



CorHealth COVID-19 Cardiovascular Rehabilitation Stakeholder Forum #11

Sept 22, 2021, 4:00-5:00 pm
Toll-free number: (844) 304-7492
Conference ID: 201937641

Agenda

	Description	Purpose	Lead
4:00 pm	Welcome System/ CorHealth Updates Meeting Objectives	Information	Sheila Jarvis
4:05 pm	Outpatient CR Measurement in Ontario- Phase 1	Information and Discussion	Dr. Karen Harkness
4:25 pm	Program sharing: Experience through COVID Guest Speaker: Dr. Bruce Moran, Monfort Hospital Cardiovascular and Pulmonary Rehabilitation	Information	Guest- Dr. Bruce Moran
4:35 pm	Open Forum Discussion Pulse check- What is the current experience of delivery CR in Ontario?	Discussion	Dr. Paul Oh
4:55 pm	Next Steps	Information	Karen Harkness



Welcome

Sheila Jarvis, CEO, CorHealth Ontario

Meeting Objectives

- To 'kick off' the start of the CR 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)

CorHealth Updates

- CorHealth continues to work with Ontario Health (OH) and the Ministry of Health (MOH) to support the seamless transfer into OH
 - Timeline for transfer still slated for December 2021
 - There will be no disruption to the provincial cardiac, stroke, and vascular initiatives CorHealth is leading
 - The CorHealth corporation, including its Board of Directors, chaired by Dr. Kevin Smith, will dissolve on Transfer Day
- Office of the Auditor General of Ontario (OAGO) Value-for-Money Audit of cardiovascular and stroke care in Ontario is in its final stages and the report is anticipated to be released in December 2021

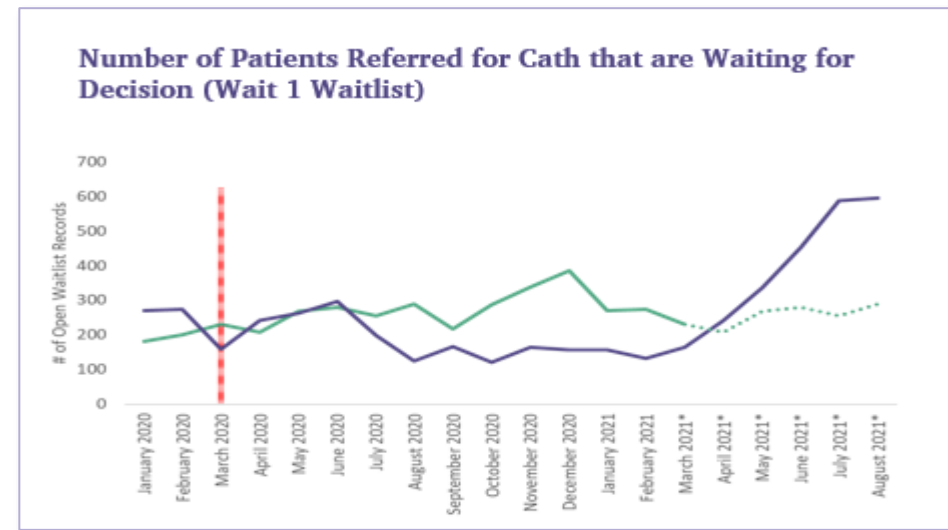
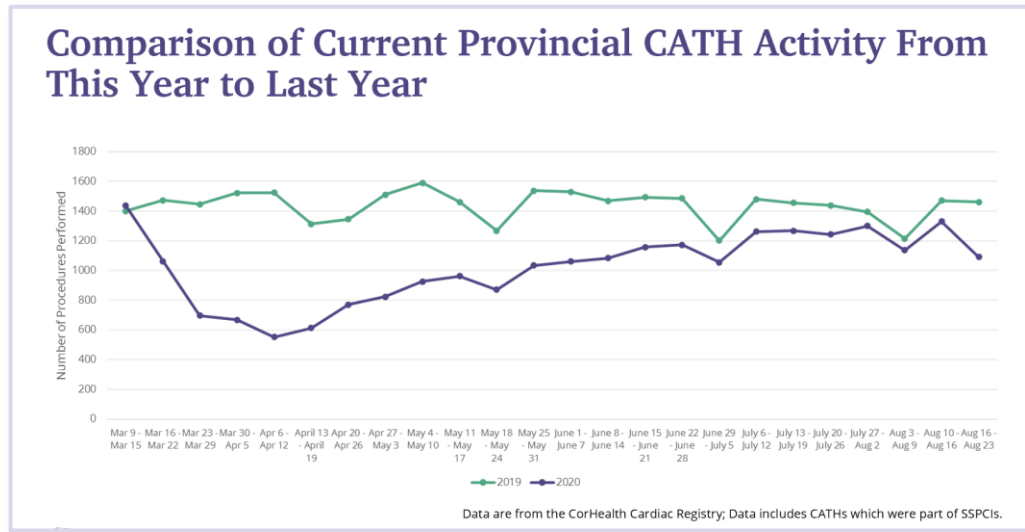


