

# CorHealth COVID-19 Cardiovascular Rehabilitation Stakeholder Forum #12

JANUARY 19, 2022

4:00-5:00 PM EST



**Ontario Health**  
CorHealth Ontario

# Agenda

Time	Description	Purpose	Lead
4:00 pm	<b>Welcome</b> CorHealth/System Updates Meeting Objectives	Information	Cathy Cattaruzza
4:05 pm	<b>Provincial CR Measurement &amp; Reporting Initiative</b>	Information and Discussion	Dr. Karen Harkness Dr. Paul Oh
4:35 pm	<b>Open Forum Discussion</b> Pulse check: What is the current experience of delivery CR in Ontario?	Discussion	Dr. Paul Oh
4:55 pm	<b>Next Steps</b>	Information	Dr. Karen Harkness



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



**Ontario Health**  
CorHealth Ontario



# Welcome

Cathy Cattaruzza, VP, Ontario Health - CorHealth

# CorHealth Transfer Updates

- CorHealth has worked with Ontario Health (OH) and the Ministry of Health (MOH) to support the seamless transfer into OH
  - Date of transfer was Dec 1, 2021
  - The CorHealth corporation, including its Board of Directors, chaired by Dr. Kevin Smith, dissolved on Transfer Day (Dec 1, 2021)
  - There will be no disruption to the provincial cardiac, stroke, and vascular initiatives CorHealth is leading
  - Provincial initiatives continue with no disruption and CorHealth is integrating with existing OH teams on many of these initiatives

# Issuance of Directive #2

- CorHealth continues to work with stakeholders to support the system through the most recent COVID-19 pressures
- On January 4<sup>th</sup>, 2022, the Chief Medical Officer of Health issued Directive #2:
  - All non-emergent or non-urgent surgeries and procedures should be ceased. Emergent and urgent surgeries should continue, in an effort to reduce and prevent patient morbidity and mortality
  - All non-emergent or non-urgent diagnostic imaging and ambulatory clinical activity should be ceased, unless directly related to the provision of emergent or urgent surgeries and procedures or to pain management services
- To be discussed in Open Forum section



# Meeting Objectives

- To review the findings of the 3 months data collection period from the CR Provincial Measurement and Reporting Initiative
- To continue the dialogue and activity supporting a progressive approach to measure, monitor, and report on the status of outpatient Cardiovascular Rehabilitation in Ontario
- To share experiences and facilitate dialogue on the current activities and models of delivery for cardiovascular rehabilitation (including virtual, in-person and hybrid)

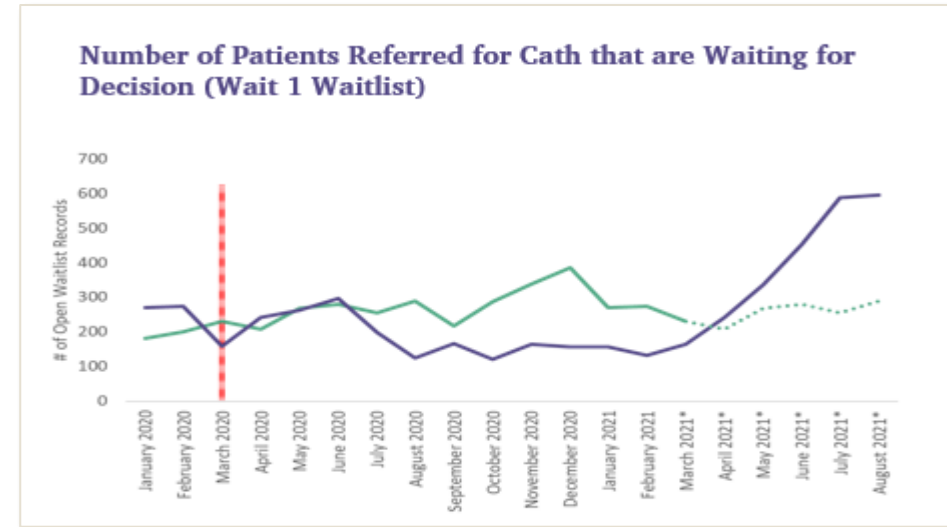
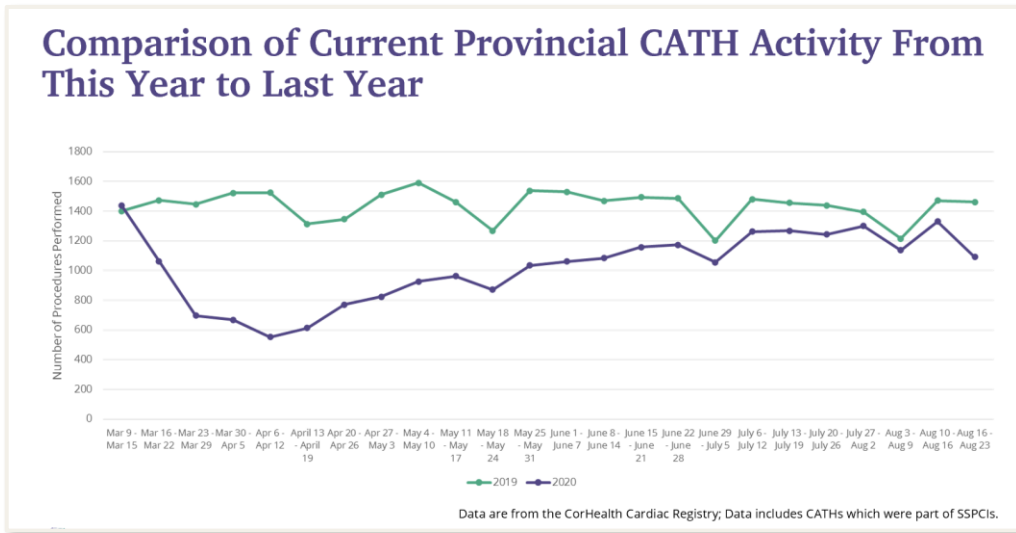


# Provincial Cardiovascular Rehabilitation Measurement and Reporting Initiative: Recap

Dr. Karen Harkness

# Recall: Background/Purpose

- COVID-19 has further highlighted existing data gaps in cardiovascular rehabilitation (CR)
- Consistent/reliable data to show the impact of COVID-19 on CR is not currently available as compared to the measurement, reporting and monitoring of the impact of COVID-19 on cardiac procedures/surgeries



## Purpose of the Provincial CR Measurement & Reporting Initiative

Explore the opportunity of developing an incremental approach to sustainable regular data collection for Cardiac Rehabilitation (CR) in Ontario to support planning, system monitoring and performance measurement.





