent response rate >80% for initial cohort from programs actively providing CR services
- ✓ Addition and start of cardiac subgroup data collection (Jun 2022)
- ✓ Transition from Monthly to Quarterly CR Data Collection (1st Quarter of 2023-2024)

Progress Update:

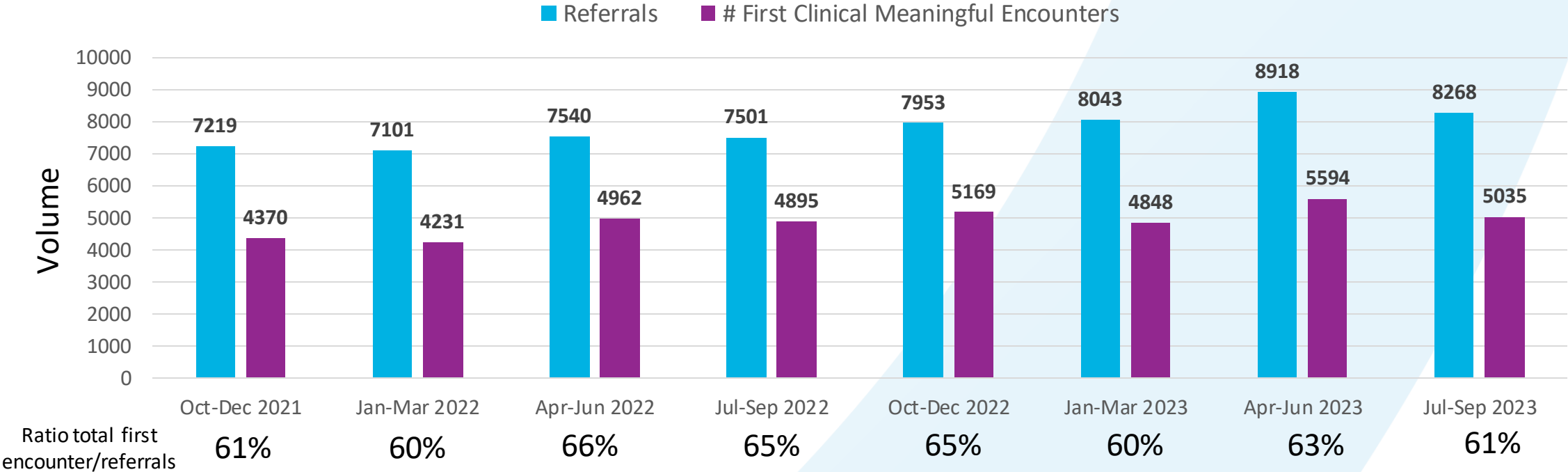


CR programs submitting the following data for FY 2022-23/2023/24

	FY 2022/23				FY 2023/24	
	Q1 Apr-Jun	Q2 Jul-Sep	Q3 Oct-Dec	Q4 Jan-Mar	Q1 Apr-Jun	Q2 Jul-Sep
Any data	48	48	47	46	47	46
Complete data in the quarter for the initial cohort	43	44	44	43	46	45
Complete data in the quarter for the cardiac subgroups	26	33	38	38	42	41

Quarterly Provincial Volumes

Quarterly Provincial Volumes for CR Programs submitting *at least 1 month* of aggregate data for the Initial Cohort



Total referrals: n= 62,543
 Total first clinical meaningful encounter: n= 39,104
 Ratio: total first encounter/total referrals = 63%

Next Steps: Data Collection

1. Data trends seem to be stable
2. Data collection continues Quarterly:
 - February 1, 2024 – data request for total volumes from October – December 2023 (Q3)
3. OH-CorHealth will continue exploring how to best leverage this data to support system capacity planning.

