



CorHealth COVID-19 Rehab Stakeholder Forum

April 9, 2020 - 3:00-4:00 pm

Teleconference: (647)-951-8467 or Long Distance: 1 (844) 304-7743

Conference ID: 129710642

[Skype meeting](#)

Agenda

Description	Presenter	Time
1. Welcome <ul style="list-style-type: none"> • CorHealth Stakeholder Forum Overview • COVID-19 System Planning Updates • Meeting Objectives 	Sheila Jarvis	3:00-3:10
2. Key Issues and Challenges related to the provision of Rehabilitation during COVID -19 <ul style="list-style-type: none"> • Learnings and insights from other jurisdictions 	Dr. Paul Oh Karen Harkness/ Shelley Sharp	3:10-3:25
3. Opportunities for Home/ Community-based Rehabilitation <ul style="list-style-type: none"> • Increasing flow of on-site rehab patients to home/outpatient rehab 	Dr. Mark Bayley/ Dr. Paul Oh	3:25-3:45
4. Resources to Support Home/Community-based rehabilitation	Michelle Klein/ Alex Iverson	3:45-3:55
5. Next Steps	Dr. Mark Bayley/ Dr. Paul Oh	3:55-4:00



Welcome

SHEILA JARVIS

Stakeholder Forums Across Cardiac, Stroke and Vascular

- CorHealth Ontario is providing stakeholders forums across its clinical domains to support its stakeholders in sharing strategies and tools for the management of cardiac, stroke and vascular patients through the COVID-19 outbreak and to identify the need for developing guidance documents to support patient management.
- A CorHealth COVID-19 Resource Centre is now available on CorHealth's website at <https://www.corhealthontario.ca/resources-for-healthcare-planners-&-providers/covid19>



System Planning Updates

SHEILA JARVIS

COVID-19 System Planning Updates:

Redeployment of Health Human Resources

Government Order under EMCPA March 21st 2020

- “ ...give hospitals the ability to cancel and postpone services to free-up space and valuable staff, identify staffing priorities, and develop, modify and implement redeployment plans.
- these redeployment plans would supersede certain provisions of a collective agreement, including lay-off, seniority/service or bumping provisions. “

Context/ Opportunity

The COVID-19 outbreak is creating an evolving healthcare landscape, and it is impacting how rehabilitation care for cardiac, stroke and vascular patients will be delivered.

As access to *in-person/in-program* care is increasingly limited, and with the expected surge in COVID-19 patients, there is a need to move towards home and community-based rehabilitation options.

Meeting Objectives

1. To understand options and strategies for the delivery of rehabilitation to cardiac, stroke and vascular patients during COVID-19 outbreak (e.g. virtual care)
2. To identify the critical rehabilitation care needs of high-risk cardiac, stroke and vascular patients
3. To identify areas of opportunity for developing provincial guidance documents to support the delivery of home and community-based rehabilitation during COVID-19 outbreak



Key Challenges In the Provision of Rehabilitation

DR. PAUL OH

Key Challenges in the Provision of Rehabilitation for Cardiac, Stroke & Vascular Patients during COVID-19

System

- Less options for outpatient rehabilitation as access becomes restricted or unavailable
- Lack of rehabilitation providers due to redeployment directive
- Lack of PPE to promote safe visits

Provider

- Minimizing COVID-19 exposure and shortening LOS while ensuring patients are getting their critical rehabilitation needs met
- Variability in available technology and experience to deliver virtual/ telerehabilitation
- Challenges in delivering virtual/home-based care due to compensation models and working environments (e.g. home-based offices)

Patient

- Varying circumstances allowing patients to participate in virtual/ home-based rehabilitation (e.g. caregiver requirements, technological capabilities etc.)

Challenges in the Provision of Rehabilitation during COVID-19

- Do these resonate? What other challenges are you experiencing?