# 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

# Phase 1. Initial Focus Population Cohort

## “ Initial Cohort”

While the benefits of CR extend beyond the traditional cardiac population, as first step in a multi-step approach, we are focusing initially on collecting metrics for the following population on interest:



**People who are referred to CR and have experienced a cardiac event in the 12 months prior to CR referral.**

### Hospitalization for:

- Acute coronary syndrome (e.g., MI, UA); or
- Heart failure or cardiomyopathy; or
- Cardiac arrhythmia (atrial or ventricular)

### Post cardiac procedure/surgery such as:

- Coronary artery bypass surgery
- Percutaneous coronary intervention (for any indication)
- Open heart surgery or percutaneous intervention for repair/replacement of any heart valves
- Ablation for atrial or ventricular arrhythmia
- Insertion of an implantable cardioverter defibrillator (ICD), cardiac resynchronization device (CRT-defibrillator; CRT-pacemaker)
- Insertion of durable ventricular assist device
- Cardiac transplant



# Phase 1: Key Metrics

Data Point	Key Metric
1. Cardiovascular Rehabilitation Program Demand	Number of referrals for patients <b>eligible for the CR program after initial screening</b>
2. Cardiovascular Rehabilitation Program Supply	Number of patients who received their <b>first meaningful clinical encounter</b> with the CR program

# Recall: Purpose of Data Collection

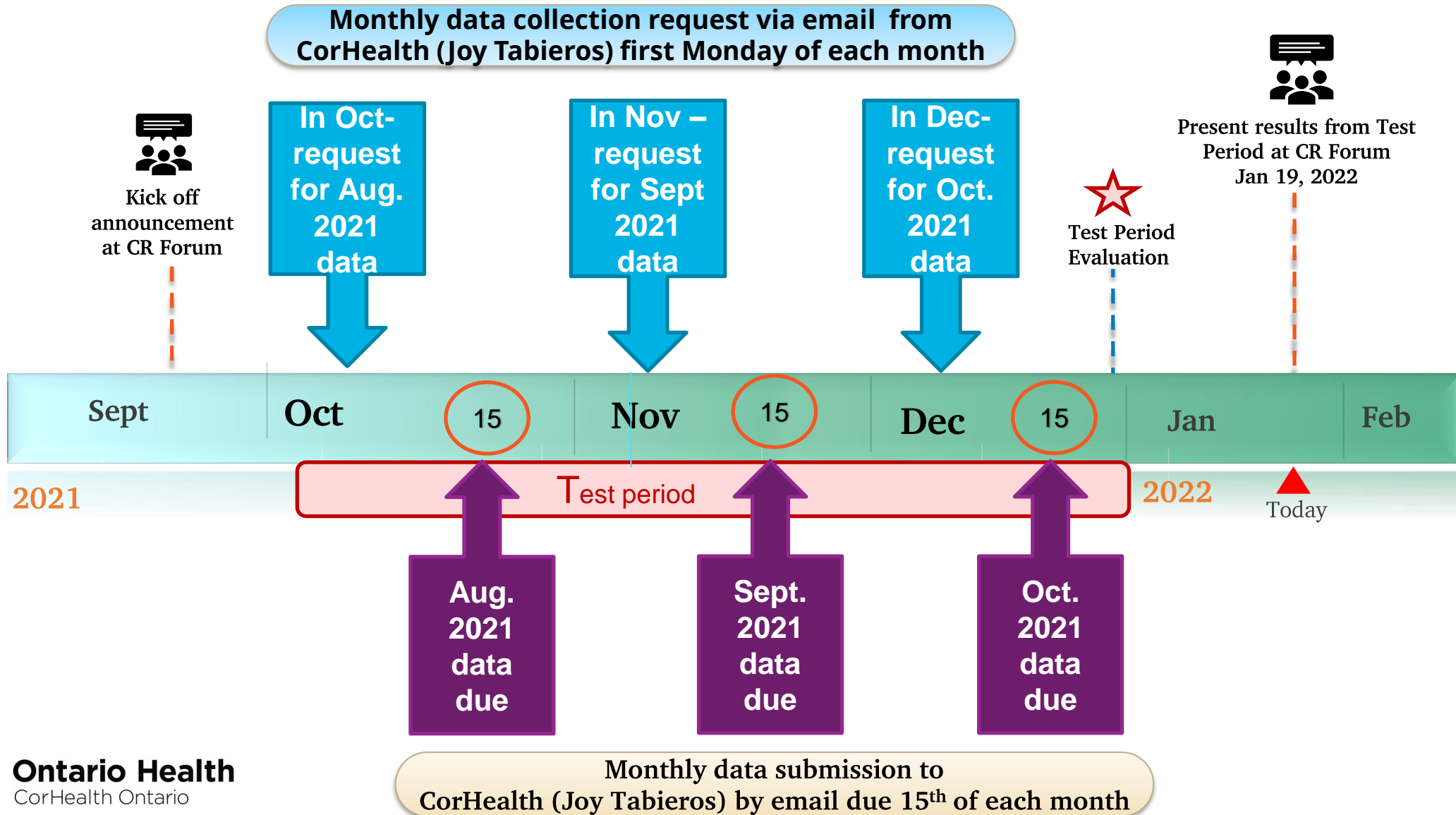
Time: October-December 2021 (inclusive)

Purpose:

- Recruit and establish bidirectional efficient communication channels to support programs and monthly data submission
- Identify any refinement or changes needed to data definitions, tools or processes to enable valid and reliable data that is collected and shared efficiently from CR programs to CorHealth
- Test the willingness and feasibility of programs to submit monthly data for 3 months
- Gather data that can be analyzed and shared with CR programs to test/socialize information and formatting of a planned “provincial report”