Outpatient CR Measurement in Ontario: Update

Dr. Karen Harkness

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.

Intended Benefit/Outcome

- The benefit of this initiative will be to create comprehensive, consistent and comparable CR data across time and location to inform local and provincial CR policy and planning.
- In addition, this initiative also represents a future potential opportunity for broader CR data collection and measurement & reporting strategies.

Note: *The full picture of CR involves both inpatient and outpatient programming. As a start, this work would focus on outpatient CR.*

Project Goals & 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

Project Scope – Phase 1

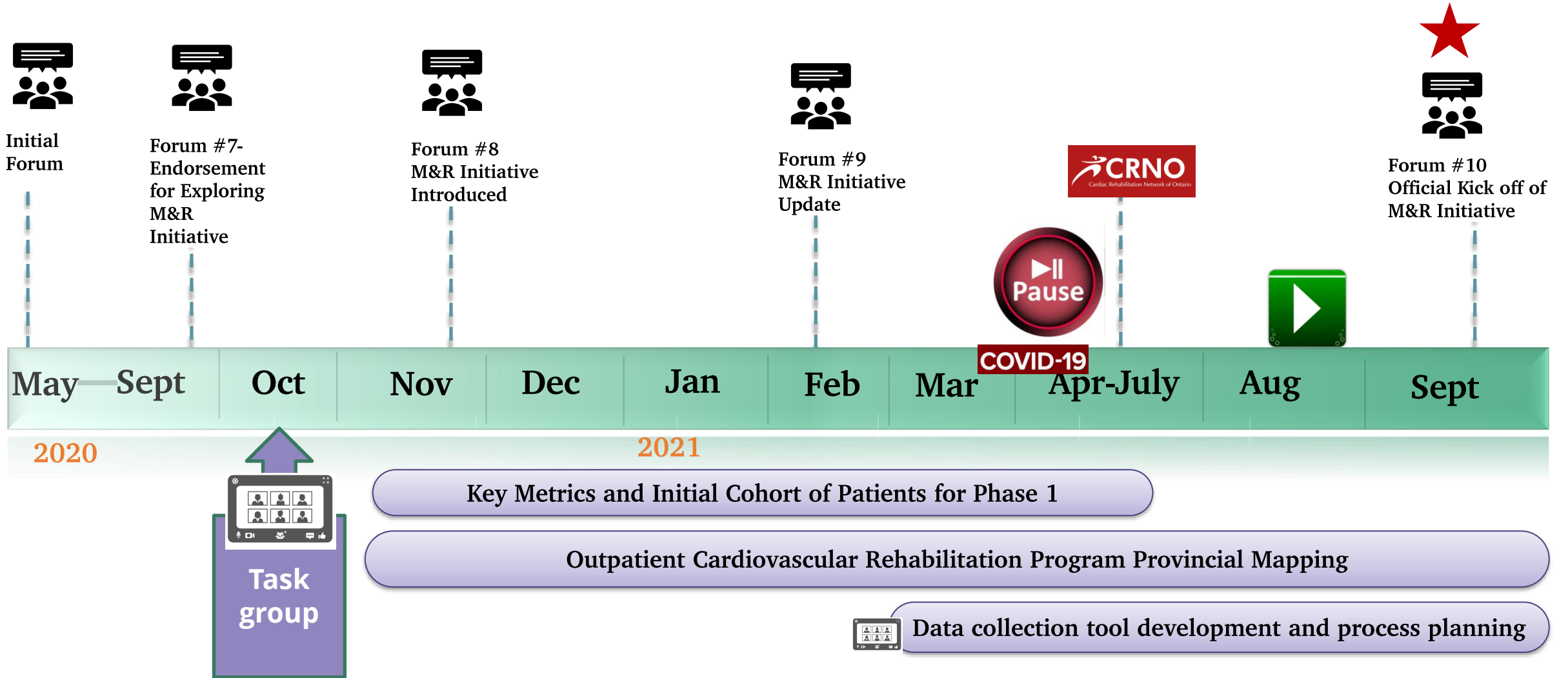
In Scope

- Creation of a collection tool for aggregate data with an initial set of metrics (limited in number) that will be regularly distributed to CR programs
- Creation of a report that will be shared regularly with stakeholders summarizing findings from the data collected