Learnings and Insights - NHS Clinical guide for the management of stroke patients during the coronavirus pandemic

Rehabilitation Pathways

- Acknowledge role of rehabilitation is essential to reduce disability through early intervention and enable rapid assessment and early d/c home if possible.
- Consider immediate discharge of 'walking wounded' patients from AED where able, to reduce short stay admissions using a rapid response MDT team to AED.
- Maintaining and ideally increasing Early Supported Discharge and Community Rehabilitation Teams should be prioritised and to consider 7/7 working (if not already in operation);
- Discussion with, and support for, therapy teams to redefine 'safe discharge' and ensure only those patients that have no potential to be cared for at home continue with inpatient rehabilitation.
- Consider development of tele-rehabilitation models (with training of volunteers/ carers to support simple interventions) including teleswallowing, communication reviews, virtual rehabilitation MDT's, video linked group rehabilitation classes.

Learnings and Insights – Heart and Stroke Foundation

- **April 7th – Webinar: Practical virtual rehabilitation and self-management techniques during COVID-19 for people living with stroke and vascular cognitive impairment to continue the recovery journey.**
- Slides available soon on HSF website.

Learnings and Insights - The Canadian Association of Cardiovascular Prevention and Rehabilitation (CACPR)

Key Insights from CACPR Webinar – April 8, 2020 – Coping with COVID-19: Panel Discussion on the Transition to Virtual/ Home-based Cardiac Rehabilitation Programming

- Switch to virtual rehabilitation is a process
- Challenges with onboarding new referrals without face-to-face meetings
- Move to expand services to people on waiting list (prehab)
- Logistical challenges for providers (e.g. home-based offices)
- Staff wellness concerns (e.g. providing additional emotional support to patients)
- Key online resources available through UHN: Cardiac College and University of Ottawa Heart Institute (links on Slide 19)



Opportunities for Home and Community-based rehab during Covid-19

DR. MARK BAYLEY/DR. PAUL OH

Stroke: Opportunities for Home/ Community-based Rehabilitation

- What approaches or strategies are you currently using?
- Which approaches have been successful? (e.g. virtual care)
- What are the critical rehabilitation care needs of high-risk stroke patients?
- How have your protocols/processes changed to transition your on-site rehabilitation patients to home/outpatient rehabilitation more quickly during COVID-19?
- What considerations/ modifications were made?
- What further opportunities are there to support patient transitions?

Cardiac: Opportunities for Home/ Community-based Rehabilitation

- What approaches or strategies are you currently using?
- Which approaches have been successful? (e.g. virtual care)
- What are the critical rehabilitation care needs of high-risk cardiac patients? (outpatient, new referrals, patients waiting to be referred)
- How have your protocols/processes changed to transition your on-site rehabilitation patients to home/outpatient rehabilitation more quickly during COVID-19?
- What considerations/ modifications were made?
- What further opportunities are there to support patient transitions?

Vascular: Opportunities for Home/ Community-based Rehabilitation

- What approaches or strategies are you currently using?
- Which approaches have been successful? (e.g. virtual care)
- What are the critical rehabilitation care needs of high-risk vascular patients?
- How have your protocols/processes changed to transition your on-site rehabilitation patients to home/outpatient rehabilitation more quickly during COVID-19?
- What considerations/ modifications were made?
- What further opportunities are there to support patient transitions?



Rehabilitation Resources to Support the Delivery of Rehabilitation During COVID-19

MICHELLE KLEIN/ ALEX IVERSON

Context

- A number of resources are available to support and enable community/home-based rehabilitation during COVID-19.
- Given the rapidly changing landscape, CorHealth has been sharing the most recent information available to support stakeholders with patient management during COVID-19.
- What cardiovascular and stroke rehabilitation resources or links to other websites would be valuable to share on our website *to support stakeholders through the COVID-19 outbreak?*

Resources on Cardiac Rehabilitation During COVID-19

A number of COVID-19 specific resources related to the delivery of rehabilitation are also available on hospital, college and association websites.