# Initial Data Collection Overview

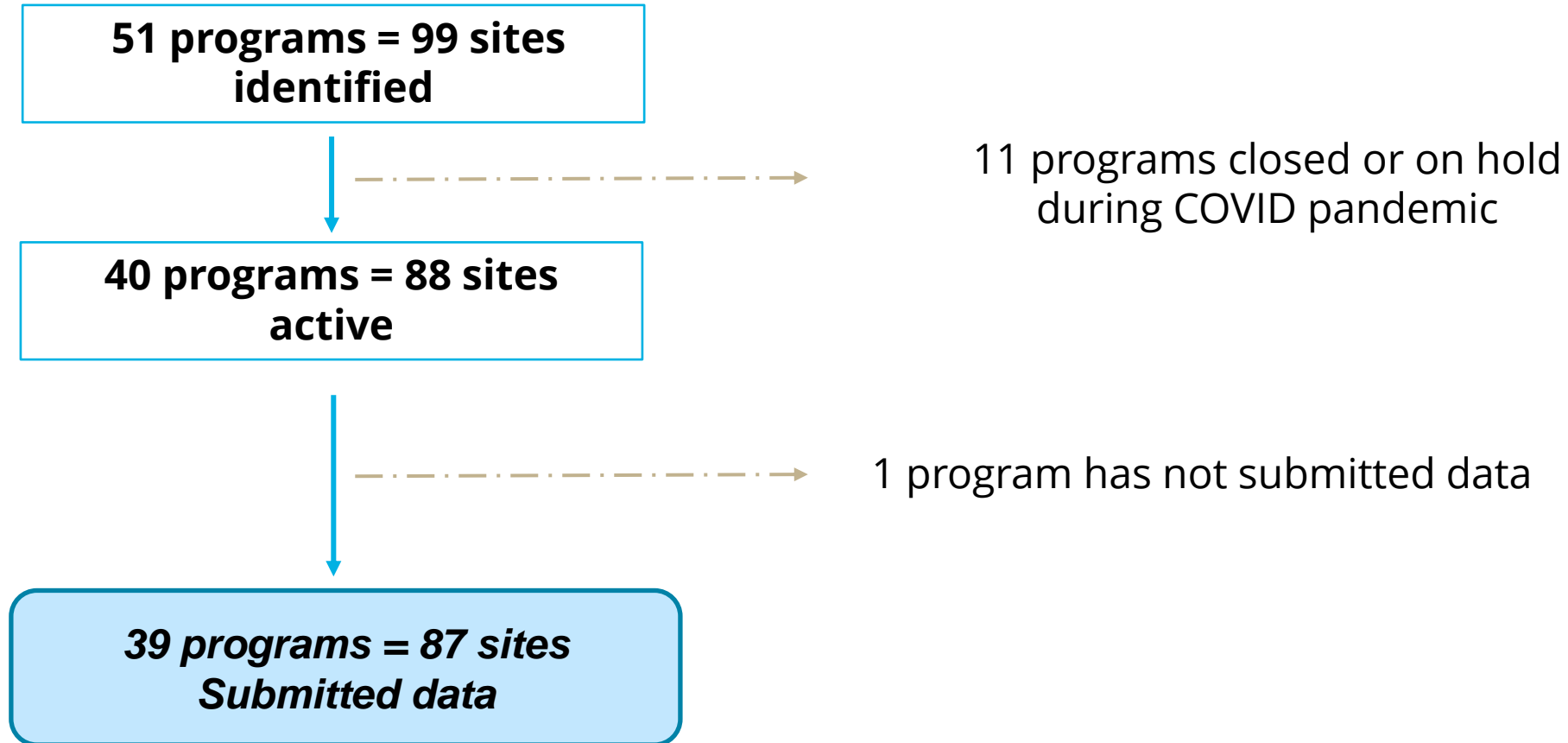




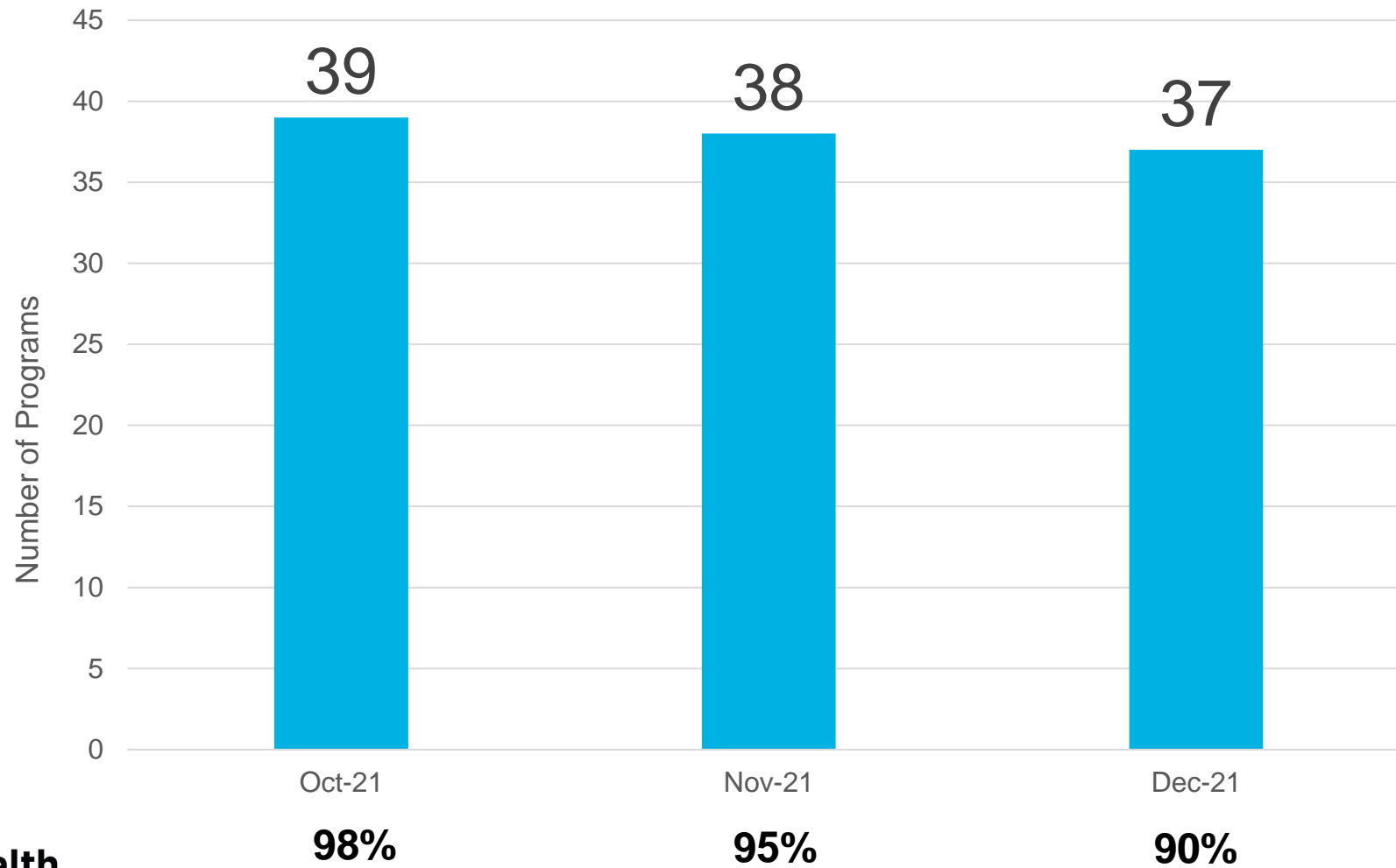
# Results from Initial Data Collection Period

