



Cardiovascular Rehabilitation Stakeholder Forum #4

Meeting Summary Notes | April 27, 2023; 3:00 - 4:00PM

GROUPS INVITED: 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, and Heart and Stroke Foundation Leadership.

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

Welcome

Karen Harkness opened the meeting with a Land Acknowledgement.

Dr. Karen Harkness and Dr. Paul Oh provided introductory remarks and reviewed the meeting objectives:

- To review updated CR data collection results to date
- Review survey findings
- 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 CR Measurement & Reporting Initiative: Updated Results

Key achievements to date, including the completion of over a 1 year of data collection on the initial cardiac cohort were highlighted. Noted that UOHI has been collecting and reporting data on behalf of 12 programs in the area and this had previously been reported as 1 program in OH-CorHealth aggregate data. This will now be reported as the actual number of individual programs (maximum of 12 programs).

Progress update: Participation rates remain high and have stabilized with some growth in cardiac subgroups. Approximately 90% of programs are reporting on the initial cohort. Over the last 3 quarters of data (Q1-Q3 FY 22/23) the ratio of first clinically meaningful encounters/total referrals has been consistent at 65% for the initial cardiac cohort. The ratio for the subgroup data for CABG +/- Valve surgery is slightly higher at 71%. Additional data were presented illustrating the number of patients with CABG/PCI in each region, the numbers of referrals and first clinically meaningful encounters, adjusted using estimates to account for incomplete data reporting. Those interested in reviewing methodology for these assumptions can contact Karen Harkness.

Dr Oh Paul remarked on strong work from community stakeholders on providing data consistently.

Discussion points

Large opportunity to improve cardiac rehab post PCI – bigger gap between referrals and first meaningful encounter for this group compared to post CABG +/- Valve:

- Issue is high volumes and rapid turnover; Suggest automated referral systems and regional wide referral and acceptance process highly effective
- A noted challenge - some patients aren't informed that they were referred for CR during hospitalization and ignored as feel like a 'cold call' from CR staff

Provincial CR Data Collection and format CR Forum Survey Findings

Current format of CR Forum well-received. No major changes suggested in survey results.

OH-CorHealth received 32 responses from various roles within CR programs. Just under half of respondents found the data of medium or high value (mostly those in leadership roles). Most did not use the data. Most respondents felt that the data should continue to be presented as it currently is, at the CR Forum, and over half of respondents felt that quarterly reporting would be sufficient moving forward.

Dr Oh noted that having a framework to compare one facility / region to another is helpful in learning people's successes/challenges and is helpful in understanding quality (e.g. Accreditation). Another comment made re: value of who is not coming to CR. Multiple comments that data collection doesn't answer the granular questions - what are the successes of other programs, referral engagement processes and success stories/best-practice sharing. Question posed - do any facilities capture data on patients who don't attend CR?

CorHealth recommends continuing the initial cohort and subgroup aggregate data collection – **with a switch to quarterly data collection**. Timeline and important dates to be circulated to CR programs. Thank you to all participating programs and the CR community for their continued participation in this important initiative.

Guest Presentation: Dr Heather Warren, Dr Al Qahwash and Sarah Beingessner, NP, Cardio-Pulmonary Rehab Program at St Mary's General Hospital

Reviewed history of program and described movement into new facility in 2021. Details on the impact of Covid were described, including program suspensions, staff redeployments, virtual visits, and timing of return to in-person care. Patient journey from referral to discharge was reviewed. Created system of metrics – every clinician has productivity measure to ensure that all available spots are full. Schedule, arrival, and attendance rates are also tracked. Outcomes are also reviewed and discussed internally and with patients. Focused on functional comprehensive program and highlight this to patients to illustrate the value of the CR program.

Cardiac rehab team member roles and rehab intake process were reviewed, as well as details of and HF streams. Future state goals also discussed.

Dr. Oh thanked the St Mary's General Hospital team for their informative presentation. Forum members are encouraged to contact Karen Harkness if they wish to present experiences from their own CR programs as part of the Guest Presentation segment, to facilitate knowledge transfer exchange and to support the wider CR community.

Next Steps

1. CorHealth team to post notes, slide deck and recording on the on the CorHealth website under 'Resources for Healthcare Planners & Providers', 'Rehabilitation in Ontario'.
<https://www.corhealthontario.ca/resources-for-healthcare-planners-&-providers/cv>
2. Programs to continue with data collection process – provide March data in May, and then switch to quarterly reporting (report April-June data in August 2023). Reminders will be sent with important dates. Email questions to Joy Tabieros (joy.tabieros@ontariohealth.ca)
3. Please email Karen Harkness (karen.harkness@ontariohealth.ca) or Joy Tabieros (joy.tabieros@ontariohealth.ca) if you have any questions.
4. Next Forum planned for June 2023- tentative date: June 27, 2023