

# OH-CorHealth Cardiovascular Rehabilitation Stakeholder Forum #5

JUNE 27, 2023 | 3:00 – 4:00 PM



**Ontario Health**  
CorHealth Ontario

A scenic view of a lake with a blue sky, green trees, and a small boat in the distance. The water is calm, reflecting the sky and the surrounding greenery. In the foreground, there are several white buoys floating in the water. The sky is a deep blue with some light clouds. The trees on the far shore are lush and green.

# Welcome to the Cardiovascular Rehabilitation Forum #5

While waiting for the meeting to start, we welcome you to share in the chat box.....

What are your summer plans?

# Agenda

Time	Description	Purpose	Presenter
3:00 pm	<b>Welcome</b> <ul style="list-style-type: none"><li>Land Acknowledgement and Meeting Objectives</li></ul>	Information	Dr. Karen Harkness Erin McPherson
3:05 pm	<b>Provincial CR Measurement &amp; Reporting Initiative</b> <ul style="list-style-type: none"><li>Updated CR Measurement Results</li></ul>	Information and Discussion	Dr. Karen Harkness Dr. Paul Oh
3:25 pm	<b>Guest Presentation</b> Southlake Regional Health Centre CV Prevention & Rehabilitation Program	Information	David Kiernan Dr. Juda Hobot
3:45 pm	<b>Open Forum Discussion</b> <ul style="list-style-type: none"><li>Pulse Check: What is the current experience of delivery CR in Ontario?</li></ul>	Discussion	Dr. Paul Oh
3:55 pm	<b>Next Steps</b>	Information	Dr. Karen Harkness



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



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# Land Acknowledgement

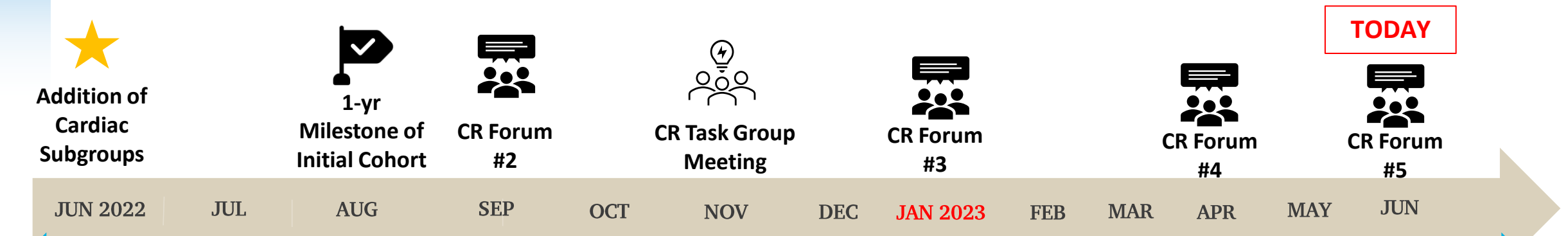
Erin McPherson, BSN, MSN



# Meeting Objectives

- To review updated CR data collection results to date
- To continue the dialogue and activity supporting a progressive approach to measure, monitor, and report on the status of outpatient Cardiovascular Rehabilitation in Ontario in the context of Survey findings
- To share experiences and facilitate dialogue on the current activities and models of delivery for cardiovascular rehabilitation (including virtual, in-person and hybrid)