Dr. Karen Harkness & Dr. Paul Oh

# Overall Program/Site Participation



# Overall Program Participation



Total # of active CR programs = 40



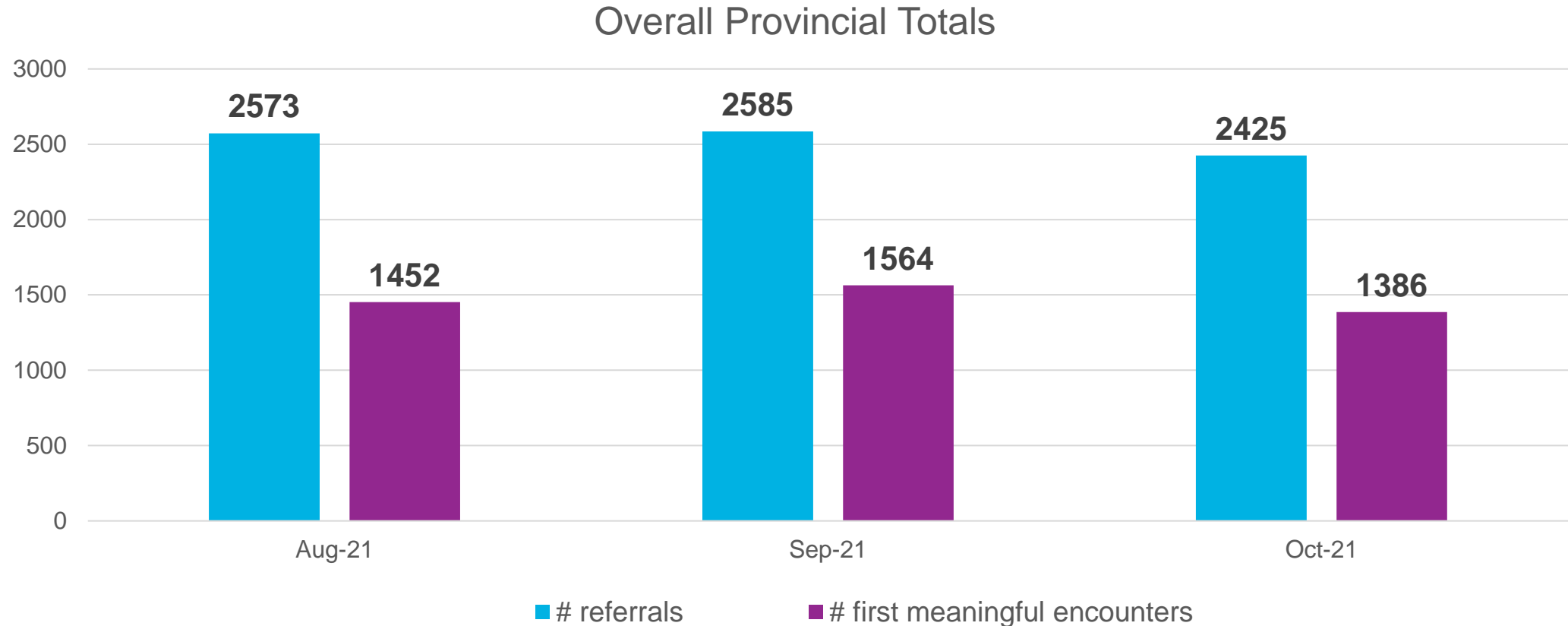
# Description of Participating Programs

	Program (number of sites)
<b>Solo program</b>	n=30
<b>Multi-site program (# sites)</b>	<ul style="list-style-type: none"><li>• Hotel Dieu Grace Healthcare Cardiac Wellness (n=2 )</li><li>• William Osler Health System (n=2 )</li><li>• Carefirst Ontario (n=2 )</li><li>• Halton Healthcare (n=2 )</li><li>• Royal Victoria Hospital (n=2 sites + 2 FHT partners)</li><li>• Central East Cardiac Rehab (n=13)</li></ul>
<b>Regional program with local CR partners</b>	<ul style="list-style-type: none"><li>• UOHI + partners (n= 14)</li><li>• TBRHC+ partners (n=10)</li><li>• Health Sciences North + partners (n=7)</li></ul>

**39 programs = 87 sites submitting data**



# Results: Overall Provincial Totals



Total referrals: n= 7583

Total first clinical meaningful encounter: n= 4402

Ratio: total first encounter/total referrals 58%

August 2021: n=39 programs

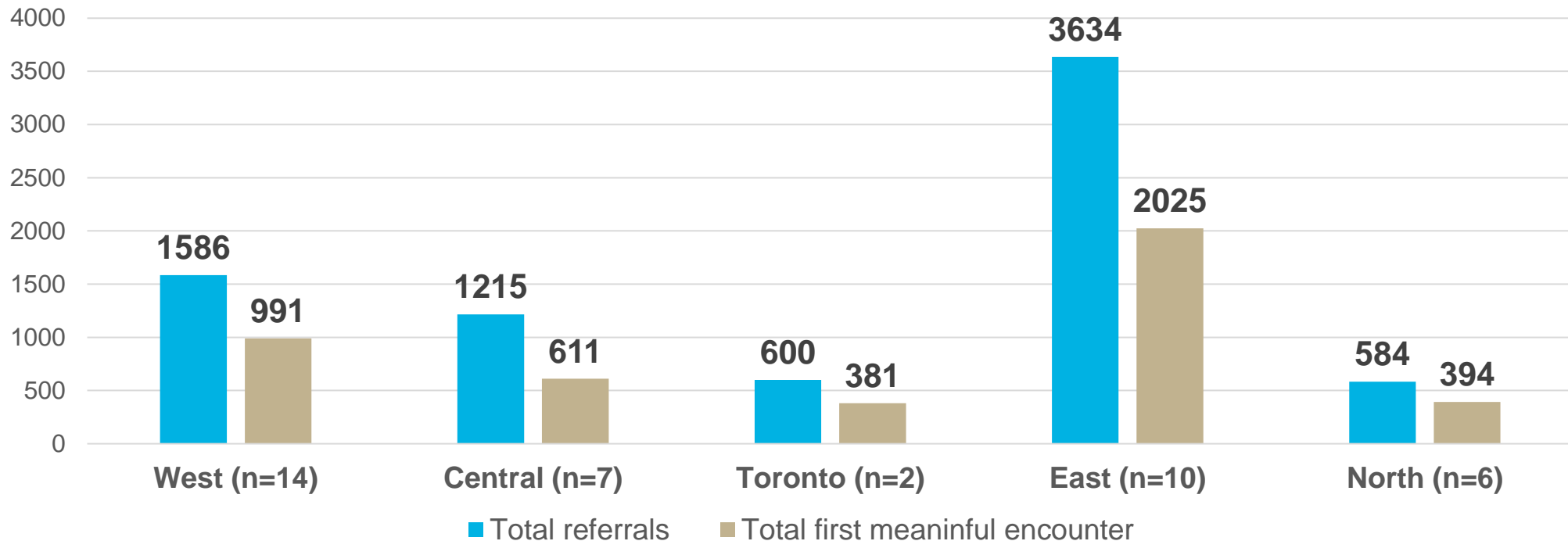
Sept 2021: n=38 programs

Oct 2021: n=37 programs



# Results: Regional Totals

Total number of referrals and first clinical meaningful encounters per Region (August –Oct 2021)



Total referrals: n= 7583

Total first clinical meaningful encounter: n= 4402

Ratio: total first encounter/total referrals 58%

For a monthly summary for each OH Region and participating sites, please see Appendix A.




# Distribution of CR program size



Monthly average of first clinical meaningful encounters	Number of programs	Total number of first clinically meaningful encounters (% provincial total)
< 10	16	180 (4%)
11-25	8	324 (7%)
26-50	7	895 (20%)
51-100	5	1021 (23%)
>100	3	1982 (45%)
Total	39	4402 (100%)

Data represents volumes from August-October 2021

# Summary of Findings

Purpose of Test Period	Outcome
Recruit and establish bidirectional efficient communication channels to support programs and monthly data submission	
Identify any refinement or changes needed to data definitions, tools or processes to enable valid and reliable data that is collected and shared efficiently from CR programs to CorHealth	
Test the willingness and feasibility of programs to submit monthly data for 3 months	
Gather data that can be analyzed and shared with CR programs to test/socialize information and formatting of a planned “provincial report”	First sharing at Jan 19 <sup>th</sup> CR Forum

