



CorHealth COVID-19 Cardiovascular Rehabilitation Stakeholder Forum #4

June 23, 2020 8:00-9:00 am

Toll-free number: (647) 951-8467 / Toll Free: 1 (844) 304-7743

Conference ID: 374757732



Welcome

Sheila Jarvis, CEO, CorHealth Ontario

Agenda

Description	Lead	Time
1. Welcome <ul style="list-style-type: none"> Meeting Objectives System/ CorHealth Updates 	Sheila Jarvis	8:00am
2. Virtual Care and Cardiovascular Rehabilitation <ul style="list-style-type: none"> Provider Virtual Care Survey Findings Current Program Activity Sharing <ul style="list-style-type: none"> Arnprior FHT Central East Regional Ross Memorial Hamilton Health Sciences Facilitated discussion - Innovations to support virtual delivery of CR core components 	Paul Oh Dani Emon Adam Pierce Susan Evans Lisa Gurman Paul Oh	8:05 8:10 8:15 8:20 8:25 8:30
3.0 CorHealth Ontario Virtual Care Initiative <ul style="list-style-type: none"> Facilitated discussion - Opportunities, Role of CorHealth 	Michelle Klein Paul Oh	8:40
4. Next Steps	Karen Harkness	8:55

System/ CorHealth Updates

- Cardiac Memo #14 was released on June 17th

Recommendations for an Approach to Resuming In-Person Outpatient Cardiovascular Rehabilitation Services in Ontario (June 17, 2020)

Thank you to the members of the working group and the participants of the Forums to help develop and inform this document. We know that this work takes many hands and want to give a shout out to the Cardiac Rehab Network of Ontario as they have been key partners in supporting CorHealth and the ongoing dialogue regarding cardiovascular rehab during COVID.

Meeting Objectives

- To provide information on key CorHealth and System updates
- To facilitate discussion and understand the experiences, needs, barriers and opportunities for virtual care for cardiovascular rehabilitation now and post-pandemic



Virtual Care

Program Sharing and Discussion

Dr. Paul Oh-Virtual Care Survey

Dani Emon, CardioPulmonary Rehab Lead

Arnprior Family Health Team

Cardio-Pulmonary Rehab Program



Arnprior & District
Family Health Team

Currently providing:

- **Phone intakes/Assessments**

****Pt takes BP, HR, WT, WC**

- **Continuing with 3/6 month Evaluations/follow-ups by phone**
- **For those who do not have access to a web cam – providing weekly and bi-weekly phone visits;**
- **Virtual Rehab Program (Cardiac and Pulmonary)**

- **VIRTUAL REHAB Program:**
 - Program runs twice a week;
 - Delivered using Zoom;
 - Patients monitor vital signs and report to Rehab Instructor;
 - Consents for virtual rehab sessions completed by patients;
 - One program being offered for cardiac patients (and pulmonary patients who can handle a more active program);
 - Second program offered for pulmonary patients
- Tried a couple of virtual visiting platforms and Zoom seems to be the most effective for a group program.

Central East Regional Cardiovascular Rehab

Adam Pierce - Program Manager

Heart @ Home

GetHeartHealthy.ca



Central East

**REGIONAL
CARDIOVASCULAR
REHAB**

Individualized lifestyle & exercise coaching



Phone, email, and video chat available

Patient & family focused education



Available in multiple languages

Patient focused web-based app



For tracking home exercise & health metrics

Live group education & exercise sessions



Multiple sessions available each week

Achieving a heart healthy lifestyle is important, even during COVID-19. Finding new ways to offer cardiovascular rehab virtually has been our priority. Patients and families can access classes, education, and resources right from their own home.

Ross Memorial Hospital

Sue Evans, Physiotherapist, CDE, Cardiac & Pulmonary Rehabilitation Programs

Pre-COVID

- CELHIN regional CR program, Cardiologica
- 275 cardiac patients per year, once weekly (or home program) for 6 months
- community outreach to Haliburton, Bobcaygeon
- linked with DEP

Currently

- Virtual CR part time on site, staffing hours reduced by 50%
- Managing 127 patients, accepting new referrals, doing some discharges, others waiting for in person discharge
- Phone, snail mail, email, videoconferencing, Cardiologica app
- Gym/office space appropriated for COVID beds
- ? next steps

Tips

- Heart and Stroke guide, “living well with heart disease” (free, mail it to everybody)
- Cardiac college website
- gethearthealthy website
- “techie” patients are at an advantage, ask for family tech support
- Gather as much information as possible ahead of the intake interview time
- Cardiologica app is awesome, patients and staff love it
- Phone calling for intake takes a long time, sometimes break it into 2 sessions, sitting all day is tiring
- Patients really appreciate virtual programming, but are also missing group and in person support

Hamilton General Cardiac Rehabilitation

Lisa Gurman, Clinical Nurse Specialist, Cardiac Rehabilitation

Current state

- Patient is scheduled for initial consult/assessment with Nurse
- If needed scheduled for an in-person consult with physician
- Patient chooses phone consult services: nutrition, exercise and social work.

Plan going forward

- Will continue virtual care
- Clinic appointments available for in person physician consults (approximately 25% of our normal volumes)
- Some appointments may stay predominately virtual

Discussion Question

What innovative methods are you exploring or using to deliver the core components of CR through virtual care? (individual and/or group)



CorHealth Ontario Virtual Care Initiative

Michelle Klein, Paul Oh

CorHealth Virtual Care Initiative

- Across cardiac, stroke and vascular, CorHealth stakeholders have identified virtual care as a key area of focus for the COVID-19 forums
- CorHealth is embarking on a new initiative to explore virtual care opportunities
- To support this work and the needs of our stakeholders, we would like to leverage today's forum to:
 - Better understand opportunities to support CR related to virtual care
 - Hear your ideas around how CorHealth should support virtual care activities for CR
- For the purposes of this discussion, we will adopt a broad definition of virtual care to allow for a comprehensive discussion

“The delivery of health care services where patients and providers are separated by distance” – World Health Organization

Discussion

1. What opportunities exist to drive & optimize the use of virtual CR care for cardiovascular patients in Ontario (e.g. improving access, accelerating adoption, innovative virtual care models)?
2. Are you doing or aware of any evaluation underway locally or provincially aimed at better understanding the use/ benefits/ value of virtual care for CR?
3. What tangible products could CorHealth develop to advance virtual care opportunities to meet your needs and the needs of the system (e.g., resources, toolkits, workflow guidance, process mapping, advocacy, communities of practice, decision aids, standardized templates)?

Next Steps

- Please let us know if you would like to be part of one-on-one consultations to further explore CR virtual care opportunities for CorHealth's Virtual Care Initiative (interviews in the next 2 weeks) - please email karen.harkness@corhealthontario.ca
- Additional forums – Agenda ideas, timing over summer months?
- CACPR – Coping with COVID- Panel Discussion

Tomorrow- 12 pm EST - Registration on CACPR website:
<https://cacpr.ca/>



Thank You!



Appendix

CACPR Webinar- June 24, 2020: 12:00 pm EST

Coping with Covid



Panel Discussion #2



Cardiac Rehab during the Covid-19 pandemic

Where are we now?

June 24th

12:00pm Eastern Daylight Time



Registration on CACPR website: <https://cacpr.ca/>