HEARTWISE WEBINAR SERIES

WOMEN@HEART: HOW PEER SUPPORT CAN HELP WOMEN WITH CORONARY ARTERY DISEASE DURING COVID-19

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

HOUSEKEEPING

To check your audio settings by clicking “Test speaker and microphone”

To notify the presenters and moderators if you are having any technical difficulties

To ask questions through session
1. To provide an overview of women’s **rehabilitative needs** and how **peer support** can help them.

2. To provide details on the **Women@Heart peer support programs** and the benefits in this time of isolation.

3. To hear about the **personal journey** of a patient with lived experience who was supported from the bedside to her home.
HEARTWISE WEBINAR SERIES: WOMEN@HEART

HEART DISEASE IN WOMEN

WHEN IT COMES TO HEART DISEASE, WOMEN ARE...

- UNDER-RESEARCHED
- UNDER-DIAGNOSED
- UNDER-SUPPORTED
- UNDER-AWARE

Source: Heart and Stroke Report, February, 2018
UNDER-RESEARCHED

WHY?

- Safety concerns
- Hormone fluctuations
- Lack of participation

Source: Heart and Stroke Report, February 2018
Women are slow to identify the signs and symptoms of a heart event.

Early heart attack signs are missed in **78% of women**.

**UNDER-DIAGNOSED**

**WHY?**
Women delay seeking help due to fear, embarrassment, living alone, not wanting to bother anyone, or misinterpretation of signs and symptoms.

**EVERY MINUTE COUNTS.**
Getting treatment as fast as possible is critical to survival and to minimize damage.
UNDER-AWARE

- Substantial **gaps in women’s knowledge** of heart disease.
- Disconnect between **perceived and actual risk** of heart disease:
  - **Perceived**: your own perceptions of your personal risk
  - **Actual**: Determined by measurable risk factors and health behaviours
- Women’s understanding and awareness of their **own risk status** is less than optimal.
After a heart disease diagnosis, women are 50% less likely to participate in cardiac rehabilitation.

**UNDER-SUPPORTED WHY?**

- Lack of physician referral
- Physical and psychosocial barriers
- Putting herself last.
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.
ANALYSIS
- Literature review
- Environmental scan
- Consultations
- Best practice models
- National survey

DESIGN
- Advisory committee
- Delivery Model
- Curriculum

DEVELOPMENT
- Manual(s)
- Training workshop
- Evaluation & refinements
HEARTWISE WEBINAR SERIES: WOMEN@HEART

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

PROGRAM OUTLINE
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>EVERY 2 WEEKS</th>
<th>EMOTIONAL ATTRIBUTE</th>
<th>INFORMATIONAL ATTRIBUTE</th>
<th>APPRAISAL ATTRIBUTE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Road to Recovery</td>
<td>Risk Factor Awareness and Management</td>
<td>Reinforcement and Feedback</td>
</tr>
<tr>
<td></td>
<td>Emotional Management Coping</td>
<td>Self-Management Skills Empowerment Advocacy</td>
<td>Health system and Community Navigation</td>
</tr>
</tbody>
</table>

**EVERY 2 WEEKS***
HEARTWISE WEBINAR SERIES: WOMEN@HEART

LEADERS ROLE

- Reduce isolation
- Support by phone
- Connect to resources
- Guide through tough times
- Provide self-management skills
RESULTS TO DATE

Improvement in:

- Adaptive coping
- Health activation
- Stress, anxiety and depression
- Communication with providers
- Vegetable consumption
- Waist circumference
MEET SUE

• My Story
• Support at the bedside
• Road to recovery
  • Feelings
  • Needs
  • Challenges
• Women@Heart program
  • What I learned
  • How it helped me
HEARTWISE WEBINAR SERIES

QUESTIONS?

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

PWC.OTTAWAHEART.CA

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

THANK YOU FOR JOINING!