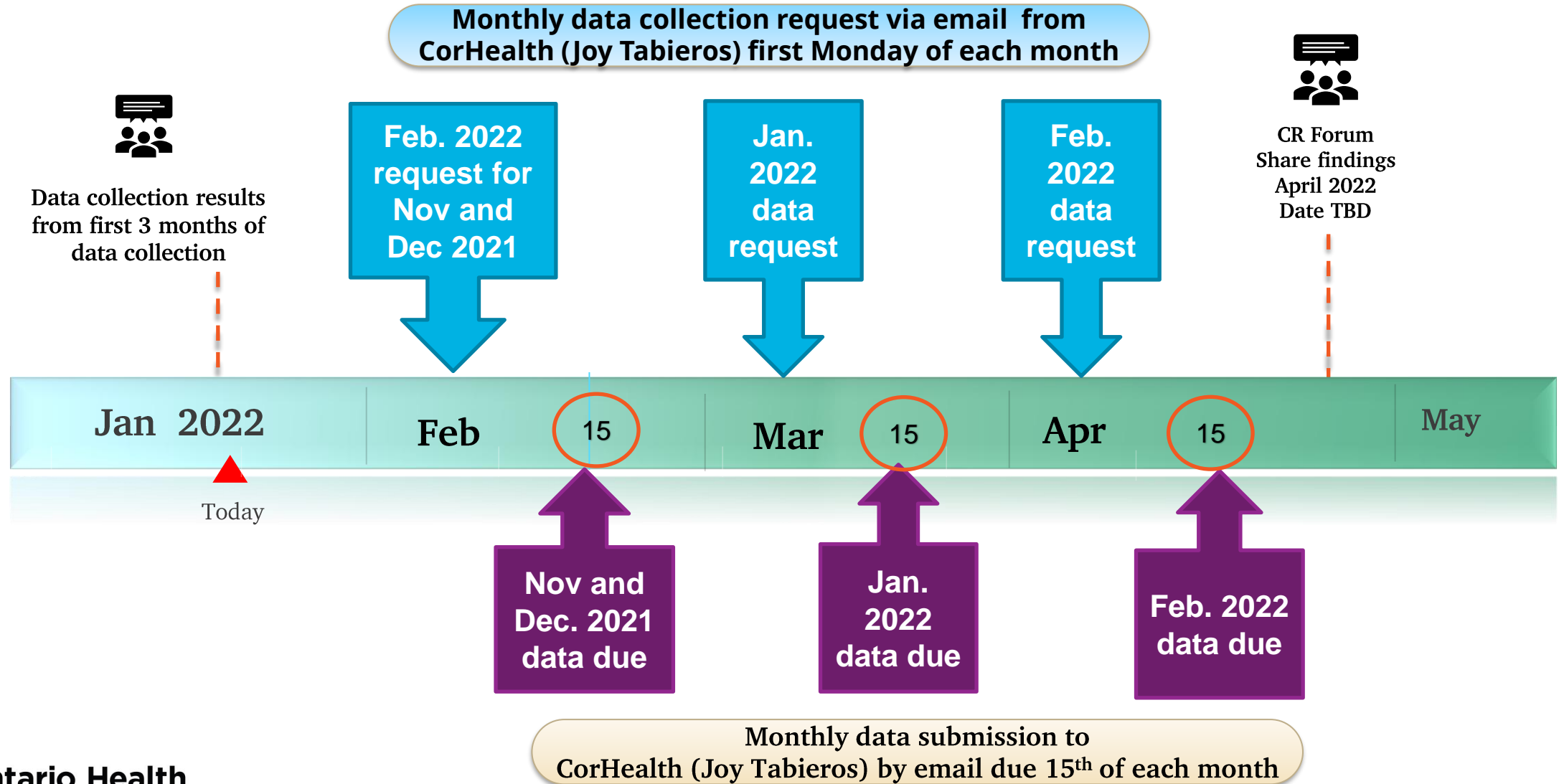
# Discussion

- What worked well during this data collection process?
- Are there any suggestions to improve data submission efficiency?
- What insights or learnings have you gained from seeing these data from a provincial lens?
- What short term additional segmentation/augmentation of these data would be helpful for you?
- Is there support to continue this monthly data collection process for the 2 data points and initial cohort moving forward?

# Next Steps: CR Data Collection

- Continue regular monthly data collection for 2 key metrics and initial cardiac cohort:
  - The contact person from each program submitting data will receive an email from Joy Tabieros with their program-specific data collection form on the first Monday of each month
- Present updated results at the next CR Forum (tentative April 2022; date TBD)

# Data Collection Next Steps







# Open Forum Discussion

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

Dr. Paul Oh

# Open Forum Discussion

- How is your program being affected by the latest COVID wave and/or Directive #2?
  - *All non-emergent or non-urgent surgeries and procedures should be ceased. Emergent and urgent surgeries should continue, in an effort to reduce and prevent patient morbidity and mortality*
  - *All non-emergent or non-urgent diagnostic imaging and ambulatory clinical activity should be ceased, unless directly related to the provision of emergent or urgent surgeries and procedures or to pain management services*
- What is the current experience of delivering CR in Ontario?
- What can CorHealth do to help support you and your program at this time?





# Next Steps

Dr. Karen Harkness

# Next Steps

- Next CR Forum: (tentative April 2022; date TBC)
- Forum title to change moving forward
  - Cardiovascular Rehab Forum (remove the word COVID-19 from the title)

# Web-based Surveys for CR Program Managers

## 1. Frailty screening in CR Programs across Canada

- *February 2022* (Dr. Tracey Colella)
- Purpose: To understand the current frailty screening practices and subsequent management strategies used in CR.

## 2. Cardiovascular Rehabilitation during COVID-19

- *May 2022* (Dr. Paul Oh and Dr. Susan Marzolini)
- Purpose: To describe current program models used during COVID-19 and the barriers and facilitators for each model.

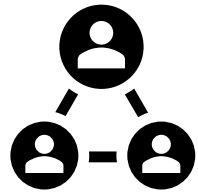
We greatly appreciate the time that program managers have taken to complete past and future surveys

**THANK YOU**

# Other activities



Feelings of the Heart: Addressing Mental Health in Heart Failure Care (joint webinar with HSF and HeartLife) Feb 8<sup>th</sup> – registration details in Appendix B.



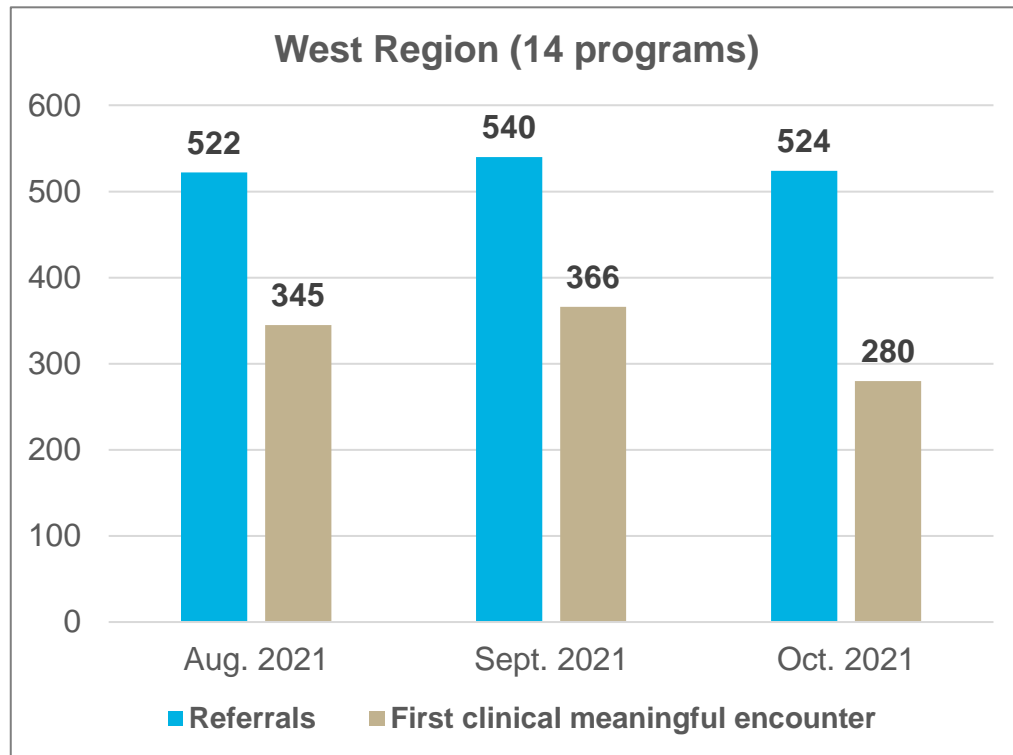
- CorHealth is looking for a few patients or family members of people who have undergone catheter ablation for atrial fibrillation to help inform some work we are doing regarding this procedure. We will reach out by email with some additional information about this request.