Canadian Association of Cardiovascular Prevention and Rehabilitation

- <https://www.cacpr.ca/COVID-19>

Cardiac Rehabilitation Network of Ontario

- <http://www.crno.ca/news/29-call-to-action-for-cardiovascular-rehabilitation>

University Health Network: Cardiac College

<https://www.healtheuniversity.ca/en/cardiocollege>



University of Ottawa Heart Institute:

<https://www.ottawaheart.ca/search/site/patient%20guides>

American Association of Cardiovascular and Pulmonary Rehabilitation

- <http://www.aacvpr.org/covid19>

British Association for Cardiovascular Prevention and Rehabilitation

- [https://www.bacpr.com/pages/news_box.asp?NewsID=19495750;](https://www.bacpr.com/pages/news_box.asp?NewsID=19495750)
http://www.bacpr.com/resources/Resources_for_CR_programmes_during_COVID-19_Pandemic_03.04.20.pdf

Resource and Supports for Stroke Rehabilitation During COVID-19

- A number of Telepractice / Telehealth guidelines are available on each of the college and association websites to support providers.
- A number of COVID-19 specific resources related to the delivery of rehabilitation are also available on college and association websites. Examples include:
 - **HSF Canadian Partnership for Stroke Recovery**
<https://canadianstroke.ca/>
 - **Canadian Physiotherapy Association – Tele-Rehabilitation Resources**
<https://physiotherapy.ca/tele-rehabilitation>
 - **Engaging Telepractice in your Occupational Therapy Practice: Considerations for attention during the COVID-19 pandemic (2020)**
http://www.osot.on.ca/docs/practice_resources/OSOT_Telepractice_Resource_April_2020.pdf

What cardiovascular and stroke rehabilitation resources or links would be valuable to share on our website *to support stakeholders through the COVID-19 outbreak?*

Resources and Supports to Enable Virtual or Remote Monitoring, Management and Care


1. Changes to the Schedule of Benefits for Physician Services in response to COVID-19 influenza pandemic effective March 14, 2020

- Providers are being encouraged to use virtual care whenever appropriate, and Ontario's Ministry of Health has introduced temporary billing codes and procedures in support of this effort.
 - Information on the temporary billing codes
 - Information on billing for virtual physician services and technical guidance

2. Virtual Care Resources

- Major sites hosting virtual and remote monitoring and care tools and resources available in Ontario
 - Ontario Telemedicine Network (OTN)
 - OntarioMD
 - Association of Family Health Teams of Ontario (AFHTO)
 - eHealth Centre of Excellence (eCE)
- Disease specific virtual and remote monitoring care tools and resources available in Ontario
 - MEDLY (heart failure)
 - The Ottawa Heart Institute's Telehome Monitoring Program (heart failure)
 - OTN Telehomecare for COPD and Heart Failure
 - Community Paramedicine Remote Patient Monitoring Program (heart failure)

Resources and Supports to Enable Virtual or Remote Monitoring, Management and Care



CorHealth Ontario
Advancing cardiac, stroke and vascular care

Repository of Resources & Supports to Enable Virtual or Remote Monitoring, Management and Care Across Stroke, Vascular and Cardiac Patients During COVID-19

DISCLAIMER: This document represents a dynamic, central repository of resources for the enablement of virtual or remote monitoring and is not an exhaustive list of all existing resources. The resources included in this central repository will continue to be updated as applicable.


Changes to the Schedule of Benefits for Physician Services (Schedule) in Response to COVID-10 Influenza Pandemic, effective March 14, 2020

Providers are being encouraged to use virtual care whenever appropriate, and Ontario's Ministry of Health has introduced temporary billing codes and procedures in support of this effort. Information on the temporary billing codes, can be found here: <http://www.health.gov.on.ca/en/pro/programs/ohip/bulletins/4000/bul4745.aspx>
Information on billing for virtual physician services and technical guidance, can be found here: <http://www.health.gov.on.ca/en/pro/programs/ohip/bulletins/4000/bul4746.aspx>

Virtual Care Resources

- Ontario Telemedicine Network**
OTN is a provincial platform that enables virtual care through two-way videoconferencing to provide access to care for patients in hospitals and hundreds of other health care locations across the province. For information on virtual care options and guides to support clinicians to use OTN-supported tools to deliver virtual care safely and effectively, refer to: <https://otn.ca/>
- OntarioMD**
OntarioMD has curated a list of tools that they have visibility to, in order to raise awareness to physicians and their practices regarding tools they might consider in supporting their patient community during the COVID-19 pandemic. Information regarding digital tools, video visit platforms, and other virtual care resources can be found at the link below:
https://ontariomd.news/?utm_source=link.cep.health&utm_medium=urlshortener&utm_campaign=covid

