

OH-CorHealth Cardiovascular Rehabilitation Partners Engagement #8

April 24, 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 - Introduction <ul style="list-style-type: none">• “Understanding the Gap in CR services in Ontario”	Kyle Baysarowich
3:10pm	CorHealth Cardiovascular Rehabilitation Survey Results <ul style="list-style-type: none">• Preliminary Findings and discussion	Dr. Paul Oh
3:50 pm	Open Forum Discussion <ul style="list-style-type: none">• Pulse Check	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 provide feedback from the recent current state survey
- To share experiences and facilitate dialogue on the current activities and models of delivery for Cardiovascular Rehabilitation

CorHealth Update- Introduction

- 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 - Introduction

Understanding the Gap in CR Services in Ontario

- Continued data collection - Thank you
- Current state assessment: Survey Update
 - 39 Surveys completed to date
 - High Quality responses – Thank You!
 - All Regions represented in responses

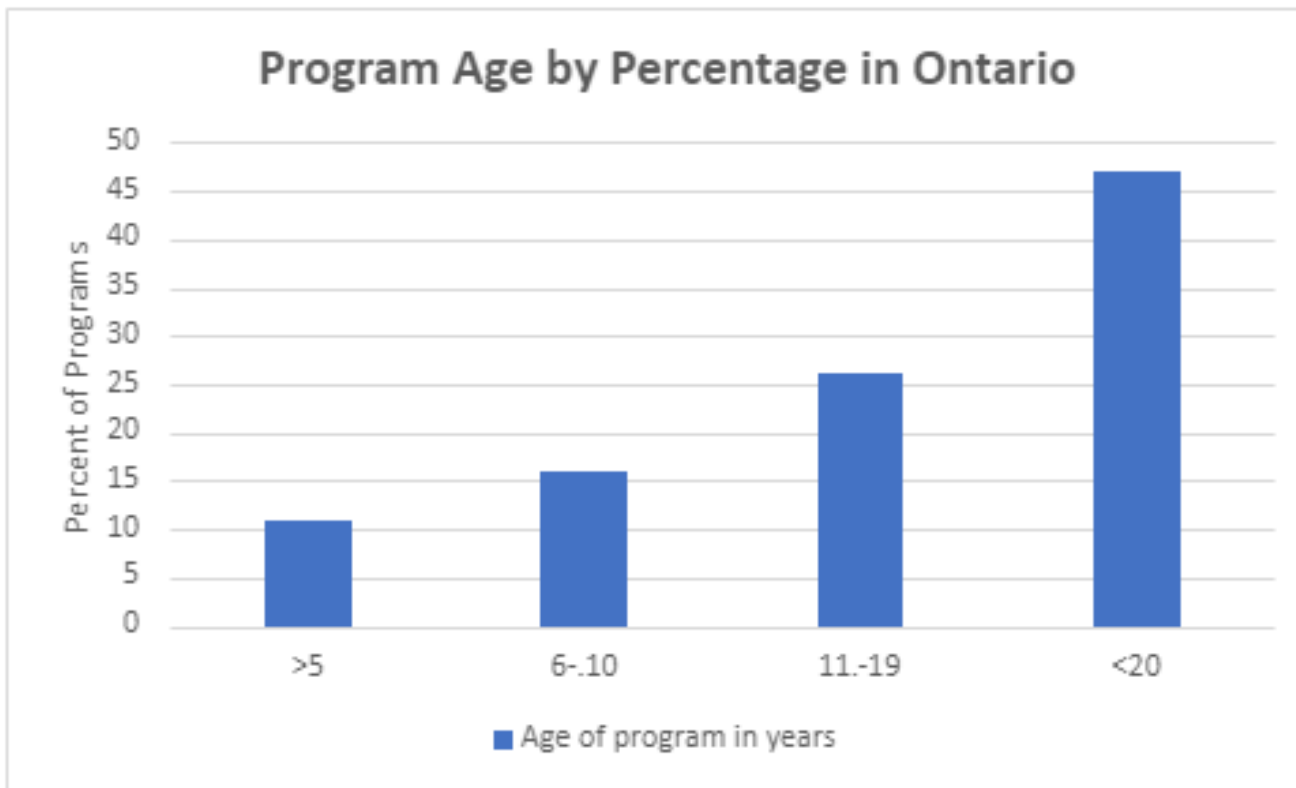
Cardiovascular Rehabilitation Survey Results

Dr. Paul Oh

Survey Results

Question: When was your Outpatient Cardiovascular Rehabilitation (OCR) program established?

Results: **39 responses**



- 73% of programs have been established for at least 11 years!
- 47% of Programs were established over 20 years ago
- 11% newly established programs in the past 5 years

Survey Results

Program Groupings based on size (total patient volumes)

Responses: **38**

Program Label	Program Volumes Annually	Number of Programs
Very Small	Under 100 participants	12
Small	101-399 participants	12
Medium	400-999 participants	7
Large	Over 1000 participants	7

Survey Results

Program Participation by Ontario Health Region

Responses: 38

Ontario Health Region	Cardiac Rehab Patients*
Toronto	2,939
Central	6,016
West	4,676
East	4,304
North East	961
North West	402
Total	19,297

Note: Patient count includes all individuals participating in Cardiovascular Rehabilitation

Survey Results

Question: What type of funding supports your program?