# Appendix A.

## OH Region Monthly Volumes and Participating Sites

# Monthly totals- West Region



Total referrals: n= 1586

Total first clinical meaningful encounter: n= 991

Ratio: total first encounter/total referrals 62%

## Programs submitting data

Hotel Dieu Grace Healthcare Cardiac Wellness – Windsor and Leamington sites

North Lambton Community Health Centre (Sarnia)

Chatham-Kent Community Health Centre (Chatham)

St. Joseph's HealthCare Cardiac Rehab & Secondary Prevention (London)

Heathy Hearts Cardiac Rehab, Maitland FHT (Goderich)

Stratford Family Health Team (Stratford)

Grand Bend Area Community Health Centre

Alexandra Hospital Cardiac Rehab, Ingersoll

Hanover and District Hospital Hearts in Motion

Kincardine Family Health Team Hearts in Motion

Owen Sound Cardiac Rehab program (Grey Bruce Health Services)

St Mary's Cardio-Pulmonary Rehabilitation Program

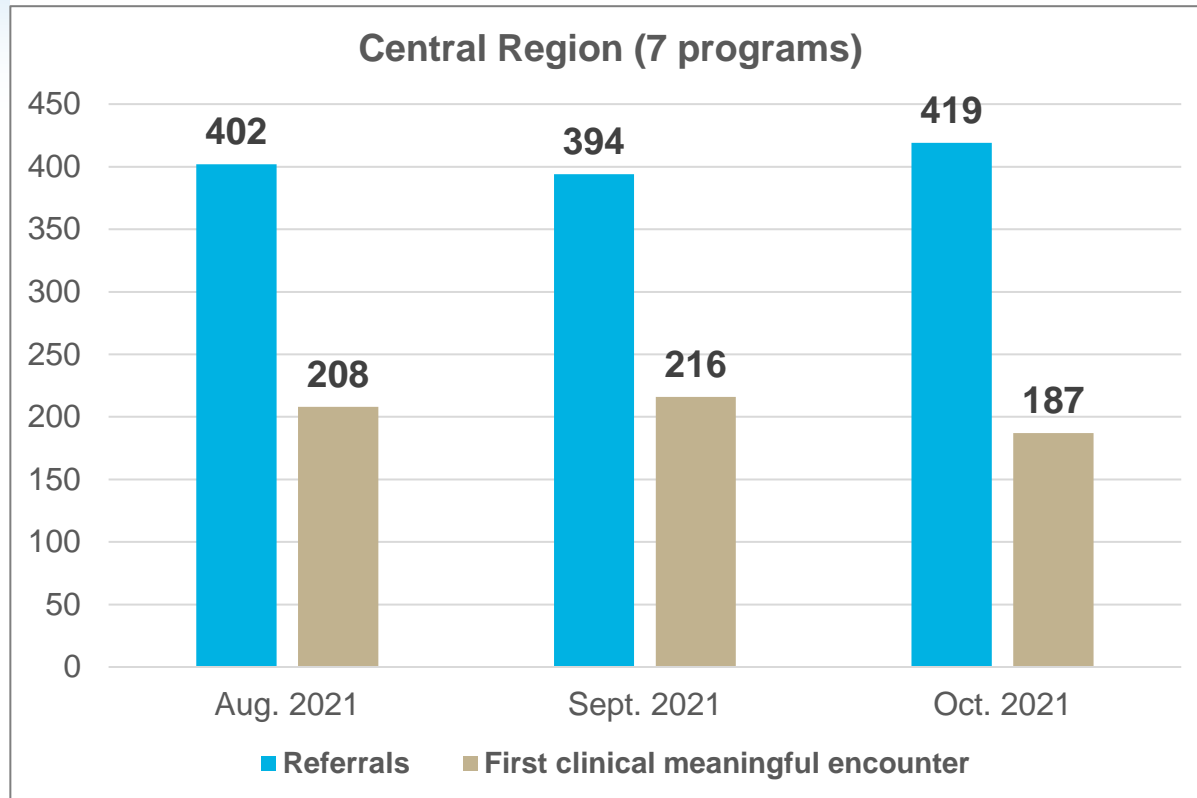
Cambridge Cardiac Care Centre (Cambridge)

Cardiovascular Health & Rehabilitation Program (St. Catharines-Niagara Health System)





# Monthly totals- Central Region



Total referrals: n= 1215

Total first clinical meaningful encounter: n= 611

Ratio: total first encounter/total referrals : 50%

## Programs submitting data

William Osler Health System-CR Program at Peel Memorial Hospital-Brampton and Etobicoke General Hospital

Trillium Health Partners CR Prevention & Rehabilitation Centre

Halton Health Care - Milton and Oakville Sites

Royal Victoria Hospital Cardiac Rehab Program (Barrie and Innisfil sites)

Partner programs- Georgian Bay FHT (Collingwood, Wasaga Beach sites), North Simcoe FHT (Midland)

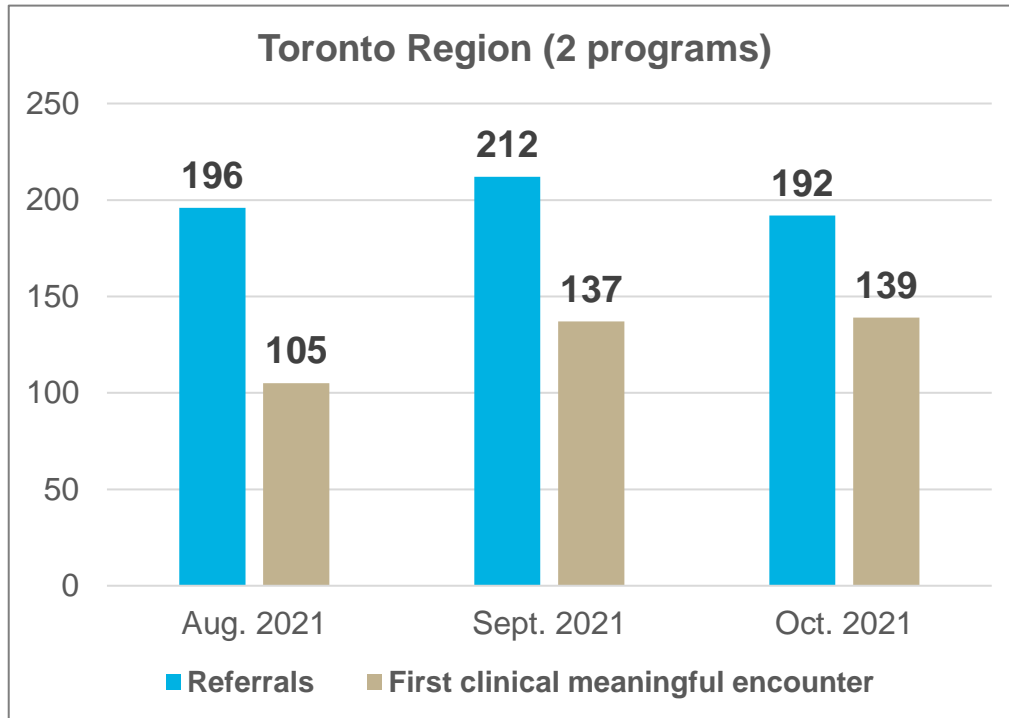
Algonquin FHT- Health Heart Program (Huntsville)

Cottage County Family Health Teams Health Heart Program

Orillia Soldiers Memorial Hospital Cardio Rehab Program



# Monthly totals- Toronto Region



## Programs submitting data

UHN-Cardiovascular Prevention and Rehabilitation Program

Women's Cardiovascular Health Initiative (Toronto)

