



COVID-19 Cardiovascular Rehabilitation Stakeholder #12

Meeting Summary Notes | January 19, 2022; 4:00 - 5:00PM

GROUPS REPRESENTED: Approximately 60 stakeholders joined the call with invitations extended to the CorHealth Cardiac Leadership Council, Cardiovascular Rehabilitation Programs, the Rehabilitative Care Alliance, Ministry of Health Partners, Heart and Stroke Foundation Leadership and colleagues from Manitoba and Saskatchewan.

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

Note: Please [click here to link](#) to the Forum recording.

System/CorHealth Updates

Cathy Cattaruzza opened the meeting and provided introductory remarks, including an update on CorHealth's completed transfer into Ontario Health (OH) on December 1, 2021. Provincial initiatives continue with no disruption and CorHealth is integrating with existing OH teams on many of these initiatives.

On January 4th, 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

Provincial CR Measurement & Reporting Initiative

Dr. Karen Harkness provided a recap of key milestones, initial population cohort, and two data points from the initial data collection period were presented (Aug – Oct 2021 data). Dr. Paul Oh reiterated the importance of starting with an initial data collection period to gain early insights on the two key metrics and the overall data collection process.

Dr. Harkness presented the results from the initial data collection period. 39 programs (87 sites) submitted data during this period, with a 90%+ completion rate of submitting data during the months of Oct – Dec 2021. Provincial and regional totals for the two data points were shared.

Dr. Oh shared that there is good face validity with the overall provincial totals results, recognizing the challenges with referral and enrolment in rehab programs due to a number of typical factors that are well known from the literature, but additional factors in the setting of the pandemic such as patient apprehension and reduced or alternate service offerings. It was noted that referrals and first clinically meaningful encounters are not all the same patients.

Overall, this initial data collection period was a success. Thank you to the participating programs and the CR community for their interest and dedication to this important initiative. Through this initial data collection activity, the following goals were achieved:

- Recruit and establish bi-directional 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”

Forum members were supportive of continuing this monthly data collection process moving forward and are happy to keep participating, in the spirit of building towards a firmer understanding of volumes, ratios, etc. Having 6 months of data will be a great opportunity to explore data trends.

Suggestions around augmented data collection (in future) included:

- Completion rate
- Reasons for declining CR
- Consider including the number of the “eligible” patient population
- Displaying the volumes of procedures for calibration
- Wait times (collaboration w CACPR Reg sites)
- Gender-based data (equity lens) (collaboration w CACPR Reg sites)

CorHealth will explore these data possibilities and re-group with the CR measurement task group prior to the next CR Forum.

Next steps on monthly data collection timelines were provided. As previously, the contact person from each program can anticipate an email with a program specific excel file from OH-CorHealth team member Joy Tabieros on the first Monday of each month, with a data collection request. Monthly data submissions are due back to Joy) via email by the 15th of each month. Please see the slide deck for additional details of this process over the next few months.

CorHealth will present updated findings for the two data points and initial cohort during the next CR Forum in April 2022 (tentative; date TBC). A list of CR programs is located in the Appendix of the slide deck.

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

Dr. Oh invited all programs to share their current experiences of providing CR, in the COVID-19 environment as guided by the following topics:

1. How is your program being affected by the latest COVID wave and/or Directive #2?
2. What is the current experience of delivering CR in Ontario?
3. What can CorHealth do to help support you and your program at this time?

Key themes were identified:

- The latest COVID wave has severely impacted health human resources (ex. re-assignment of staff to other care settings), and this impacts both the volume and type of services CR programs are currently able to provide. Some programs have halted intakes but continue with providing services for those already enrolled in the program.
- Access to stress testing is variable as a result of latest COVID wave and Directive #2
- Programs continue to navigate challenges in the delivery of virtual programming (ex. logistics, staffing, patient peer support).
- Programs continue to adapt to most appropriate models that include a blend of on-site, off-site, individual, group and virtual opportunities, while still delivering high-quality care and maintenance of services. Some programs have been able to continue with on-site exercise during the latest COVID wave.
- Programs are appreciative of these forums and other opportunities to collaborate

Next Steps

1. CorHealth to circulate CR Forum #11 meeting notes and slide deck to Forum members
2. Programs to continue with data collection process, starting on February 7th, 2022, commencing with email from Joy Tabieros (joy.tabieros@ontariohealth.ca)
3. “COVID-19” language will be removed from the title of this Forum series
4. Updated findings for the two data points and initial cohort will be presented during the next CR Forum in April 2022 (tentative; date TBC).
5. The video recording of the meeting is available for replay here: [https://youtu.be/ 5_A-4_SPnU](https://youtu.be/5_A-4_SPnU)
6. As a reminder, all Forum presentations and summary notes can be found on the [CorHealth COVID-19 Resource Centre](#)

Please email Karen Harkness (karen.harkness@ontariohealth.ca) or Joy Tabieros (joy.tabieros@ontariohealth.ca) if you have any questions.