



Cardiovascular Rehabilitation Stakeholder Forum #2

Meeting Summary Notes | September 20, 2022; 2:30 - 3:30PM

GROUPS REPRESENTED: Approximately 70 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 and provided introductory remarks, including a Land Acknowledgement, and reviewed the 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
- 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

Karen Harkness asked the community to let Joy Tabieros (joy.tabieros@ontariohealth.ca) know of any CR programs that have reopened, have been put “on hold”, or have closed since the Forum community last convened. The Providence Care Hospital team in Kingston, new to the CR Forum community, were welcomed.

Feedback from the first round of cardiac subgroup data collection process was shared. Challenges included having to conduct manual chart reviews and uncovering local data quality issues. Smaller programs were more readily able to participate in the cardiac subgroup data collection process due to small volumes at their sites.

Dr. Oh is encouraged that there remains a high level of interest from across the programs to participate in this data collection process. This is important and valuable work and showcases the power of data to advance CR measurement and reporting. It was acknowledged that with more layers of data, more complexity arises. The aim is to ensure all data collection moves forward deliberately and with high-quality data sets.

CorHealth recommends continuing the subgroup data collection for another 3 months, to allow programs to work towards an efficient way of collecting subgroup data. No new layers of data collection will be added at this time.

Quarterly provincial volumes for CR programs submitting at least 1 month of aggregate data for the initial cohort were presented. The field is dynamic and is reflected in the range of programs submitting for each quarter. This view of the data is challenging to interpret, as the denominator (# of programs) is not consistent.

CorHealth also analyzed the quarterly provincial volumes using a consistent denominator of 32 programs, who have provided data for the entire data collection period (Oct 2021 – Jun 2022). Collectively, this shows that there is lots of activity in the CR space; however, more CR activity is needed across the province. There is a gap between patients who are referred and those who have their first clinically meaningful encounter. Reasons include: clinical instability, social instability, individual/patient time constraints, etc. We need to do more to close this gap, in particular the number of patients enrolling in CR. This data begins to tell the story of what the rehab landscape looks like for cardiovascular care in Ontario.

Aspirational examples depicting a comparative view for demand and uptake of CR, by multi-level views were presented. The data in these slides are fictional (mock data) and are meant to show the art of the possible and the value of continuing to collect subgroup data. Dr. Oh commented that this is a great example of where we want to get to. It is exciting to see how far we have come and where we are going.

Thank you to all participating programs and the CR community for their continued participation in this important initiative.

Quantifying the Demand for CR CABG and PCI Subgroups

CorHealth has been developing an interactive excel tool that allows users to select procedure type and location using drop down filters. This tool is not ready for wide dissemination yet, as CorHealth continues to refine the tool. If you would like to review this interactive tool and provide feedback on the key stakeholders and communication plan for sharing this information, please email karen.harkness@ontariohealth.ca

Guest Presentation: Jennifer Harris, Heart Failure Cardiovascular Rehabilitation Program at UOHI

UOHI HF patients are streamlined towards the HF program pathway. The team created an 8-week virtual HF education series, which includes topics such as meal planning, medication management and advance care planning. The virtual education sessions were recorded and have been made available on a YouTube playlist: <https://www.youtube.com/watch?v=o9CzWoNvEHY&list=PLZXJNcPSfkWTSeEJHukndbsdATbTgaltU>

Additionally, the team opened a chair-based 10-week virtual (or-onsite) exercise class series. This series runs live and supervisor guided. Patients have reported positive experiences and fitness improvements. Patients can choose to attend these classes virtually or on-site.

Since Oct 2021, 83 patients have been enrolled in this program. 75% of patients also attended virtual education. Virtual offerings have reduced access barriers that patients would have previously faced (i.e. traveling to and parking at the hospital, adverse weather conditions, etc.). St. Mary's General Hospital has

signed an MOU with UOHI to use some of their materials for implementation.

The UOHI team is happy to share their resources and learnings with the CR community. Forum members can contact Jennifer Harris jharris@ottawaheart.ca with any questions.

Dr. Oh encouraged members 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.

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

Some programs noted that referrals volumes are down and patients are presenting to CR rehab “sicker” compared to pre-pandemic times. Programs are waiting to see if the demand slowly returns for on-site programming. Other programs shared that their patients are looking for support closer to home.

There has been increased difficulty in accessing mental health services for patients, likely due to the large demand post-pandemic.

There has been a much higher number of referrals for Postural Orthostatic Tachycardia Syndrome (POTS). These patients require more 1:1 care, which further adds to resourcing challenges. Debbie Childerhose and the team at Women’s College Hospital are providing POTS care in a self-management / peer support model. They are happy to share their work to date: debbie.childerhose@wchospital.ca

Next Steps

1. CorHealth to circulate CR Forum #2 meeting notes and slide deck to Forum members
2. Programs to continue with usual data collection process, commencing with email from Joy Tabieros (joy.tabieros@ontariohealth.ca)
3. Updated findings for the data subgroups and initial cohort will be presented during the next CR Forum in December 2022 or January 2023 (tentative; date TBC).
4. The recording of this Forum can be viewed at: <https://youtu.be/hDhHjL8tcGw>
5. All Forum presentations, videos and summary notes can be found on the CorHealth website under ‘Resources for Healthcare Planners & Providers’, ‘Rehabilitation in Ontario’.
6. Details regarding this upcoming webinar will be shared when available: **“National Cardiac Rehab Registry Webinar hosted by CACPR - - November 2022- Date TBD - - An introduction and demonstration of the new CACPR Registry designed to measure the achievement of national cardiac rehab guidelines at programs, regions & nationally”**

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