# Update: Project Timeline



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

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

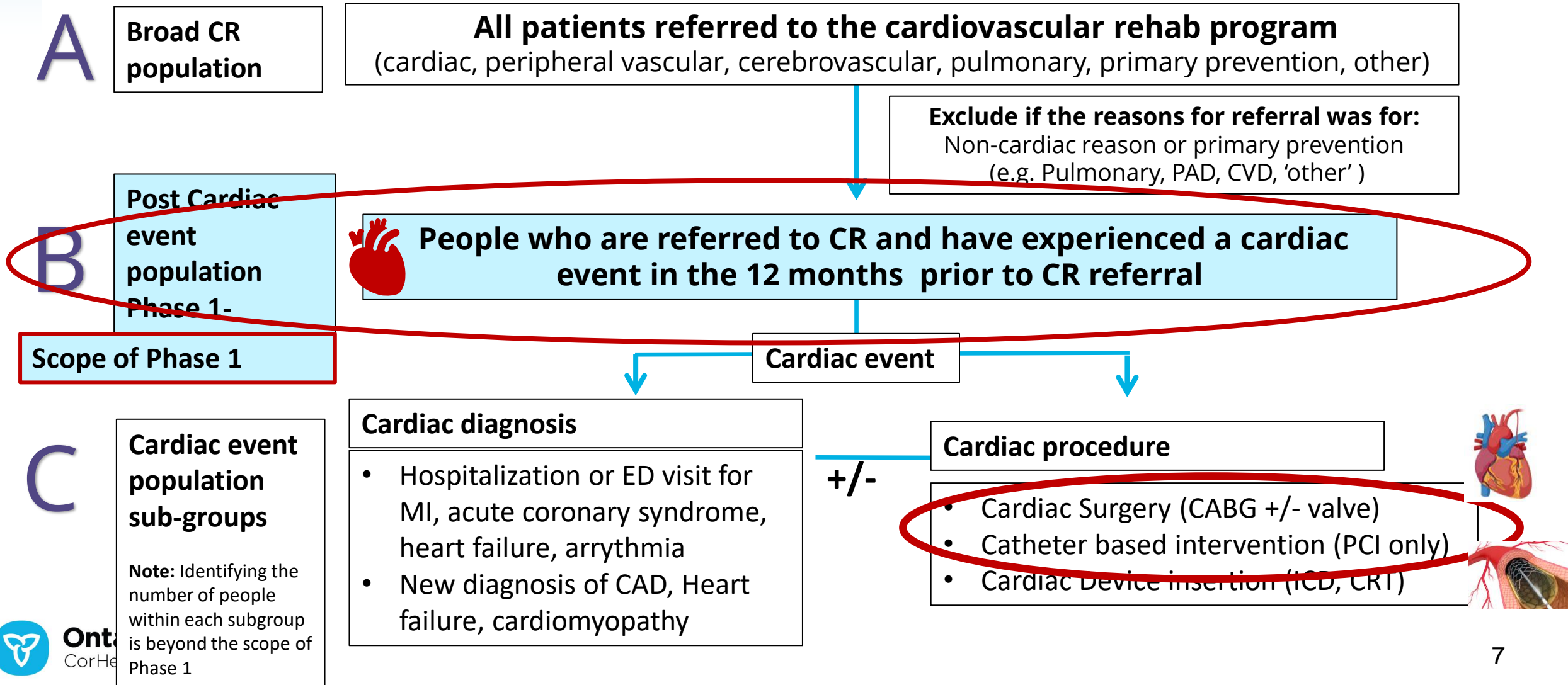
Request for quarterly data submission occurs on 1<sup>st</sup> Monday of August, December 2023.  
(60-day time lag to allow sites to finalize volumes prior to submission)