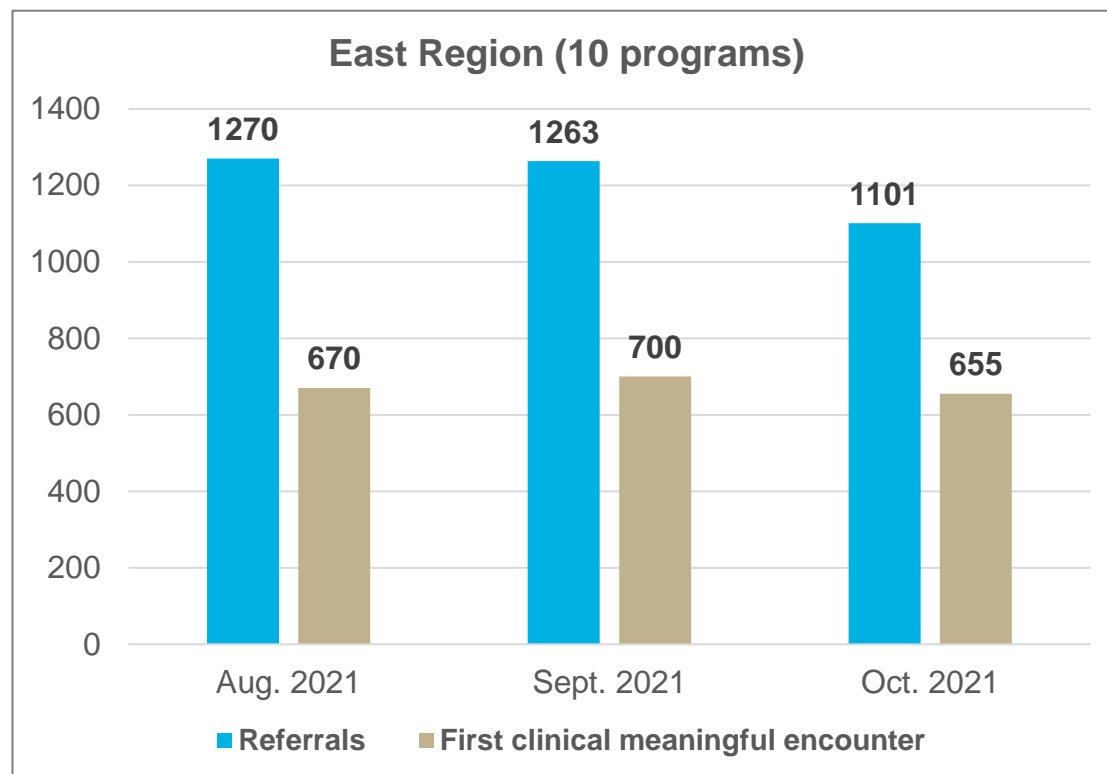
Total referrals: n= 600

Total first clinical meaningful encounter: n= 381

Ratio: total first encounter/total referrals : 64%



# Monthly totals- East Region



Total referrals: n= 3634

Total first clinical meaningful encounter: n= 2025

Ratio: total first encounter/total referrals : 56%



## Programs submitting data

Southlake Regional Health Centre CV Prevention and Rehab Program (Newmarket)

MacKenzie Health CV Rehab Program

Carefirst Ontario - Scarborough and Richmond Hill sites

Central East Cardiac Rehab (13 sites)

Peterborough Regional Health Centre Cardiac Rehab Program

Kingston Health Sciences CR program, Hotel Dieu Site

Prince Edward Ambulatory Cardiac Centre CR (Picton)

Lennox and Addington County General Hosp. Cardiac Rehab (Napanee)

Cornwall Hospital Cardiopulmonary Rehab Program

## UOHI and Partner programs submitting data

Lanark Renfrew Lung Health Program

Hawkesbury & District General Hospital Supervised Program

Alexandria: Hospital Glengarry Memorial

Cardiovascular and Pulmonary Health Services (Montfort)

Arnprior FHT and Arnprior Regional Health

Seaway Valley CHC Tele-Rehab Program (Cornwall)

North Hastings Cardiac Rehabilitation

Winchester Tele-Rehab Program

Barry's Bay St Francis Memorial Hospital (Tele-Rehab)

Pembroke Regional Hospital Cardiac Rehab Program

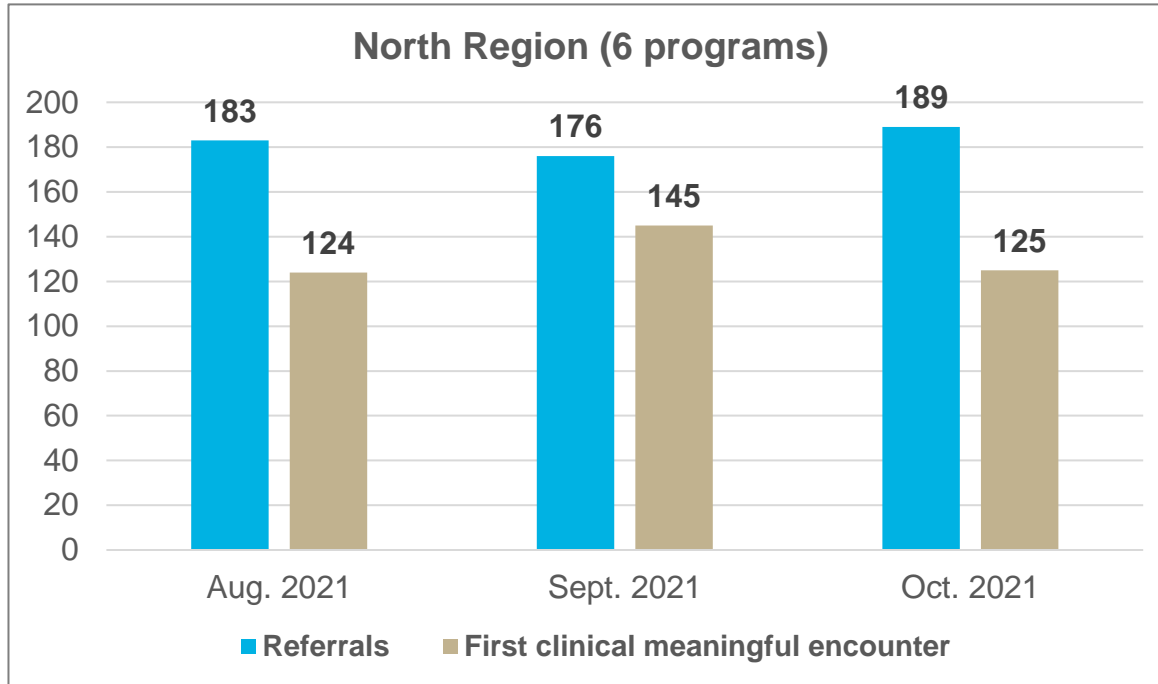
Centre de santé communautaire de l'Estrie (Bourget)

Lanark Renfrew Lung Health Program(Perth)

Brockville Cardiovascular Program

University of Ottawa Heart Institute

# Monthly totals- North Region



Total referrals: n= 548

Total first clinical meaningful encounter: n= 394

Ratio: total first encounter/total referrals: 72%

## Health Sciences North and Partner programs submitting data

HSN- Sudbury	Kirkland and District Hospital Cardiac Rehabilitation and Secondary Prevention Clinic
Manitoulin Health Centre Cardiac Rehab	Temiskaming Hospital Cardiac Rehab
Espanola Regional Hospital and Health Centre Cardiac Rehab Program	Cardiac Rehab Program Group Health Centre Sault Ste Marie
Sturgeon Falls West Nipissing General Hosp. Cardiac Rehab Program	


## Thunder Bay Regional Health Sciences Centre and Partner programs submitting data

TBRHSC (Thunder Bay)	Nipigon District Memorial Hospital CV Rehab
Redlake Margaret Cochenour Memorial Hospital CV Rehab	Geraldton District Hospital CV Rehab
Mary Bergund Health Centre CV Rehab	McCausland Hospital CV Rehab
Atikokan General Hospital CV Rehab	Wilson Memorial General Hospital CV Rehab
La Varendrye General Hospital CV Rehab	Manitouwadge General Hospital CV Rehab

## Other Programs submitting data

West Parry Sound Cardiac Rehab Program	Sioux Lookout Meno Ya Win Health Centre CV Rehab
Dryden Regional Health Centre CV Rehab	Lake of the Woods District Hosp. CV Rehab, Kenora





# **Appendix B.**

## **Heart and Stroke Foundation**

### **Webinar Information**



## Heart Month Joint Webinar 2022

Presented by Heart & Stroke and HeartLife

Webinar for health professionals across the continuum of care, people with lived experience of heart failure, family members and care supporters of persons with lived experience.