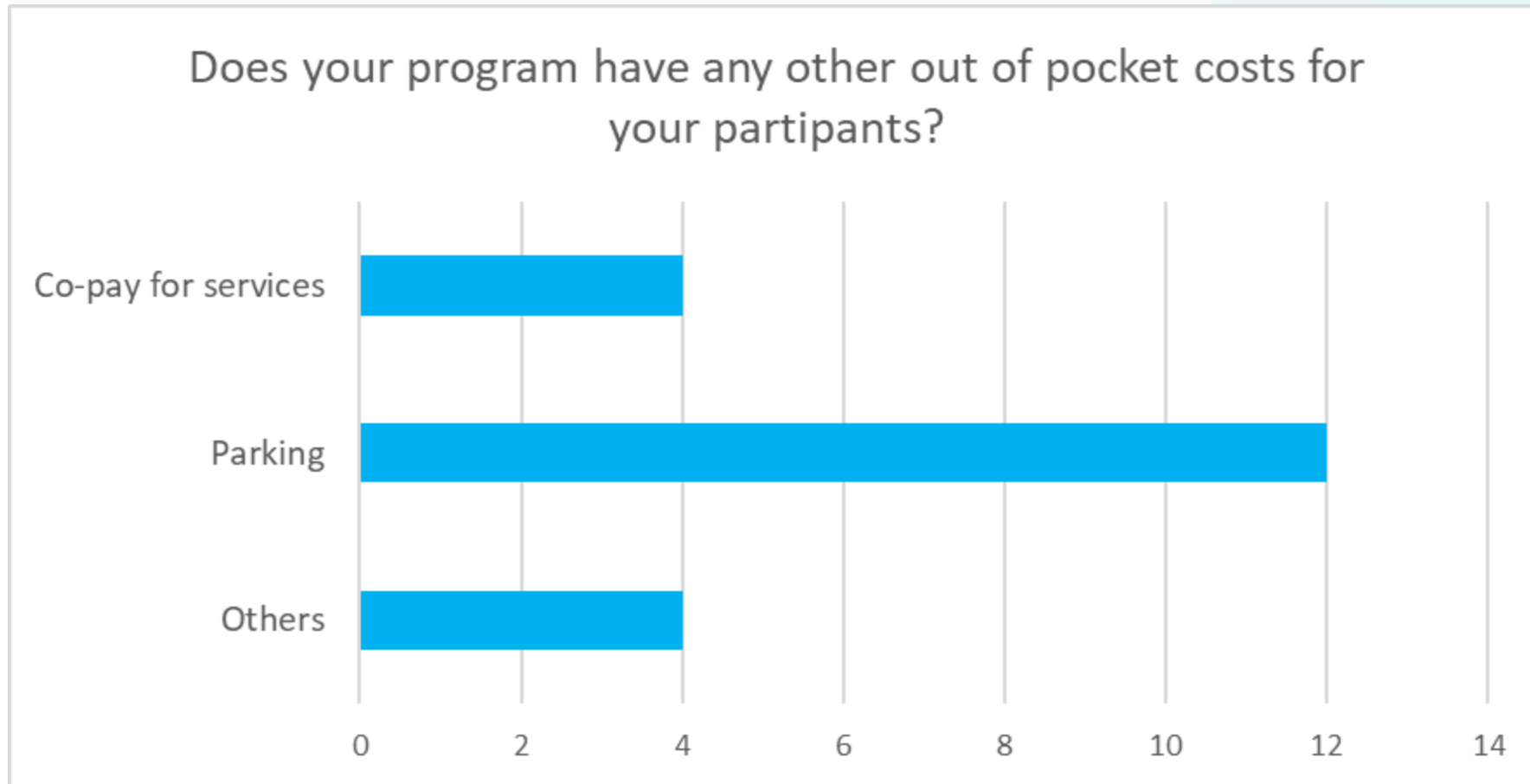
Responses: **38**

70-80% of programs indicated that base funding is held within hospital global budgets.

Comment: Does your program have any other out of pocket costs for your participants?

- * Co-pay for services?
- * Parking?
- * Others?

Poll Questions and Results



Survey Results

Question: What are the hours of operation of your OCR program?