## 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 (1<sup>st</sup> Quarter of 2023-2024)

**Recall: "Initial Cohort":** People referred to CR following a cardiac event

**Subgroups within initial cohort:** People referred to CR following CABG +/- valve surgery or following PCI procedure



# Progress update



# CR programs submitting the following data for FY 2022/23

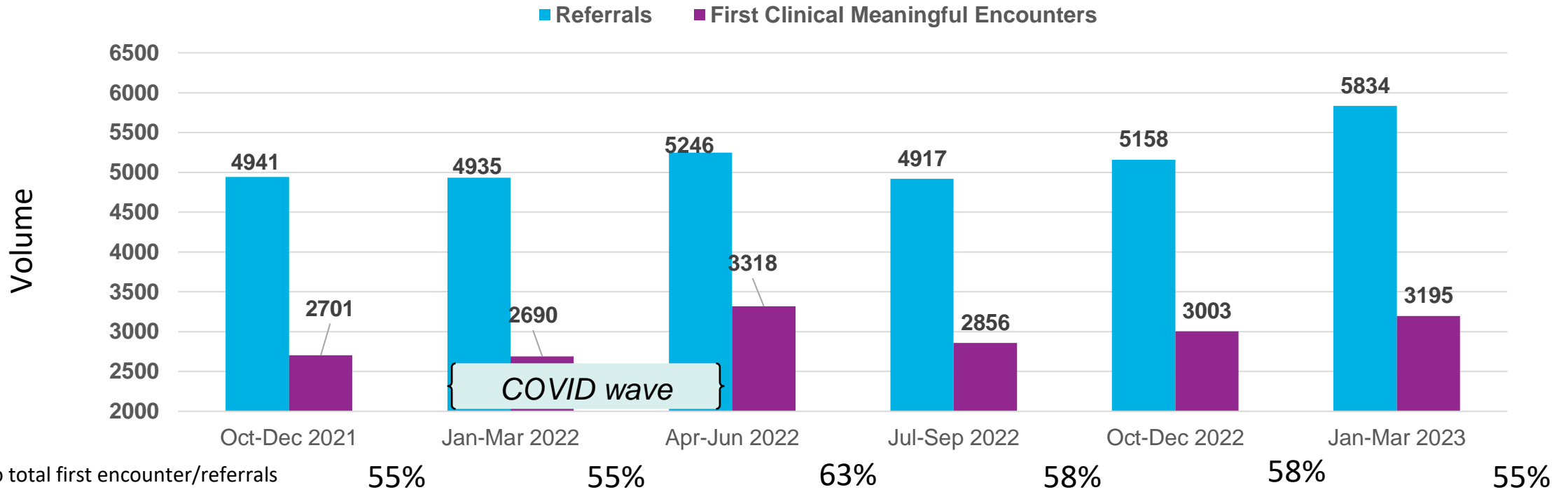
## FY 2022/23

	Q1 Apr-Jun	Q2 Jul-Sept	Q3 Oct-Dec	Q4 Jan-Mar
Any data	48	48	47	46
Complete data in the quarter for the initial cohort	43	44	44	42
Complete data in the quarter for the cardiac subgroups	26	33	38	37



# Quarterly Provincial Volumes

Number of Referrals and Clinically Meaningful Encounters  
 CR Programs Submitting Aggregate Data for Initial Cohort  
 for the *entire period* between Oct 2021 – Mar 2023  
 n=39 programs (49 sites)