- Provide recommendations for refining and maturing the MDS, data collection and reporting for Phase 2 based on Phase 1 experience and alignment with the goals of CR Provincial Measurement and reporting strategy

Out of Scope

- Formal mandating of provincial data collection
- Collection of patient level data / data transfer
- Electronic data linkages
- Formal data quality monitoring / data quality improvement initiatives
- Providing CR programs with human resources to input / collect data

Measurement and Reporting Initiative- Major Milestones



Cardiovascular Rehabilitation COVID-19 Forum

Legend

M&R: Cardiovascular Measurement and Reporting Initiative



Phase 1. Initial Focus Population Cohort and Key Metrics

Phase 1. Initial Focus Population Cohort “Initial Cohort”

While the benefits of cardiovascular rehab 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:

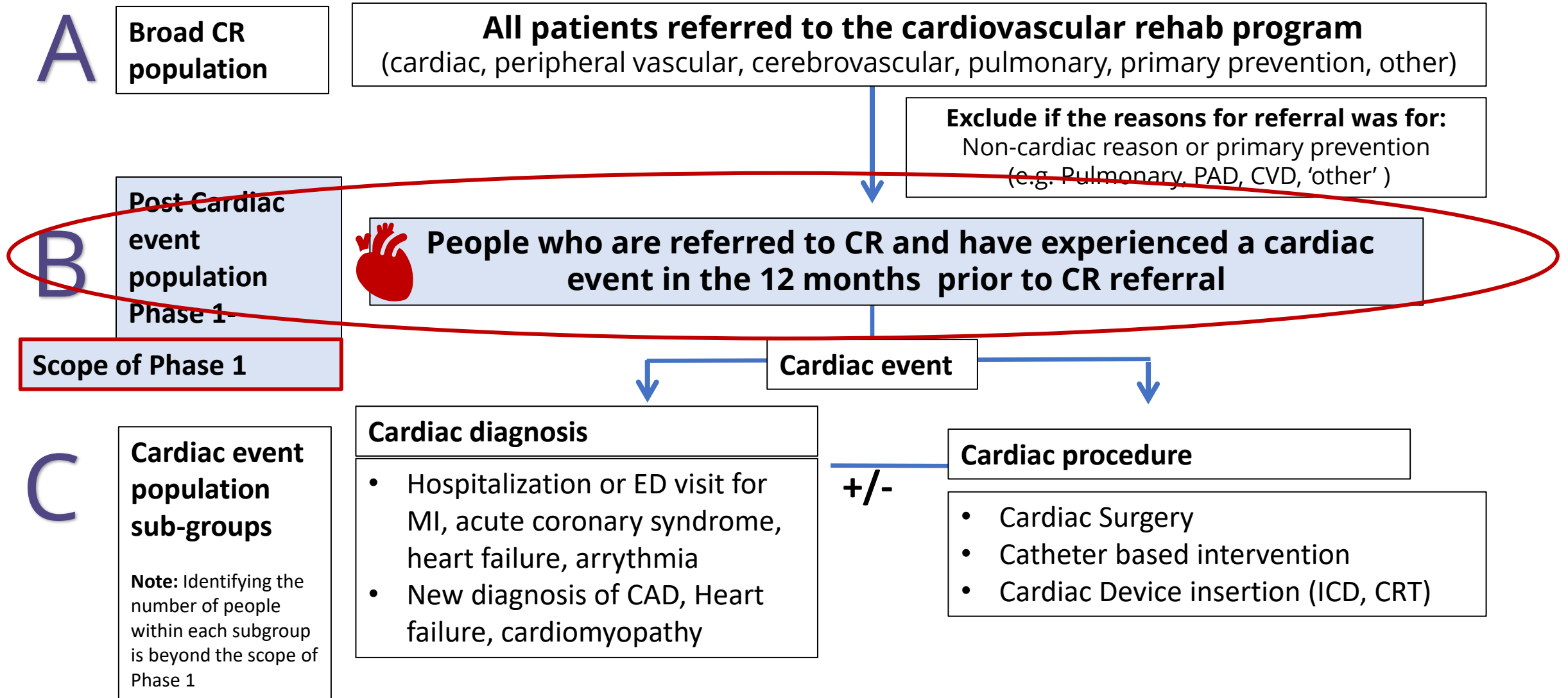
- Acute coronary syndrome (e.g., MI, UA); or
- Heart failure or cardiomyopathy; or
- Cardiac arrhythmia (atrial or ventricular)