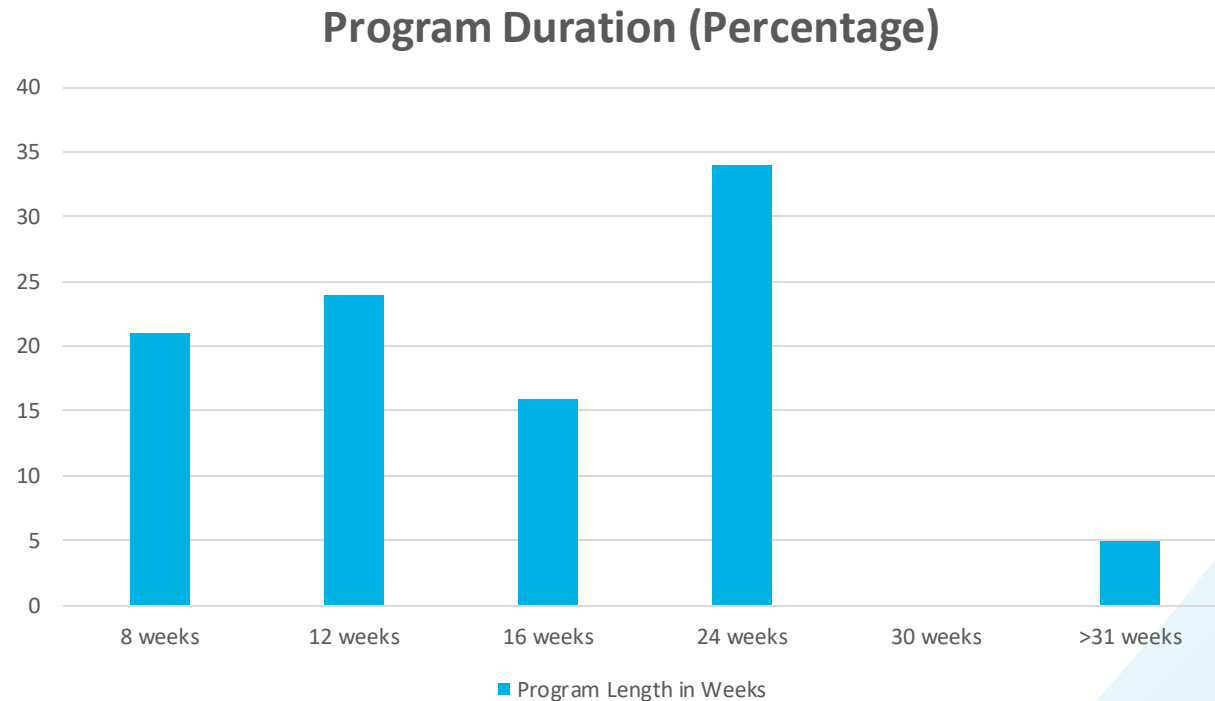
Results: **39 responses**

- Full time (business hours M-F 0730-1730): 41%
- Part time (business hours M-F 0730-1730): 36%
- Operates full time and includes evenings (after 1730): 23%
- Saturday/Sunday operations: 0%

*77% of programs currently operate Monday to Friday during regular business hours

Feedback: Early indications show that there is an opportunity for growth within existing program operations; does this resonate with your program?

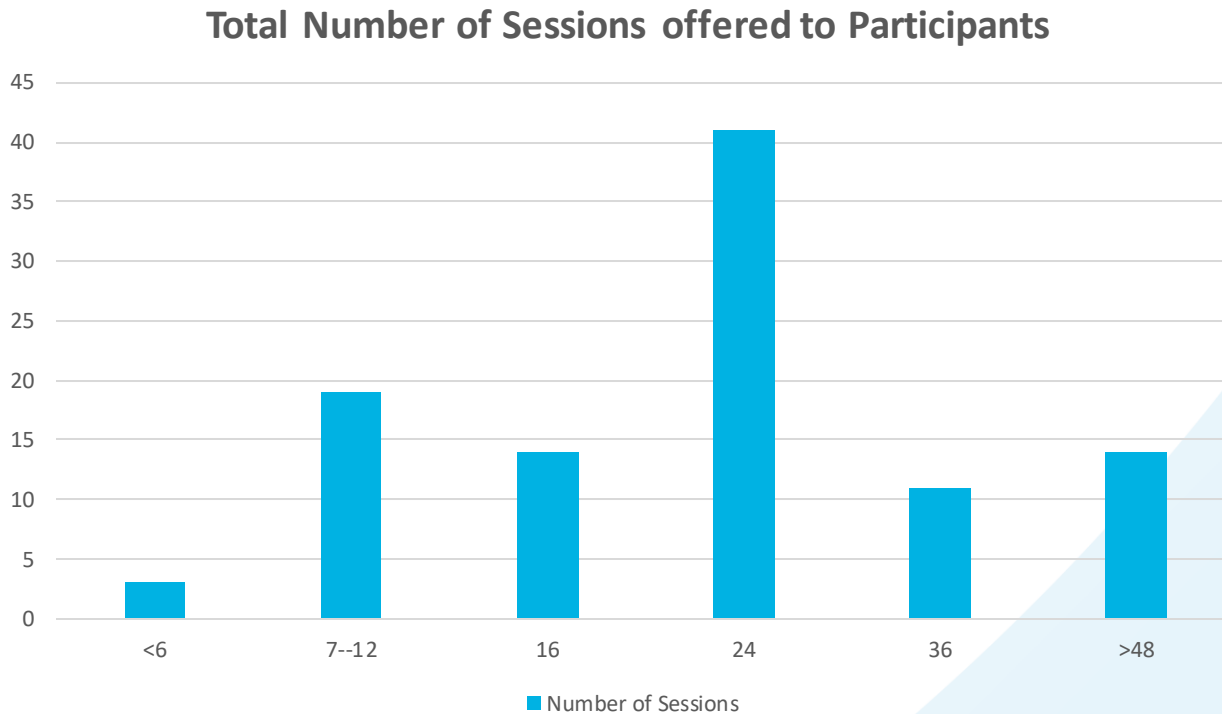
Survey Results



Note: The majority of programs offer exercise classes 1-2 times per week regardless of program duration

Survey Results

Question: What is the total number of sessions (individual and/or group) offered to a cardiac rehabilitation participant?
Results: 37 responses



- Total number of sessions includes both exercise and non-exercise sessions
- Sessions include 1:1 and group sessions

Survey Results

Question: During your group education sessions, what is your participant to staff ratio?

Results: **38 Responses**

- 52% of programs offer education using a ratio of 10:1 or less
- **18% of programs are not offering group education sessions.**

Question: What is your program delivery method?