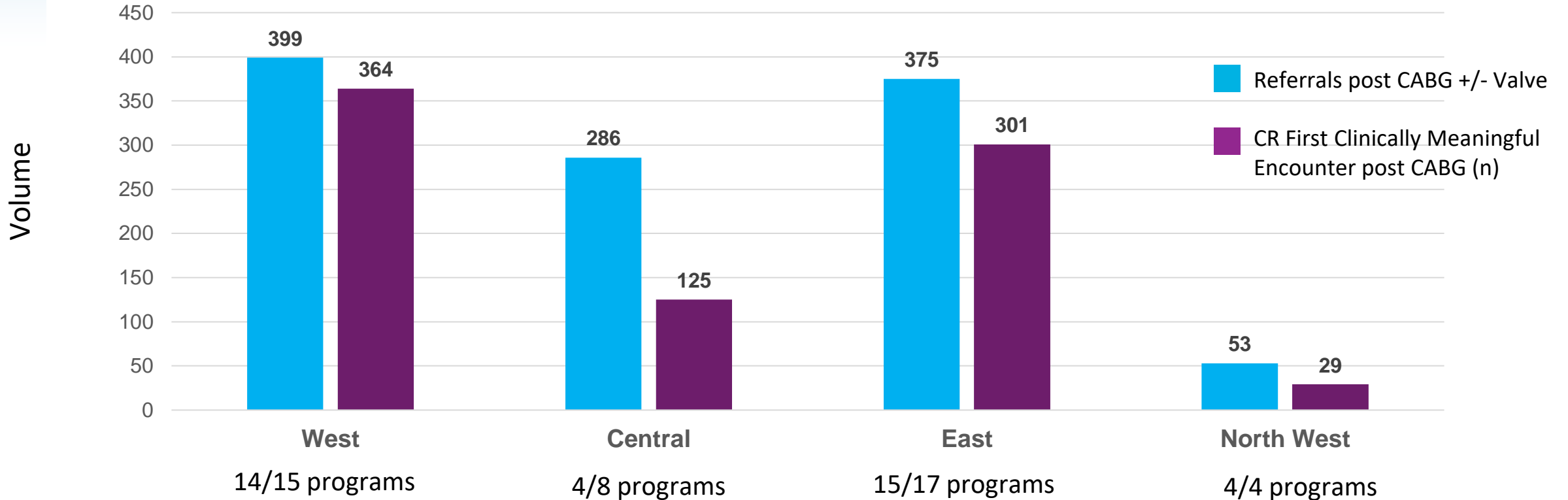
Total referrals: n= 31,031

Total first clinical meaningful encounter: n= 17,763

Ratio: total first encounter/total referrals = 57%

# CABG +/- Valve Subgroup

Referrals and CR Program First Clinically Meaningful Encounters post CABG +/- Valve  
January - March 2023



Total referrals/first clinically meaningful encounters:  $819/1113 * 100 = 73.5\%$

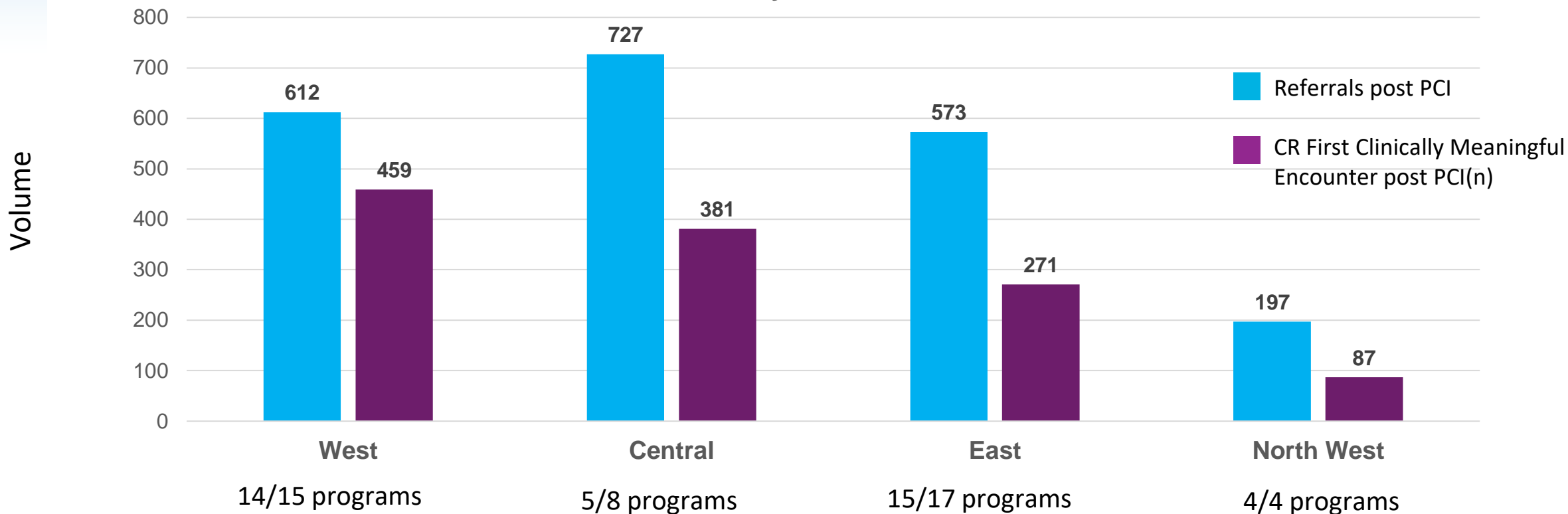
Note- data are suppressed for Toronto Region (2 programs) and NE LHIN (3 programs) due to low cell counts of submitted CR volumes

Note- # patients with CABG +/- Valve surgery attributed to each region are based on data from the CorHealth Cardiac Registry according to hierarchy of CABG/PCI for this project



# PCI Subgroup

Referrals and CR Program First Clinically Meaningful Encounters post PCI  
January - March 2023



Total referrals/first clinically meaningful encounters:  $1198/2109 * 100 = 57\%$

Note- data are suppressed for Toronto Region and NE LHIN due to low cell counts of submitted CR volumes

