HEARTWISE WEBINARS

WOMEN@HEART: PEER SUPPORT PROGRAM LED BY WOMEN WITH HEART DISEASE, FOR WOMEN WITH HEART DISEASE

NADINE ELIAS
Women’s Heart Health Centre, Women@Heart Program Lead

MARION MARTELL
Women@Heart Program Ambassador, Peer Leader

SUE ARMSTRONG
Woman@Heart Participant, Patient with lived experience

WELCOME

This session is available on the University of Ottawa Heart Institute website:

OTTAWAHEART.CA
1. Introduce the Canadian Women’s Heart Health Centre

2. Why the Women@Heart Program?

3. Provide an overview of the Women@Heart program
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START THE CONVERSATION

https://www.youtube.com/watch?v=hdybx_zycTU
CANADIAN WOMEN’S HEART HEALTH CENTRE

Launched in 2013

YOURHEART.CA
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VISION

To provide leadership in the development, implementation and evaluation of cardiovascular prevention and management strategies to improve women’s cardiovascular health.

GOALS

• For women in the Champlain Region to be the most heart healthy in Canada;

• To develop an exemplary model of excellence in cardiovascular prevention and management for women... to serve our region, our province and our nation.
Perceived vs Actual Knowledge and Risk of Heart Disease in Women: Findings From a Canadian Survey on Heart Health, Awareness, Attitudes, and Lifestyle

Lisa A. McDonnell, MSc, MBA, Andrew L. Pipe, MD, Courtney Westcott, MSc, Sue Perron, BEPS, Deborah Younger-Lewis, RN, BScN, Nadine Elias, BSc, Jessica Nooyen, MHK, and Robert D. Reid, PhD, MBA

Division of Prevention and Rehabilitation, University of Ottawa Heart Institute, Ottawa, Ontario, Canada
80% of women with a low knowledge score perceived that they were well informed (highest medical risk + had heart disease)
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Personal Perceptions of (Own) Heart Disease

“Having been treated for your heart event, do you perceive your heart health...?”

- As a chronic problem requiring continuous risk factor manage
- An “episode” that has now been treated and you can resume your prediagnosis lifestyle

**NATIONAL (n=213)**
- 35% view it as a chronic problem
- 65% view it as an episode

**CHAMPLAIN (n=55)**
- 33% view it as a chronic problem
- 67% view it as an episode

Base: Those diagnosed with HD
Heart Institute Survey, 2013
IMPORTANCE OF SECONDARY PREVENTION

Managing risk factors post event can reduce recurrence up to 50%
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THE NEED

- Support from women with similar experiences
- Bring care to places that female patients are most likely to go
- Information related to their diagnosis and medical management
- Improving communication with their health care providers
- Opportunity to express their emotions and stress of living with condition
EMOTIONAL SUPPORT
Availability of a peer to discuss personal difficulties to support a full recovery.

INFORMATIONAL SUPPORT
Gain the knowledge relevant to problem-solve and achieve health goals.

APPRAISAL SUPPORT
Discuss information for self-evaluation and validation of emotions and behaviours.

PEER SUPPORT
Provision of support from a person sharing similar experiences with a condition.
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DELIVERY MODEL

- In person or Virtual meetings
- Group size: 6-10 people/group
- Length of sessions: 2 hours/session/Bi-weekly
- Number of sessions: 12 sessions /6 months
- Closed Support
- Online registration and pre/post assessment
# SESSIONS OVERVIEW

<table>
<thead>
<tr>
<th>EMOTIONAL ATTRIBUTE</th>
<th>INFORMATIONAL ATTRIBUTE</th>
<th>APPRAISAL ATTRIBUTE</th>
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<tbody>
<tr>
<td><strong>MONTH 1</strong></td>
<td><strong>MONTH 2</strong></td>
<td><strong>MONTH 3</strong></td>
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<tr>
<td>Road to Recovery</td>
<td>Risk Factor Awareness and Management</td>
<td>Reinforcement and Feedback</td>
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<tr>
<td><strong>EVERY 2 WEEKS</strong></td>
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<td><strong>MONTH 4</strong></td>
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<tr>
<td>Emotional Management Coping</td>
<td>Self-Management Skills Empowerment Advocacy</td>
<td>Health system and Community Navigation</td>
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<td><strong>MONTH 5</strong></td>
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<td><strong>MONTH 6</strong></td>
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PARTICIPANTS MANUAL

- Provide a reference of topics covered at each session
  - Note pages
- Exercises to apply skills learned
- 3 appendices
  - Heart Disease 101
  - Heart Disease medications
  - Community Resources

WOMEN@HEART PARTICIPANT NOTEBOOK

For more information: www.yourheart.ca
RESULTS TO DATE

• 701 women have been enrolled in the program
• 376 women have completed the program (graduates)
• 70 Groups have completed the program
• We observed Significant improvements in:
  • Adaptive coping
  • Health Activation
  • Stress, Anxiety and Depression
  • Communication with providers
  • Vegetable consumption
  • Waist Circumference
ELIGIBILITY CRITERIA

• Women with heart disease (CAD, Angina, CABG, valve, HF, Atrial Fibrillation, SCAD)
• No hospitalization with the last 6 weeks
• Able to attend local groups
• Understand English or French
• No limitation in contributing or participating in a group setting
• Attend every session (min 9 out of the 12 sessions)
<table>
<thead>
<tr>
<th>12 sessions period</th>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>September 15, 2020-February 16, 2021</td>
<td>Tuesday</td>
<td>6:00-8:00 pm</td>
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<tr>
<td>September 17, 2020- March 3, 2021</td>
<td>Thursday</td>
<td>2:00 – 4:00 pm</td>
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<tr>
<td>September 22, 2020 - March 2, 2021</td>
<td>Tuesday</td>
<td>1:00-3:00 pm</td>
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<tr>
<td>September 23, 2020 - March 3, 2021</td>
<td>Wednesday</td>
<td>10:00 am-12:00 pm</td>
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<tr>
<td>September 24, 2020 – March 4, 2021</td>
<td>Thursday</td>
<td>6:00-8:00 pm</td>
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<tr>
<td>September 29, 2020- March 2, 2021 (French only)</td>
<td>Tuesday</td>
<td>9:00-11:00 am</td>
</tr>
<tr>
<td>October 6, 2020-March 16, 2021 (SCAD only)</td>
<td>Tuesday</td>
<td>6:00-8:00 pm</td>
</tr>
<tr>
<td>October 29, 2020- April 22,2021</td>
<td>Thursday</td>
<td>2:00-4:00 pm</td>
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**FALL SCHEDULE**

- Online registration
- Confirmation email with group details
- Complete online baseline questionnaire
- Introduction call by group Leader
MEET SUE

- My Story
- Support at the bedside
- Road to recovery
  - Feelings
  - Needs
  - Challenges
- Women@Heart program
  - What I learned
  - How it helped me
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QUESTIONS?

All sessions will be recorded and available on our Prevention and Wellness Centre (PWC) website.

PWC.OTTAWAHEART.CA

Please email webinar@ottawaheart.ca if you have any questions or ideas for additional topics.

THANK YOU FOR JOINING!