Results: **37 responses**

- **81% have a virtual option.**

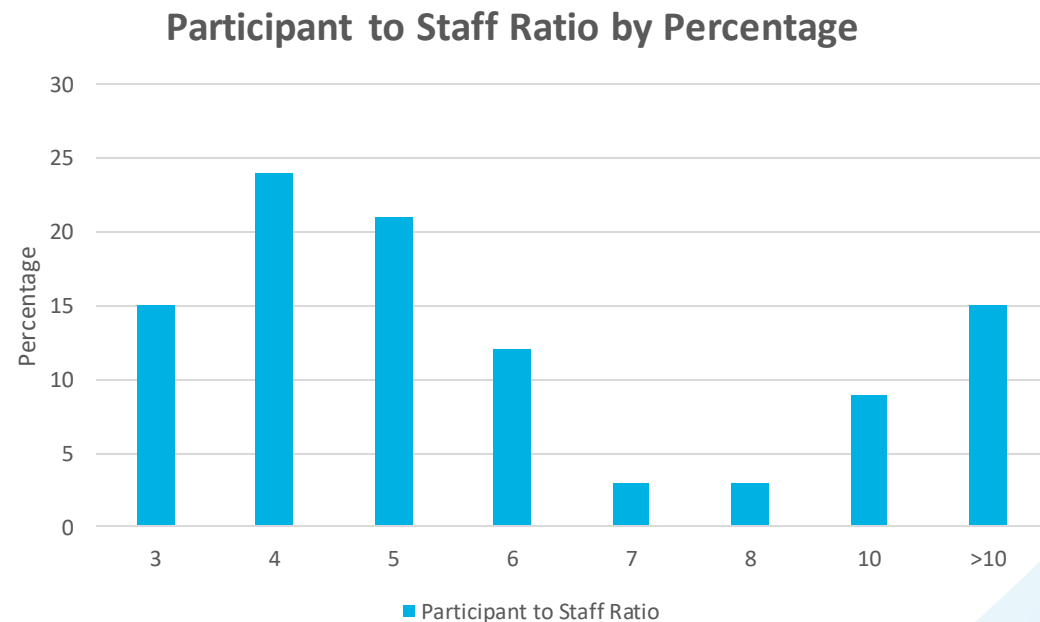
Comment: Is there an opportunity to further share resources and utilize education material create by other programs?

Example: Cardiac College, Ottawa Heart, TBRHSC

Survey Results

Question: During your group exercise sessions, what is your participant to staff ratio? (e.g: 10:1)

Results: **33 responses**



Comments:

- **60%** of programs are currently offering exercise classes with participant to staff ratios of 3-5:1.
 - Patient complexity considerations
 - Residual IPAC requirements post pandemic
 - Physical program space
 - Machine based exercise vs. Walking programs
- **72%** of Programs are currently offering exercise classes with participant to staff ratios not greater than 6:1
- **28%** of programs are offering classes at a ratio of 8:1 or higher
- **15 %** of Programs are offering classes at a ratio greater than 10:1

Question: do these ratios resonate with you?

Survey Results

Question: During your group exercise sessions, what is your participant to staff ratio? (e.g: 10:1)