Data Collection: Next Steps Timeline

Data collection request via email from OH-CorHealth (Joy Tabieros) first of February 2024


CR Forum
April 27, 2022

Mar 2023
data
request


CR Forum
June 27, 2023

FY 23/24
Q1 data
request


CR Forum
October 11, 2023

FY 23/24
Q2 data
request


CR Forum
January 31, 2024

FY 23/24
Q3 data
request

Apr 2023

May 1

Jun Jul

Aug 1

Sept

Oct

Nov

Dec 1

Jan 2024

Feb 1

Mar 2023
data due

 *Change to
quarterly reporting

April-
June
2023

***Please submit
total volume
for the quarter**

Jul-Sept
2023

 Today

Oct-Dec
2023

Data submission to OH-CorHealth (Joy Tabieros)
by email due February 29, 2024

GUEST PRESENTATION

Ann Briggs

Registered Physiotherapist, Clinical Coordinator

Mackenzie Health Cardiovascular & Pulmonary
Rehabilitation Program

Cardiovascular & Pulmonary Rehabilitation Program

January 31, 2024



Mackenzie
Health

Background

- Started in 1990 with:
 - 1 class/ 2x week
 - Gym based program at hospital
 - 15-20 patients per class
 - Group Exercise
 - Treadmill & Stationary Bikes
- Grown to fulltime program with:
 - Classes 5 days per week
 - Offsite location x 20 years
 - Monday to Thursday 8:30am- 8 pm
 - Friday 8:30am-1pm




Patient Population

- Cardiac
 - Vascular - TIA, high functioning Stroke, PVD
 - Pulmonary
 - Lifestyle (risk factor reduction)
-
- Seeking funding to add Stroke Rehabilitation
 - Only exclusion criteria: need to be able to get on/off equipment independently



- Offsite @ Major Mackenzie Dr & Bathurst St.
- Between both Mackenzie Health hospitals
- Free parking
- Medical building:
 - Diabetes Education Centre
 - Laboratory services
 - Doctor offices
 - Imaging Centre
 - MedRehab Clinic
 - Rapid Access Cardiac Clinic





Our Cardiovascular and Pulmonary Rehabilitation team helps patients on their journey to a healthier lifestyle.

Program Includes:

- 1-on-1 Intake
- Exercise Prescription
- Dietitian Assessment
- Social Work Assessment
- Exercise Class:
 - 1 ¼ hrs, 2x/week x 6 mo
 - BP, HR, O₂ saturation, BG measurement, weight if CHF
- Option to attend an additional 6 months



Program Numbers

- Classes:
 - Mon-Thurs: 6 classes/day
 - Fridays: 3 classes
 - Total: 27 classes/week
- Attendance
 - ~ 20/class
 - Virtual appts available
- Patients:
 - Intakes: ~ 52/month
 - 350+ active patients (81% Cardiac)



Program Team

- Physiotherapists
- Kinesiologists
- Dietitian
- Social Worker
- Liaison
- Physicians
- Pharmacist
- Volunteers
- Students



Additional Options

- Groups (RD/SW)
 - Intuitive Eating
 - Support Group
- Cooking Classes
 - Teaching Kitchen
 - CVPR & DEC RDs



Questions:

- ann.briggs@mackenziehealth.ca
- cardiorehab@mackenziehealth.ca



- <https://www.mackenziehealth.ca/programs-services/cardiovascular-rehabilitation>

OPEN FORUM DISCUSSION

Pulse Check: What is the current experience of delivery CR in Ontario?