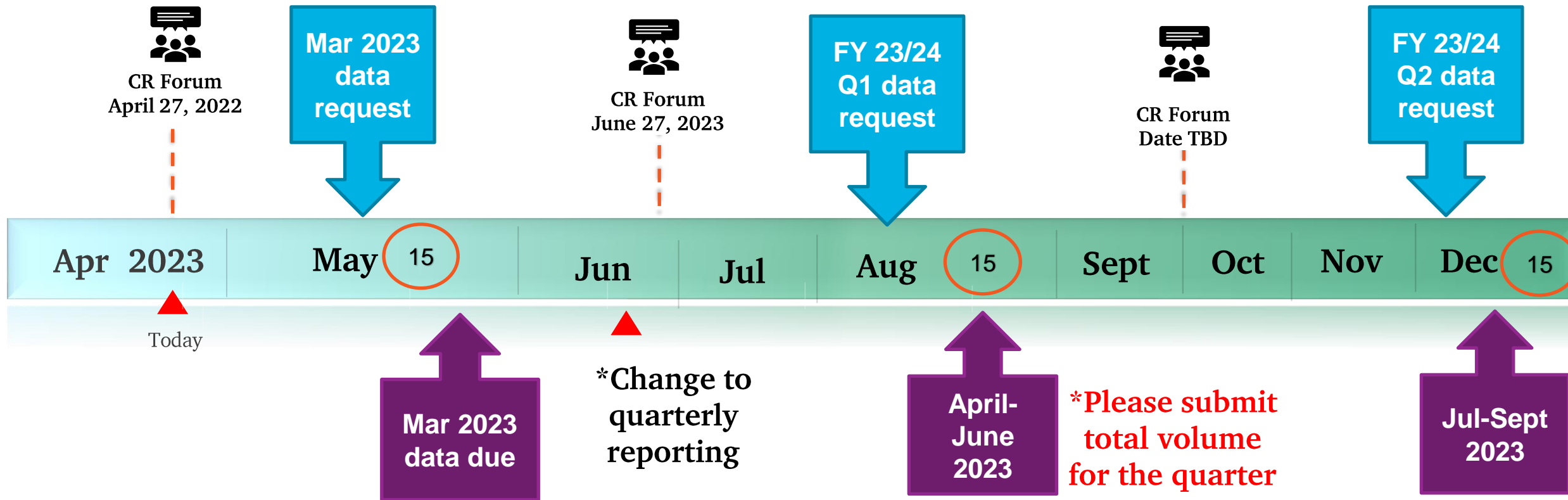
# Next steps

1. No change in data points
2. Data collection frequency to change based on survey findings:
  - August 2023- first data request for total volumes from April-June 2023
3. OH-CorHealth to continue exploring how to best leverage these data to support system capacity planning.

Note: The value of subgroup data for the number of referrals and first clinically meaningful encounters is extremely helpful for this work as we have timely access to our registry data to quantify demand of eligible patients for CR.

# Data Collection: Next Steps Timeline

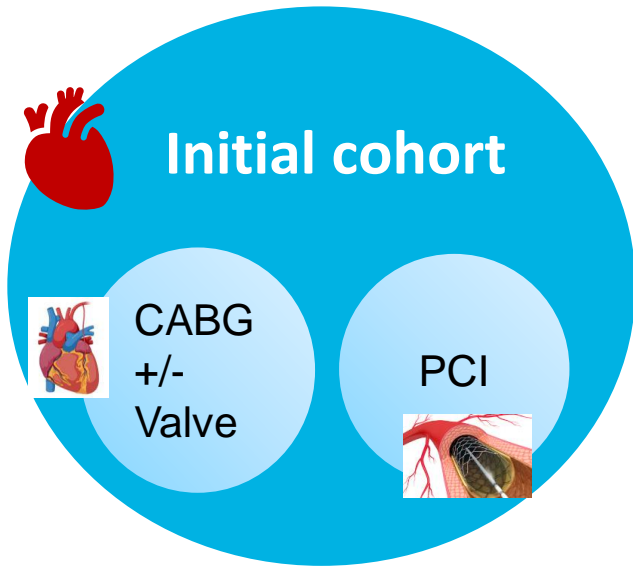
Data collection request via email from OH-CorHealth (Joy Tabieros) first Monday May, August, December 2023