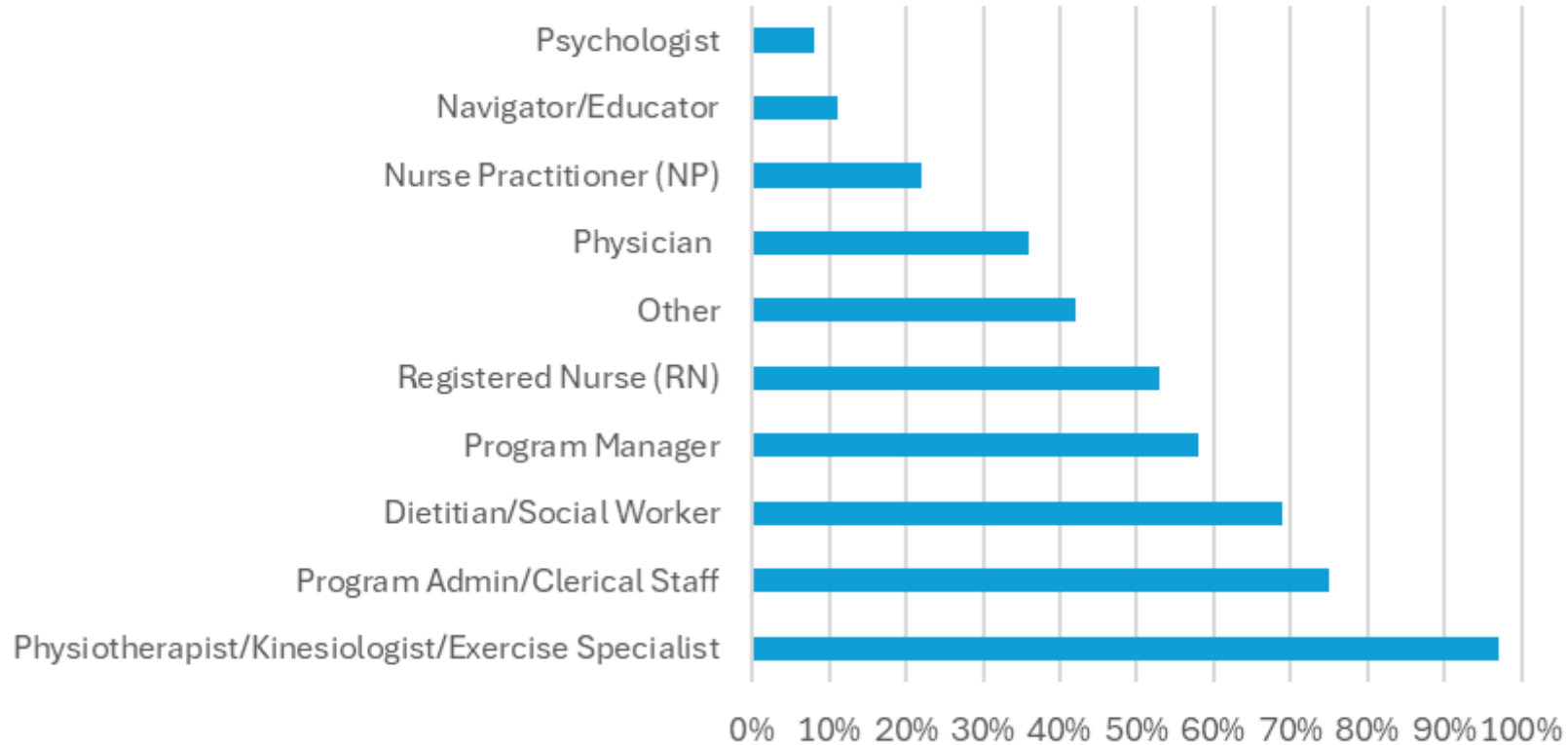
Results: **33 responses**

- 72% of programs indicated that they are using a participant to staff ratio of 6:1 or less
- As program size increases, there is a tendency to increase participants to staff ratios

Participant to Staff Ratio	very small (<100 pts)		small (100-400 pts)		medium (400-1000 pts)		large (>1000 pts)	
	Count	Percentage	Count	Percentage	Count	Percentage	Count	Percentage
3:1	4	33%	0	0%	0	0%	1	14%
4:1	5	42%	2	22%	1	17%	0	0%
5:1	1	8%	4	44%	2	33%	0	0%
6:1	0	0%	2	22%	1	17%	1	14%
7:1	0	0%	1	11%	0	0%	0	0%
8:1	0	0%	0	0%	0	0%	1	14%
10:1	0	0%	0	0%	1	17%	2	29%
>10:1	2	17%	0	0%	1	17%	2	29%

Survey Results

Human Resources in Current Programs



Results: **36 Responses**

Other includes:
Coordinators, Respiratory Therapists, Clinical Nurse Specialists, Volunteers/peer supports

Survey Results

Human Resources in existing programs by program size

	2022/23									
	Total		very small (<100 pts)		small (100-400 pts)		medium (400-1000 pts)		large (>1000 pts)	
	Count	%	Count	%	Count	%	Count	%	Count	%
Registered Nurse (RN)	19	53%	7	58%	6	60%	4	57%	2	29%
Nurse Practitioner (NP)	8	22%	1	8%	2	20%	4	57%	1	14%
Physiotherapist/Kinesiologist/Exercise S	35	97%	11	92%	10	100%	7	100%	7	100%
Dietitian/Social Worker	25	69%	6	50%	7	70%	7	100%	5	71%
Navigator/Educator	4	11%	1	8%	2	20%	0	0%	1	14%
Psychologist	3	8%	0	0%	0	0%	1	14%	2	29%
Program Manager	21	58%	3	25%	5	50%	7	100%	6	86%
Program Admin/Clerical Staff	27	75%	7	58%	6	60%	7	100%	7	100%
Physician	13	36%	3	25%	2	20%	5	71%	3	43%
Other	15	42%	5	42%	2	20%	4	57%	4	57%

Other includes: Respiratory Therapist, Clinical Nurse Specialist, coordinators, Volunteers

Survey Results

- Top 5 barriers to attend or complete OCR, in order from highest:
 - transportation
 - patient mobility/medical factors/other patient related factors (ie. Awarenesss, value in rehab)
 - travel time
 - lack of support from work/family
 - program wait times

OPEN FORUM DISCUSSION

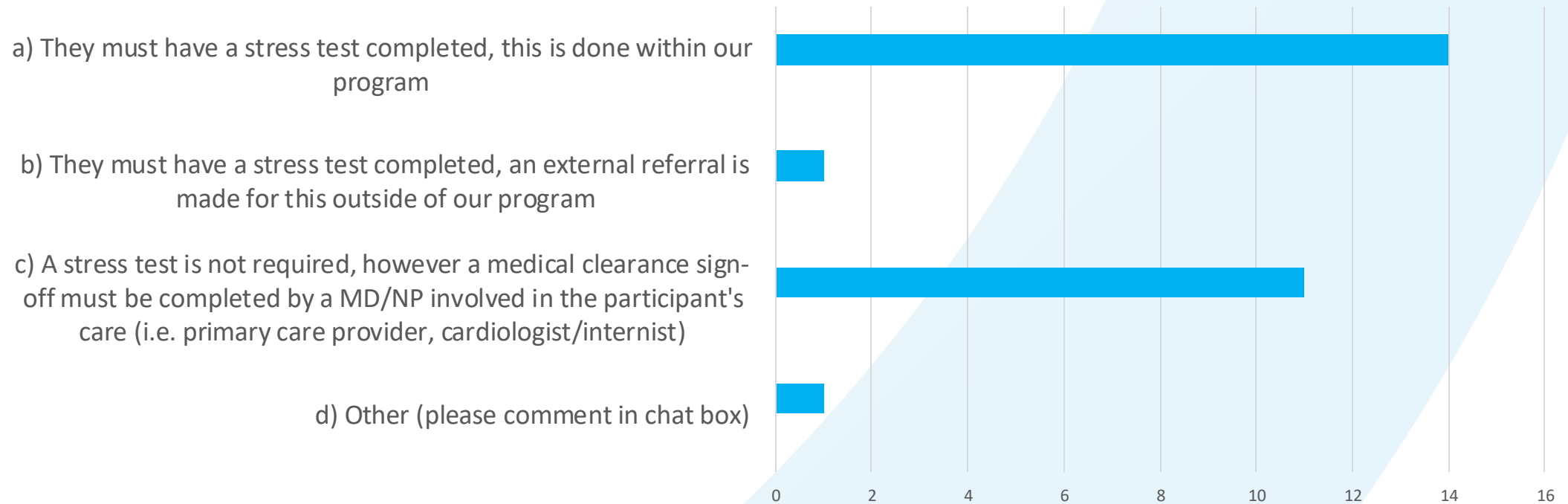
Pulse Check: What is the current experience of delivery CR in Ontario?