Dr. Paul Oh



Open Forum Discussion

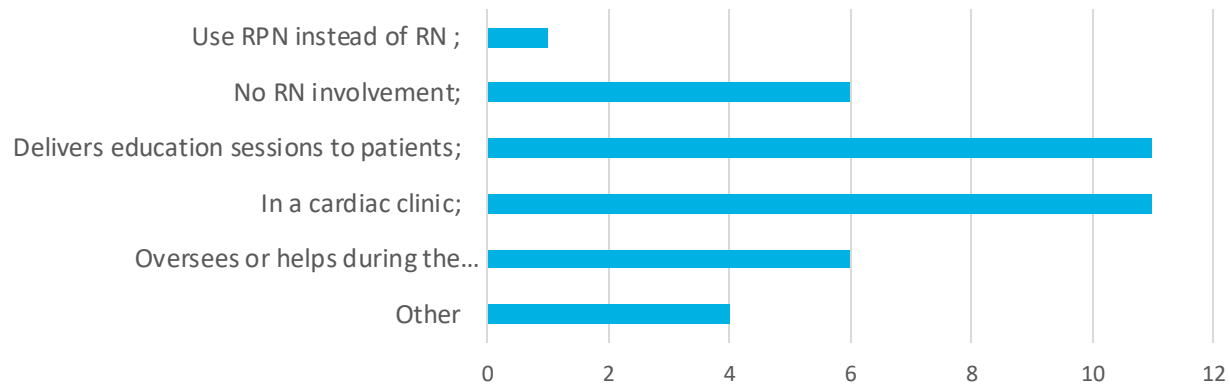


- 1. What is the current experience of delivering CR in Ontario?**
 - What is going well?
 - Where are your pain points?
 - Are there some key learnings and changes that you have implemented that has improved the delivery of CR in you program?
- 2. What can OH-CorHealth do to help support your program at this time?**

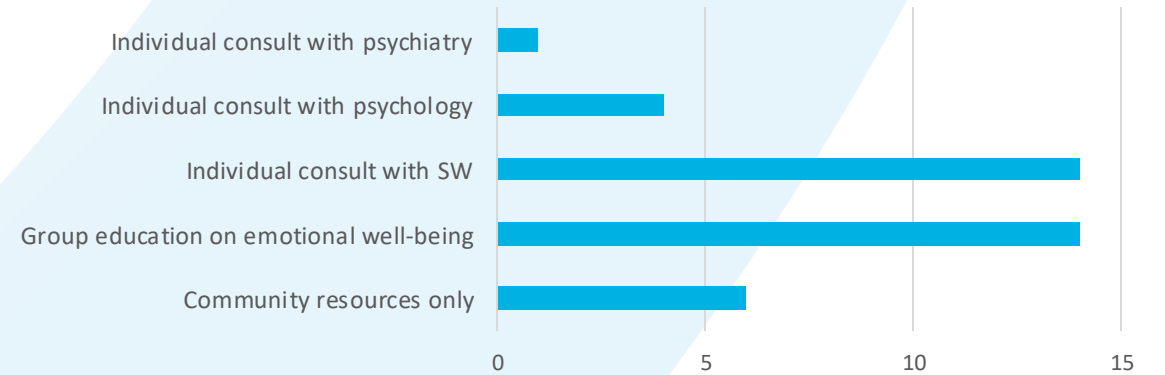
Poll Questions and Results



How does an RN support your CR programming?