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. "Initial Cohort"

People referred to CR following a cardiac event



Phase 1-Key Metrics for data collection

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

Data Point # 1: CR referral

Definition of CR Referral:

An official written or electronic communication on behalf of the referring health care provider* for the referral to cardiovascular rehabilitation, and the referral information has been received by the *cardiovascular rehabilitation program that is accountable and responsible for the intent of providing CR clinical services for that patient.*

*In some programs this may include patient self-referral with subsequent agreement from the patient's physician confirmed by the CR program



** Initial cohort:

People who have experienced a cardiac event in the 12 months prior to CR referral

Data Point #2: First meaningful clinical encounter

Definition: Meaningful Clinical Encounter:

A person has undergone a comprehensive clinical intake assessment OR has received individualized clinical services that may include education, risk factor profile dialogue, or assessment/treatment/intervention with a rehab clinical team member.

Excluded

An administrative/clerical interaction only

A wellness check phone call while on the wait list for program intake



**** Initial cohort**

People who have experienced a cardiac event in the 12 months prior to referral



Program mapping

Identify participants for submitting data to CorHealth

CR Program and Participant Mapping

- Started with CRNO executive team and website
- Snowball technique through regional sites and forum participant contacts
- Please check the appendix to confirm your program has been captured in our search. If your program is not represented, please contact Joy Tabieros, our CR program data collection coordinator at CorHealth. (Joy.Tabieros@corhealthontario.ca)