Dr. Paul Oh



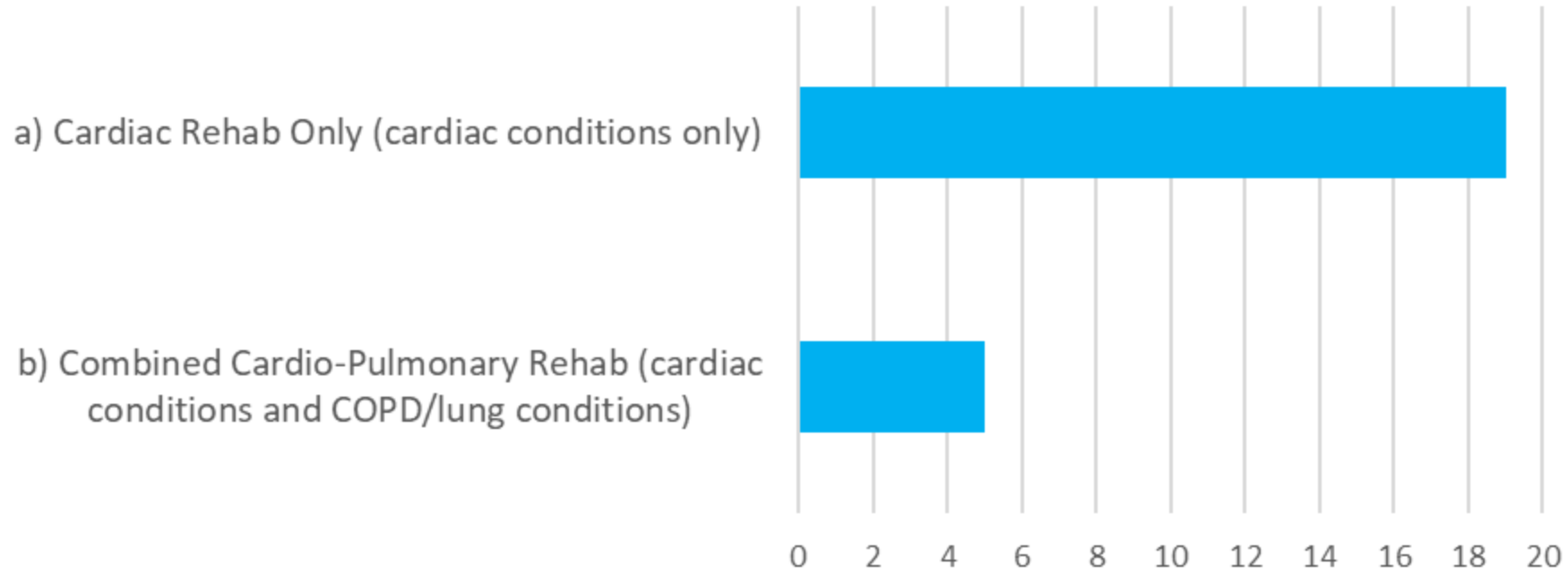
Poll Questions and Results

1. How do your cardiac rehab participants obtain medical clearance to exercise?



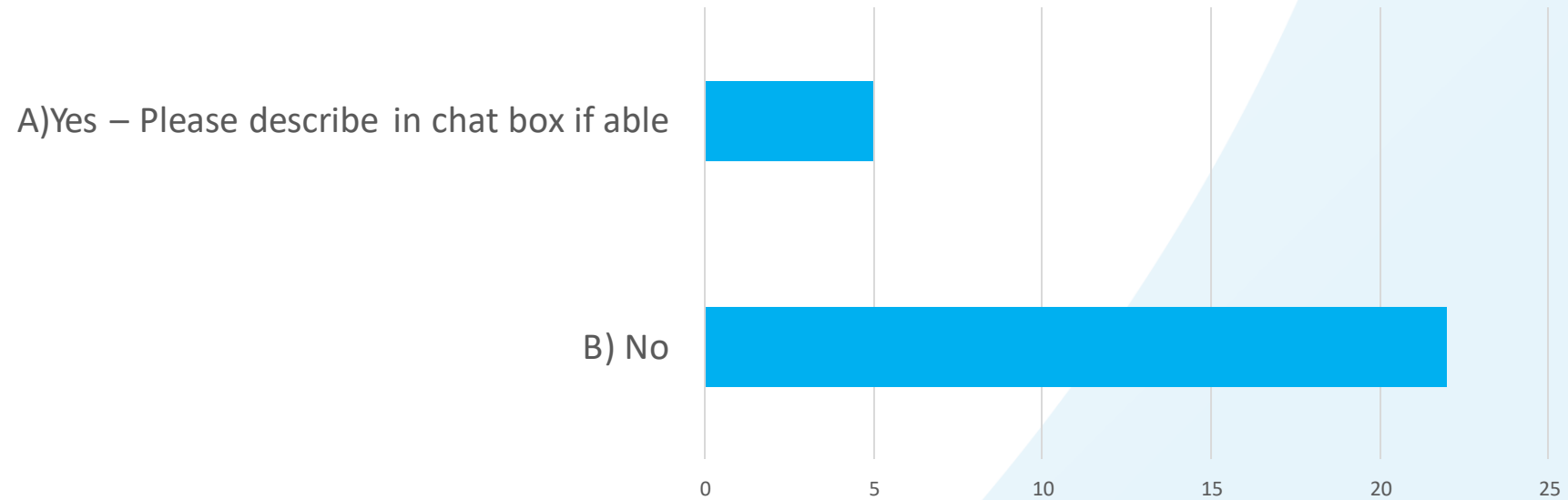
Poll Questions and Results

2. What type of program do you offer?



Poll Questions and Results

3. Does your program offer an option for Alumni participation?



Open Forum Discussion



- 1. When a clinician within your program is away unexpectedly (ie. An illness), does patient care scheduled for the day get cancelled? Or does the rest of the team take over the planned programming/care for the day? What factors help this last-minute coverage occur smoothly?**

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- June 2024 Date TBD

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

Please contact Kyle, Erin or Joy

Announcements



ANNUAL GENERAL MEETING

**May 23, 2024
12:00-1:00pm**

**All members will receive a calendar invite
No registration required!**

2024 Spring Conference



2024 SPRING
CONFERENCE

REGISTRATION
NOW OPEN!!

JUNE 13-15, 2024

OTTAWA, ONTARIO

#CACPR2024



2024 SPRING CONFERENCE

JUNE 13-15, 2024

REGISTER TODAY!

OTTAWA

#CACPR2024



Showcase your CR program's brilliance at our Show and Tell Tables during the social event.