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- Association of Family Health Teams of Ontario (AFHTO)**
AFHTO has developed a repository of virtual care and digital health resources that is updated regularly, in order to assist teams to accommodate care for patients virtually as much as possible. The suite of resources includes, but is not limited to: clinical guidance for adopting and integrating virtual visits into care, telephone and virtual care fee codes FAQ. Refer to link below: <https://www.afhto.ca/news-events/news/virtual-care-digital-health-and-covid-19>
- eHealth Centre of Excellence**
eCE organization offers support to healthcare professionals and organizations related to the deployment, adoption and appropriate use of digital health tools. Their current suite of digital health tools include, but are not limited to: eConsult, virtual visits, tablets, tools and coaching for electronic medical records (EMRs), eReferral, and tools of intelligent automation. Information regarding the full suite of digital health tools can be found here: <http://ehealthce.ca/Services.htm>

Heart Failure-Specific Virtual Care Resources

- Medly**
Medly is a digital program that allows heart failure patients to manage symptoms from home. Medly reduces hospitalizations and improves self care and quality of life. Medly provides heart failure patients with individualized self-care and coordinated clinical support. Patients record and store physiological measurements and symptoms via the Medly app. Medly runs this data through a clinically-validated algorithm which provides instant feedback and push instructions including diuretic dosing tailored to the patients and their clinicians. The model of care delivery incorporates 1 Medly nurse coordinator providing care for up to 350 HF patients. Additional information on Medly can be found at: medly.ca
- Ottawa Heart Institute's Telehome Monitoring Program (THM)**
The Heart Institute's Telehome Monitoring Program (THM) is a nurse-run, intensive, post-discharge home health program designed to improve patient outcomes and reduce hospital readmissions. It is part of the Telehealth Programs run by the Cardiac Telehealth department. For more information, please visit the website: <https://www.ottawaheart.ca/healthcare-professionals/regional-national-programs/telehome-monitoring>

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- Telehomecare for COPD and Heart Failure**
A free, six-month health coaching and remote monitoring program for your patients with chronic obstructive pulmonary disease (COPD) and congestive heart failure. Not all areas in Ontario provide this service. For more information, please visit the OTN website: <https://otn.ca/providers/telehomecare/>
- Community Paramedicine Remote Patient Monitoring (CPRPM) Program**
The CPRPM program is an initiative of Community Paramedics across Ontario to keep patients with chronic illness, such as HF and chronic obstructive pulmonary disease (COPD), safe at home and out of the hospital. A unique feature of this program is the addition of highly mobile community paramedics who are able to respond, in real time, to alerts generated by built in program logic. Costs for the system are roughly \$70/month per patient. For more information please contact the program lead, Rick Whittaker at rick@wwcf.ca.

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Next Steps

DR. MARK BAYLEY/DR. PAUL OH

Next Steps

- Identify SMEs to further develop and discuss areas of opportunity for provincial guidance identified
- Validate guidance memos/documents through this group
- Present guidance back at upcoming cardiac, stroke and vascular stakeholder forums



Appendix

CorHealth COVID-19 Resource Centre

- Accessible from the [CorHealth homepage](#)
- Updated twice a day at 10:30am and 5:30pm
- Includes:
 - General COVID-19-related documents
 - CorHealth Guidance Documents
 - **Presentations & Summary notes from Cardiac, Stroke, and Vascular Forums**
 - Cardiac-, Stroke-, and Vascular-specific COVID-19-related documents
- Organized from most recent resources at the top to oldest at the bottom of each page

COVID-19 Resource Centre Sections

COVID-19 Resource Centre

CorHealth Guidance Documents

CorHealth Stakeholder Forum Meetings

General Cardiac Resources

General Stroke Resources

General Vascular Resources

Reference Links

- [NHS Clinical Guide for the Management of Stroke Patients During the Coronavirus Pandemic](#)