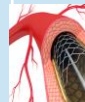


Data submission to OH-CorHealth (Joy Tabieros) by email due 15<sup>th</sup> of May, August, December

# Data collection flowsheet

The following data points for the initial cohort and 2 subgroups will be collected **quarterly starting August 2023** for CR Program volumes generated for FY 2023/24



Quarter – total for 3 months					
 Initial Cohort		 CABG +/- Valve subgroup		 PCI subgroup	
Referrals	First meaningful encounter	Referrals	First meaningful encounter	Referrals	First meaningful encounter



# Guest Presentation

Southlake Regional Health Centre

Cardiovascular Prevention & Rehabilitation Program



# Southlake's Cardiovascular Prevention & Rehabilitation Program

Melissa McBurney (RN), Manager

Dr Juda Habet (Cardiologist), Medical Director

David Kiernan (RKin), Professional Resource

CARDIOVASCULAR PREVENTION &  
REHABILITATION PROGRAM





# What populations do we serve beyond PCI and CABG?

- Prehab
- A-fib/post-ablation
- Sx valves
- TAVI
- Mitraclip
- PPM
- Microvascular
- TIA/CVA
- PAD/PVD
- CHF
- Primary prevention

# **Auto-referrals – “cast the nets wide”**

**Anyone who comes in contact with a cardiologist and/or the cardiology program will trigger a referral.**

**Triaging and group intro class helps determine appropriateness**

# CPET Stress Testing

To determine safety as well as exercise prescription parameters



# New Innovations

- TAVI Registry
- Lung Transplant prehab pt (more to come?)
- Expansion of prehab
- Smoking cessation-trained staff
- Getting messaging to in-pts thru videos
- Sharing of information with HF Clinic pts
- Mindfulness-Based Stress Reduction pt tracking
- See below as well...

# What changes were made due to Covid?

- More robust homebased and alumni due to videos
- Re-configured class times to better suit pt needs – ie 5pm class



# Open Forum Discussion

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

Dr. Paul Oh

# Pulse check

We would like to hear from you!

# 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 in response the pandemic that you feel have improved the delivery of CR in your program?
2. What can OH-CorHealth do to help support your program at this time?



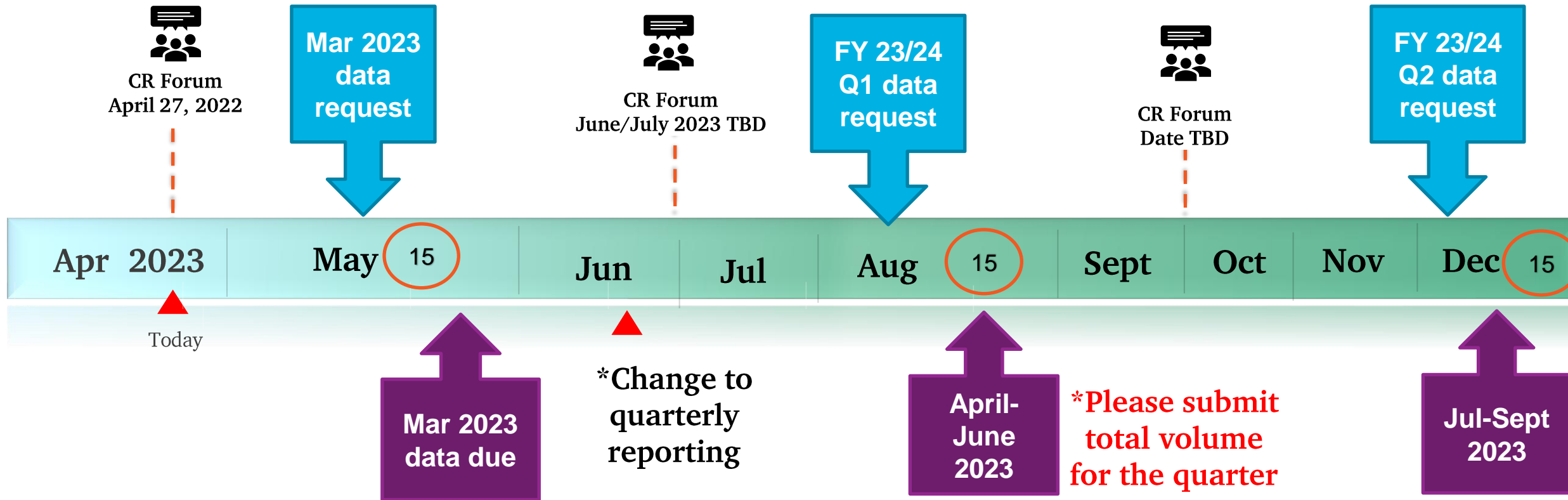


# Next Steps

Dr. Karen Harkness

# Data Collection: Timeline

Data collection request via email from OH-CorHealth (Joy Tabieros) first Monday May, August, December 2023