Share your latest technological marvels or highlight the successes of your programs. This is your chance to shine and inspire fellow attendees. Let's make this conference an unforgettable celebration of innovation!



To reserve your spot, scan the QR code and register for a table!

Show and Tell registrants must purchase a social event ticket!

JOIN US FOR A 3 HOUR “HANDS-ON” WORKSHOP TO BECOME A NORDIC WALKING INSTRUCTOR, CERTIFIED WITH NORDIXX CANADA



**SPACE
IS
LIMITED!**

CONTENT COVERED INCLUDES

- Health benefits and biomechanics of Nordic walking
- Planning , conducting and how to teach a Nordic walking session including variations of intensity
- Knowledge of products
- Practice, Practice, Practice
- Training materials will be provided.



Poles are available to borrow for the workshop. If you wish to purchase poles please indicate when you register.



Most **fitness instructor certification CECs are available** for those who require.

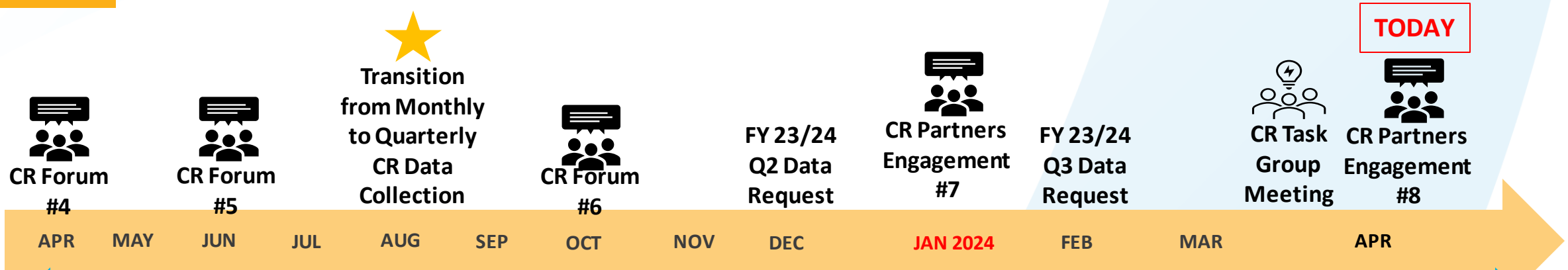
REGISTER HERE ▶  tinyurl.com/36fdmjcd

For any questions, please email Mkeast@Ottawaheart.ca

APPENDIX:

Cardiovascular Rehabilitation Data Collection

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, May 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:



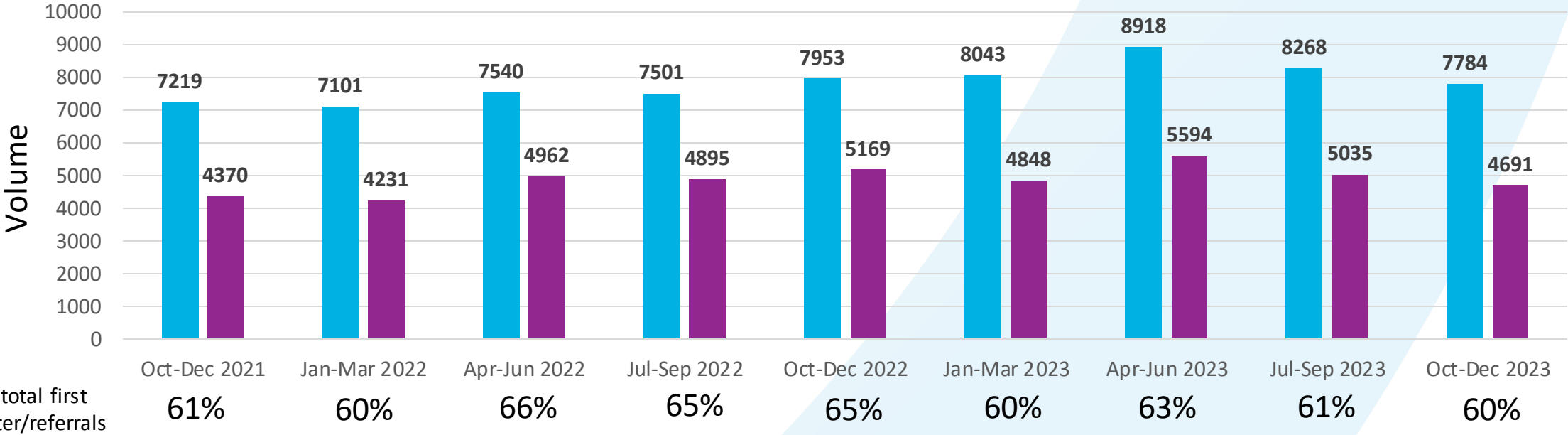
CR programs submitting the following data for FY 2022-23/2023/24

	FY 2022/23				FY 2023/24		
	Q1 Apr-Jun	Q2 Jul-Sep	Q3 Oct-Dec	Q4 Jan-Mar	Q1 Apr-Jun	Q2 Jul-Sep	Q3 Oct-Dec
Any data	48	48	47	46	47	46	44
Complete data in the quarter for the initial cohort	43	44	44	43	46	45	43
Complete data in the quarter for the cardiac subgroups	26	33	38	38	42	41	39

Quarterly Provincial Volumes

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

■ Referrals ■ # First Clinical Meaningful Encounters



Ratio total first encounter/referrals

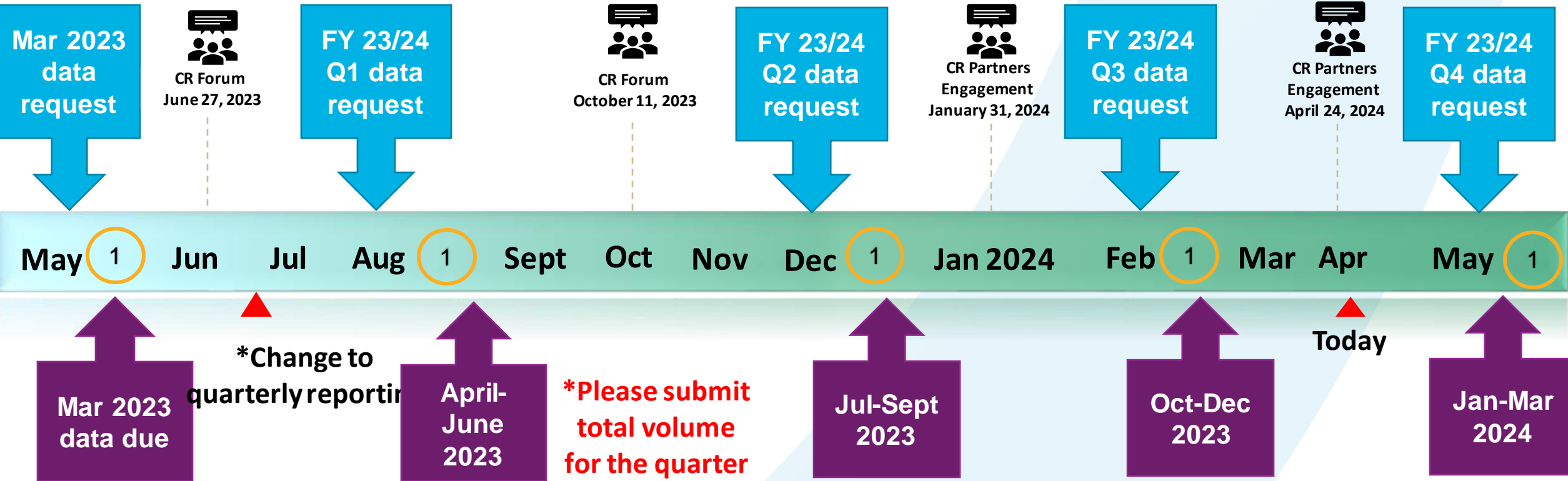
Total referrals: n= 70,327
 Total first clinical meaningful encounter: n= 43,795
 Ratio: total first encounter/total referrals = 62%

Next Steps: Data Collection

1. Data trends seem to be stable
2. Data collection continues Quarterly:
 - May 1, 2024 – data request for total volumes from January-March 2024 (Q4)
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) 1st of May 2024



Data submission to OH-CorHealth (Joy Tabieros) by email due May 31, 2024

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