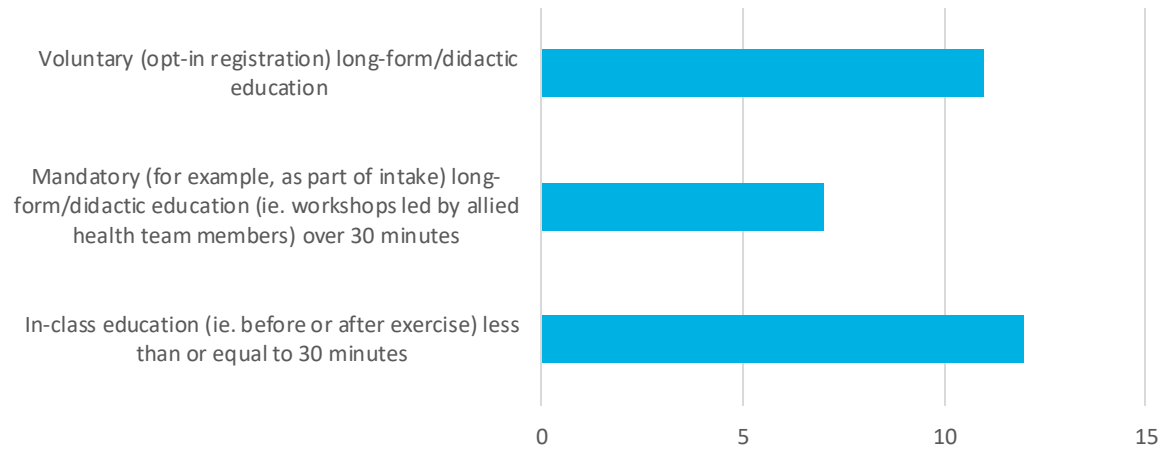


What is the most comprehensive level of mental health support that your program is able to offer participants?

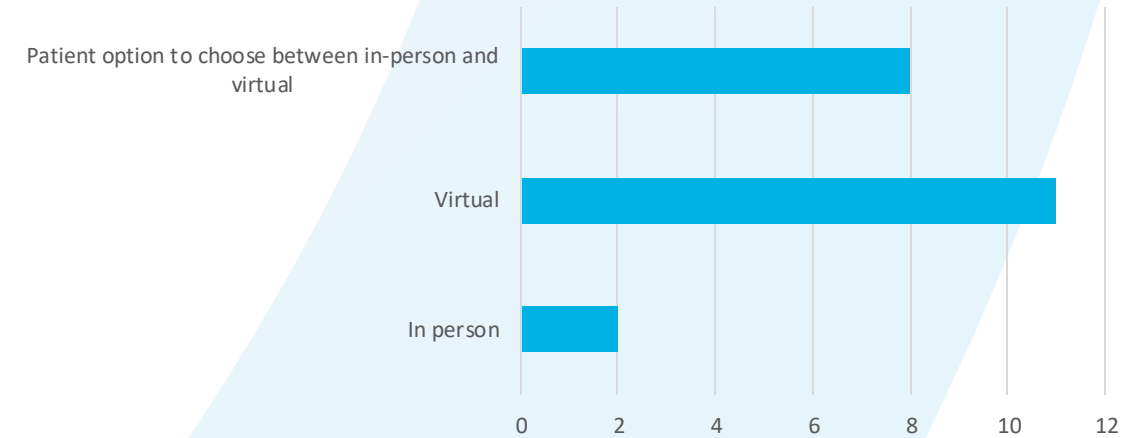


Poll Questions and Results

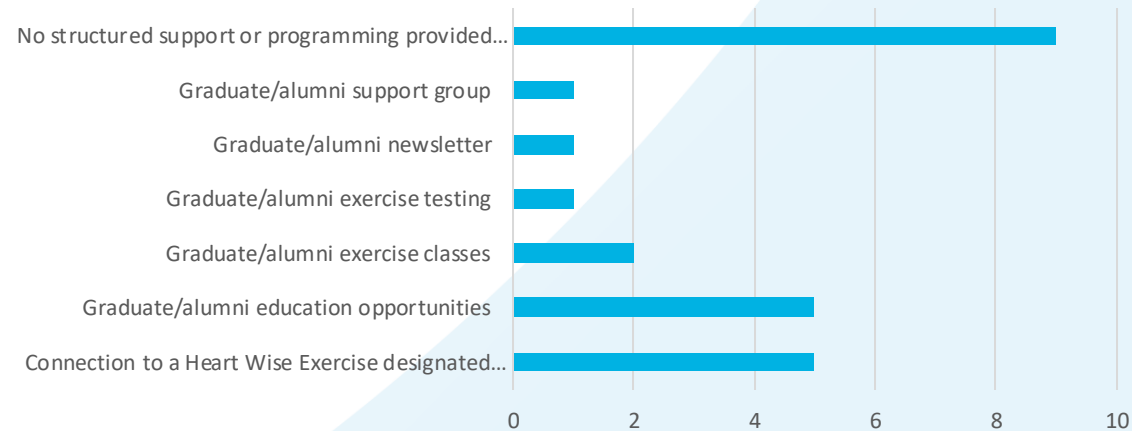
What education format does your program offer?