Data submission to OH-CorHealth (Joy Tabieros) by email due 15<sup>th</sup> of May, August, December

# Next Steps

A copy of the Forum notes, 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 Forum- September/October 2023- Date TBD

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

Please contact Karen, Joy or Erin





# Appendix: Supplemental information

# Recall: Project Goals and Objectives

1. An initial goal of this work will be to gain a better understanding of the impact of COVID-19 on the delivery of Cardiovascular Rehabilitation (CR) services for Ontario patients with cardiac conditions (Phase 1)

## Phase 1 Objectives:

- Consistently collect a small amount of aggregate data from a clearly defined group of CR providers across Ontario & regularly report data back to stakeholders
- Test the readiness of the CR System to provide consistent, reliable data / better understand the availability and accessibility of data at CR provider sites

2. A potential long-term goal of this work will be to have consistent/ reliable CR data collection in Ontario to support broader system planning, monitoring and performance measurement for cardiac and vascular patients (Phase 2)

- Ability to pursue / achieve this goal will be dependent on success of the initial objectives stated above



# Purpose of Proposed Refinement of the CR Dataset

Continue to mature and refine the current data set to:

- Identify of regional variation and begin to explore drivers of variation in referral and uptake of CR, including barriers, enablers and opportunities to increase CR participation in Ontario
- Enable meaningful data-driven local and regional conversations about access and uptake of CR
- Support broader system planning, monitoring and performance measurement for cardiovascular rehabilitation



# Refinement within Data Collection

**Refinement:** Explore cardiac subgroup(s) within initial cohort where a clear denominator can be captured from the Cardiac registry and programs can easily identify this subgroup for values that will represent the numerator

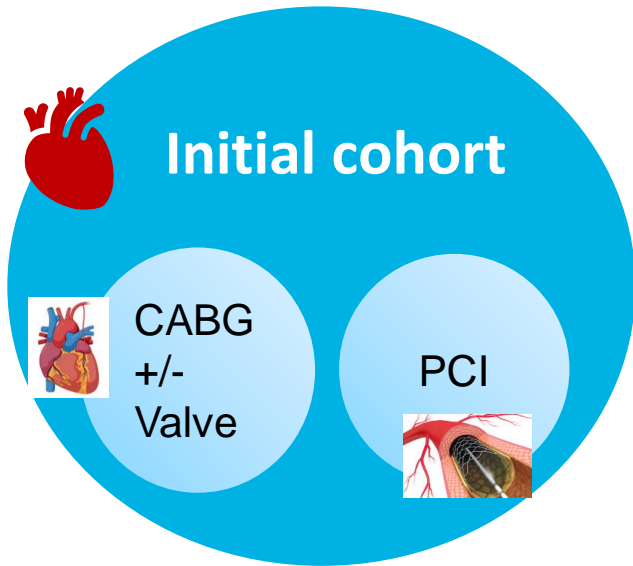
**Rationale:** Provides additional meaning to interpret findings by understanding local supply *and demand*



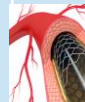
**Outcome of discussion:** Within the initial cohort of patients referred following a cardiac event, identify the following 2 cardiac subgroups:

- Post CABG +/- Valve surgery: easily identified
- Post PCI: represents a large proportion of patients referred to a CR program

# Data collection flowsheet

The following data points for the initial cohort and 2 subgroups will be collected monthly for CR Program volumes generated for FY 2022/23



Month					
 Initial Cohort		 CABG +/- Valve subgroup		 PCI subgroup	
Referrals	First meaningful encounter	Referrals	First meaningful encounter	Referrals	First meaningful encounter