**Feelings of the Heart: Addressing Mental Health in Heart Failure Care**  
*Joint Webinar with Heart & Stroke and HeartLife*

### Date

February 8, 2022

### Time

12:00 - 13:00 hr EST

### Presenters

**Jillianne Code, PhD**

*Person with Lived Experience*

*Assistant Professor of Education at the University of British Columbia*

**Pascale Lehoux, PhD**

*Psychologist, Division of Cardiology, Center Universitaire de Montréal (CHUM)*

**Vidya Raj, MB ChB,**

*Psychiatrist, Heart Minds Clinic, Libin Cardiovascular Institute, Calgary*

*Assistant Professor of Psychiatry at the University of Calgary*

### Learning Objectives:

- Describe current landscape and challenges in addressing mental health as part of heart failure care
- Discuss opportunities to normalize and integrate mental health into practice and apply aspects of trauma informed care into the role of a health care professional
- Identify practical actions for both health care professionals and people living with heart failure to address mental health
- Improve health outcomes through practical tips, tools and implementation strategies

### Language

This webinar topic will be presented in both English and French, on separate dates. |

<https://attendeegotowebinar.com/register/8267972718354249742>



# Appendix C. Cardiovascular Rehabilitation Sites Identified

# Cardiovascular Rehabilitation Sites Identified to date for Provincial Measurement and Reporting Initiative- West Region

OH Region	PROGRAM NAME
WEST	Windsor-Essex Cardiac Wellness (Windsor)
	Windsor-Essex Cardiac Wellness (Leamington)
	North Lambton Community Health Centre (Sarnia)
	Chatham-Kent Community Health Centre (Chatham)
	St. Joseph's HealthCare Cardiac Rehab and Secondary Prevention (London)
	Heathy Hearts Cardiac Rehab, Maitland FHT (Goderich)
	Stratford Family Health Team (Stratford)
	Grand Bend Community Health Centre
	Alexandra Hospital Cardiac Rehab, Ingersol
	Hanover and District Hospital Hearts in Motion
	Kincardine Family Health Team Hearts in Motion
	Grey Bruce Health Services (Owen Sound)
	St Mary's Hospital Hearts in Motion (Waterloo)
	Cambridge Cardiac Care Centre (Cambridge)
	Waterloo Regional Cardiac Rehabilitation Foundation
	Upper Grand FHT (new)
	Cardiac Health and Rehab (Hamilton)
	Cardiovascular Health & Rehabilitation Program (St. Catherines-Niagara Health System)
Health Hearts, Brantford Hospital	



## Cardiovascular Rehabilitation Sites Identified to date for Provincial Measurement and Reporting Initiative- Central Region

OH Region	PROGRAM NAME
CENTRAL	William Osler Health System Peel Memorial, Brampton
	Trillum Health Partners Cardiovascular Prevention and Rehabilitation Centre
	Halton Health Care- Milton and Oakville sites
	Royal Victoria Hospital Cardiac Rehab Program - Barrie
	Royal Victoria Hospital Cardiac Rehab Program - Innisfil
	Georgian Bay Family Health Team, Collingwood/Wasaga Beach
	Algonquin FHT- Health Heart Program (Huntsville)
	Kim Cottage Country FHT, Health Heart Program (Bracebridge)
	North Simcoe Family Health Team, Midland
	Orilia Soldiers Memorial Hospital Cardio Rehab Program

## Cardiovascular Rehabilitation Sites Identified to date for Provincial Measurement and Reporting Initiative- Toronto Region

OH Region	PROGRAM NAME
TORONTO	UHN-Cardiovascular Prevention and Rehabilitation Program
	Women' Cardiovascular Health Initiative (Toronto)
	Toronto Heart Centre- Unity Health

# Cardiovascular Rehabilitation Programs Identified to date for Provincial Measurement and Reporting Initiative- East Region

OH Region	PROGRAM NAME
EAST	Kingston Health Sciences CR program
	Prince Edward Ambulatory Cardiac Centre CR (Picton)
	North Hastings Cardiac Rehab Program (Bancroft)
	Brockville Cardiovascular Program (Brockville)
	Lennox and Addington County General Hosp. Cardiac Rehab (Napanee)
	University of Ottawa Heart Institute
	Almonte: Lanark Renfrew Lung Health Program
	Alexandria: Hospital Glengarry Memorial
	Arnprior: Arnprior Family Health Team and Arnprior Regional Health
	Bancroft: North Hastings Cardiac Rehabilitation
	Barry's Bay St Francis Memorial Hospital (Tele-Rehab)
	Bourget: Centre de santé communautaire de l'Estrie
	Brockville: Brockville Cardiovascular Program
	Hawkesbury & District General Hospital Supervised Program
	Kemptville District Hospital
	Montfort Cardiovascular and Pulmonary Health Services
	Cornwall: Seaway Valley CHC Tele-Rehab Program
	Winchester Tele-Rehab Program
	Pembroke Regional Hospital Cardiac Rehab Program
	Perth: Lanark Renfrew Lung Health Program
Cornwall Hospital Cardiopulmonary Rehab Program	

OH Region	PROGRAM NAME
EAST	Southlake Regional Health Centre CV Prevention and Rehab Program (Newmarket)
	MacKenzie Health CV Rehab and Chronic Disease Management
	Stevenson Memorial CV Prevention Program
	Carefirst Ontario (Richmond Hill and Scarborough sites)
	Central East Cardiac Rehab (Scarborough - Main Site)
	CECR (Ajax)
	CECR (Whitby)
	CECR (Scugog)
	CECR (Bobcaygeon/Kawartha Lakes at Sienna Senior Living)
	CECR (Lindsay)
	CECR (Bowmanville)
	CECR (Oshawa Delpark Home)
	CECR (Oshawa Civic Centre)
	CECR (Cobourg) 2 sites
	CECR (Peterborough)
	CECR (Hastings)
	Peterborough Regional Health Centre Cardiac Rehab Program
	Solo program - Dr. Rishis Bharagava, Oshawa

## Cardiovascular Rehabilitation Programs Identified to date for Provincial Measurement and Reporting Initiative- North Region

OH Region	PROGRAM NAME
NORTH	Cardiac and Pulmonary Rehab program (Sudbury-hub)
	Manitoulin Health Centre Cardiac Rehab (HSN satellite)
	Espanola Regional Hospital and Health Centre Cardiac Rehab Program (HSN satellite)
	Sturgeon Falls West Nipissing General Hosp. Cardiac Rehab Program (HSN satellite)
	Kirkland and District Hospital Cardiac Rehabilitation and Secondary Prevention Clinic
	Temiskaming Hospital Cardiac Rehab (HSN satellite)
	Cardiac Rehab program (Sault Ste Marie)
	West Parry Sound Cardiac Rehab Program
	TBRHSC CV Rehab
	Redlake Margaret Cochenour Memorial Hospital CV Rehab
	Mary Bergund Health Centre CV Rehab
	Atikokan General Hospital CV Rehab
	La Varendrye General Hospital CV Rehab
	Nipigon District Memorial Hospital CV Rehab
	Geraldton District Hospital CV Rehab
	McCausland Hospital CV Rehab
	Wilson Memorial General Hospital CV Rehab
	Manitouwadge General Hospital CV Rehab
	Dryden Regional Health Centre CV Rehab
	Sioux Lookout Meno Ya Win Health Centre CV Rehab
Lake of the Woods District Hosp. CV Rehab, Kenora	