If long-form/didactic education is part of your program, how is it offered?



Does your program have any structured support or programming for graduates/alumni?



Next Steps

A copy of the slides and recording will be made available on the CorHealth website under 'Resources for Healthcare Planners & Providers'

Resources for Healthcare Planners & Providers

Cardiac Catheterization & Percutaneous Coronary Intervention (PCI)

Referral Forms

Heart Rhythm

Offlisting Form
Referral Form

Quality Performance Measurement and Monitoring (QPMM)

Cardiac QPMM Resources
Stroke QPMM Resources

COVID-19 Resource Centre

COVID-19 Resources
CorHealth Memos & Documents
CorHealth Stakeholder Forum Meetings
General Cardiac Resources
General Stroke Resources
General Vascular Resources
Archive

Hypertension Management

Hypertension Management Program -
Getting Started Toolkit for Primary Care

Rehabilitation

Standards for the Provision of Cardiovascular
Rehabilitation in Ontario
Cardiovascular Rehabilitation Forum
Materials
Regional Economic Assessments
Community Stroke Rehabilitation



Next CR Partners Engagement- April 2024 Date TBD

Would your program like to share some of the work you are doing?

Please contact Kyle, Erin or Joy

APPENDIX: Supplemental Information

National CACPR Registry



- The CACPR Registry can facilitate program data collection for internal program evaluation and your current data sharing for the OntarioHealth/CorHealth CR initiative at no cost to your program.
- If you would like to learn more about the CACPR Registry, please contact Dr. Neville Suskin neville.suskin@lhsc.on.ca

Women's Cardiovascular Health and Cardiac Rehabilitation Priority Setting Partnership



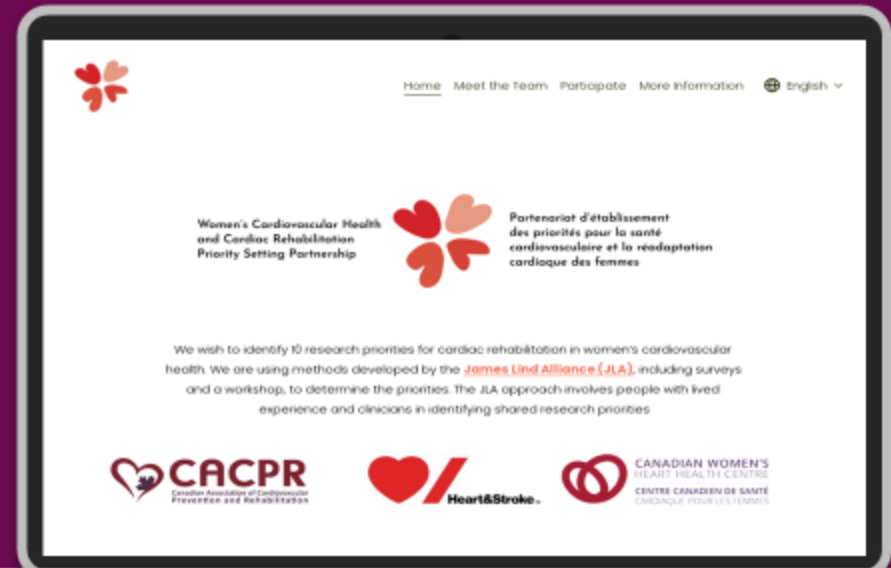
Co-Principal Investigators: Dr. Tracey Colella & Dr. Jennifer Bethell

Project Coordinator: Racquel Brown

PARTICIPATE IN THE STUDY

Visit our website

www.CardiacRehabPSP.ca/



SCAN QR CODE
TO COMPLETE
THE SURVEY