Data collection process

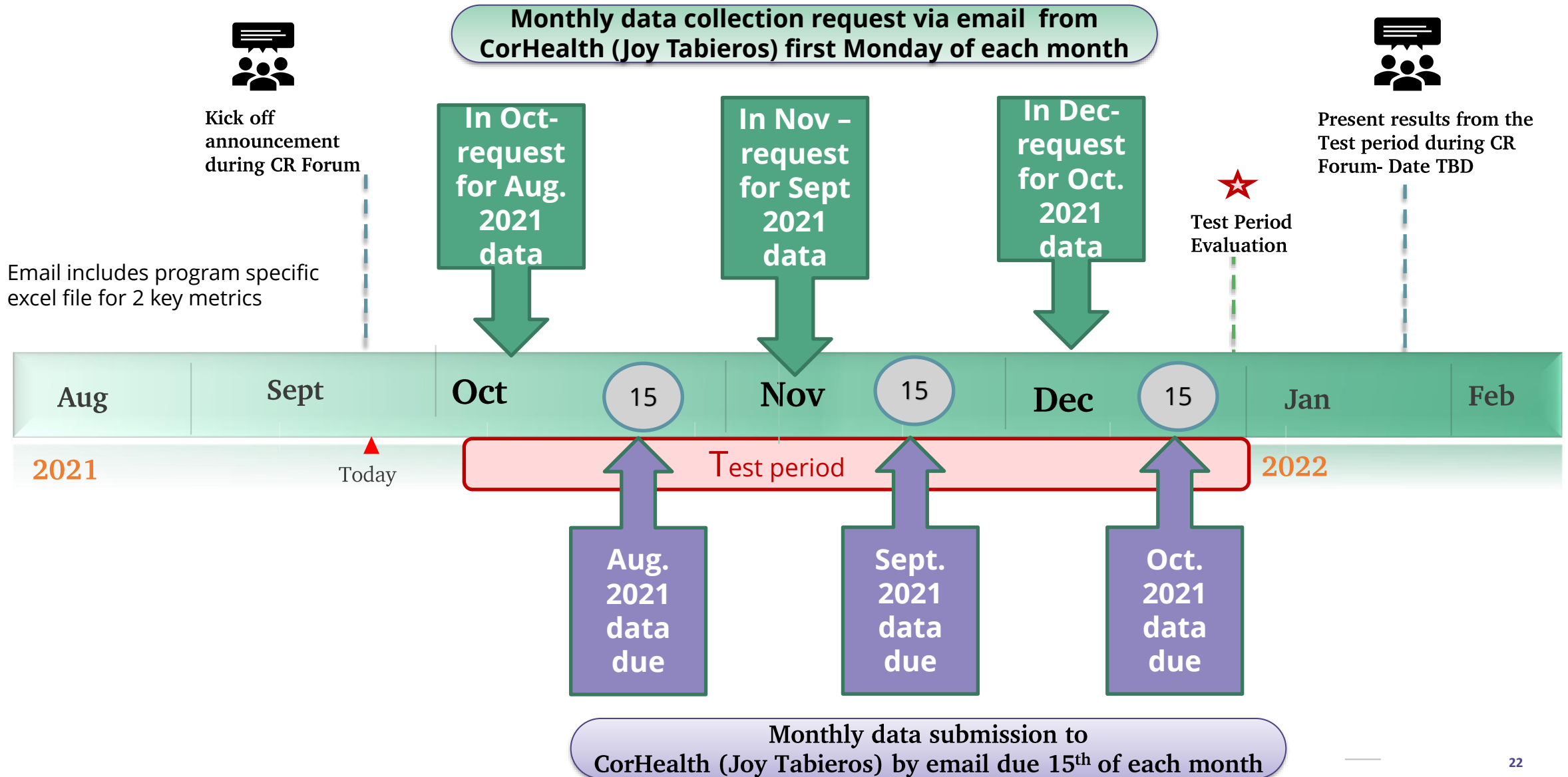
T Test period for data collection

Time: October-December 2021 (inclusive)

Purpose:

- Recruitment 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”

Test Period Data Collection Overview



Sample Data Collection Form



CARDIOVASCULAR REHABILITATION PROGRAM

Instructions:

We ask that you please complete the Data Collection Form, by validating pre-populated CR sites and providing data for the 2 key metric points.

Please email the completed data collection form to **Joy Tabieros** (Joy.Tabieros@corhealthontario.ca) by **October 15th**.

AUGUST 2021

Program Submitting Data	Sites included in the data	 Number of referrals for patients (within the 'Initial Cohort') eligible for the CR program after initial screening	 Number of patients (within the 'Initial Cohort') who received their first clinically meaningful encounter with the CR program
UOHI	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		

Next Steps- an Overview

October-December 2021

- Begin regular monthly data collection for 2 key metrics:
 - The contact person from each program submitting data will receive an email from Joy with their program-specific data collection form on Monday October 4th
- Share back results from the information collected at quarterly CR Forums
- For additional information about this initiative, please contact Karen Harkness (karen.harkness@corhealthontario.ca)
- For confirmation of inclusion on the program list and/or specific instructions regarding data collection, please contact Joy Tabieros (Joy.Tabieros@corhealthontario.ca)



Program Sharing

Dr. Bruce Moran

Monfort Hospital Cardiovascular and Pulmonary Rehabilitation

Montfort Cardiovascular and Pulmonary Health Services

- i) Montfort Cardiovascular Prevention and Rehabilitation Program**
- ii) Montfort Pulmonary Rehabilitation Program**

Montfort Cardiovascular Rehabilitation Program

- **Started in 2012**
- **Referral base includes:**
 - i) inpatient ACS/CHF pts (auto referral)**
 - ii) OHI referrals**
 - iii) outpatient referrals**

Montfort Cardiovascular Rehabilitation Program

- 325 pts/year attend intake session
- Enrollment rate (% attending initial intake that started program) 76% (245 pts)
- Completion rate: 76% (180 pts)

Pre- COVID-19 Program

- In-hospital onsite program
- 3 treadmills, 3 stationary bikes, 2 recliner bikes, elliptical trainer, arm ergometer, NuStep, rowing machine, dumbbells, therabands
- 2 onsite exercise classes/week, 8 patients/class, 5-6 classes/day
- 1 onsite education class/week

Program Staff

- **Consists of two full-time nurses, two full-time exercise specialists and one 0.6 time dietician**
- **Full-time receptionist**
- **Referral services:**
 - **Psychology**
 - **Diabetic Clinic**
 - **Social Work**

Montfort In-Hospital Cardiovascular Rehabilitation Program



Then Came COVID-19...

- **Program closed March 17, 2020**
- **Gym closed, converted to COVID ward**
- **Reopened early October '20 at new location on hospital grounds**
- **Shifted to “hybrid program”- one on-site session and one “virtual” session (phone or Teams)/week**

Other Effects Of COVID-19 Precautions On Programming

- **Exercise in “pods/stations” during on-site sessions**
- **Reduction in class size and number, now 5 pts/class, 3-4 classes/day**
- **Minimize detrimental effect of class restrictions on program enrollment by reducing to one on-site session/wk**

Here We Go Again!

- Program closed down again due to COVID-19 on April 20, 2021!
- Reopened at the beginning of June, resumed programming when moved to our new permanent location at the Orleans Health Hub on June 24, 2021

The Orleans Health Hub



Orleans Health Hub Gym





Discussion

Pulse check- What is the Current Experience of Delivering Cardiovascular Rehab in Ontario

Dr. Paul Oh

Discussion- Pulse check!

What is the Current Experience of Delivering Cardiovascular Rehab in Ontario

- What is your current experience with:
 - Access to stress testing?
 - Providing in-person group exercise?
 - Providing in-person group education sessions?
- What parts of your pre-COVID CR program are you 'transforming' based on your learnings from COVID-19 to date?
- What is your biggest pain point for delivering CR right now?

Summary and Next Steps

- Data collection to begin October 2021
- Highlights from data collection to be shared and discussed at the next Forum
- Forum Jan 2022- stay tuned for date



Appendix

Supporting materials

Task Group Members

CorHealth established a task group with a subset of CR providers to start to identify critical areas of interest / information that would help for initial measurement and reporting of CR data in Ontario



Task group members:

Paul Oh

Kyle Baysarowich

Julie Daters

Jennifer Harris

Jason Petro

Adam Pierce

Neville Suskin

Assumptions for Focus on Cardiac Population in Phase 1

- The cardiac population is easily identified as CR programs have serviced this population for many years. This familiarity will enable the collection of valid and reliable data.
- Patients referred for a cardiac event are considered eligible in all CR programs. This will enable the collection of a large enough sample to represent a provincial description of CR referral and CR service volumes for this patient population.
- Starting with the patients referred for a cardiac event represents a step-wise approach to building a provincial CR measurement and reporting framework and is not meant to undermine the benefit or importance of CR for patients with chronic cardiac disease, have peripheral or cerebrovascular disease, or for patients who are at high risk for developing cardiovascular disease.

Cardiovascular Rehabilitation Programs 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 Programs 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 Programs 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	