CARDIOVASCULAR RISK FACTOR MANAGEMENT PROGRAMS AT UNIVERSITY OF OTTAWA HEART INSTITUTE

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CARDIOVASCULAR REHABILITATION (CR) PROGRAMS IN CHAMPLAIN

HEART INSTITUTE: VIRTUAL CARE PROGRAMS

WOMEN@HEART, HEART WISE EXERCISE, HEARTWISE APP

CVD RISK FACTOR MANAGEMENT OUTREACH PROGRAMS
CARDIAC REHABILITATION

- Programs across the Champlain Region.
- UOHI patients referred to their closest program
- Patients receive help with managing risk factors including education and strategies related to exercise, smoking, nutrition, medications and mental health.
- Cardiac Rehabilitation (613) 696-7068
- Referral form available online at:
  - https://www.ottawaheart.ca/patients-visitors/clinics-and-programs/cardiac-rehabilitation/outpatient-program
Cardiovascular Rehabilitation (CR) Programs in the Champlain LHIN

Cardiac Rehab Options in Champlain LHIN

- The University of Ottawa Heart Institute
- Pembroke Regional Hospital
- Montfort Hospital
- Hôpital Général de Hawkesbury & District Gen...
- Brockville General Hospital
- Winchester District Memorial Hospital
- St Francis Memorial Hospital
- The Seaway Valley Community Health Centre
- Ottawa Valley Family Health Team
- Arnprior and District FHT and Arnprior Regiona...
- Hôpital Glengarry Memorial Hospital
- Centre de santé communautaire de l’Estrie
- Kemptville District Hospital
**UOHI CARDIOVASCULAR RISK FACTOR MANAGEMENT PROGRAMS**

**INTAKE ASSESSMENT:**
- At intake, staff and participants discuss CR participation, referrals, and virtual program options
- Staff uses clinical judgement re: determining which program would be best suited for each participant, based on medical history (e.g., the number of co-morbidities/symptoms/CV risk factors), need for specialized exercise prescription and the participants’ ability to self-manage and the patient’s preference/suitability

**VCP (VIRTUAL CARE PROGRAM)**
- Comfortable with technology
- Contacts via telephone, email, virtual platform
- Access to virtual platform for health information, uploading wearable data, communication
- Series of contacts focused on providing risk factor education and behaviour change strategies
- Structured program.

**ON-SITE**

**BRIEF**
- Independent with managing CV risk factors; including exercise
- Individualized Risk factor profile and exercise guidelines

**CASE MANAGED/FRANCOFORME**
- Series of contacts focused on providing risk factor education and behavior change strategies
- Contacts via telephone, email, EPIC (zoom – in the future)
- Call frequency 1-2 weeks determined by staff and patient* (see below)

**ALL PATIENTS HAVE ACCESS TO:**
- Interdisciplinary 1:1 consults pm (social work, dietitian, vocational counselor, psychology)
- MD appointment, exercise assessment (virtual and/or onsite by summer 2020)
- Access to group education and workshops (virtual, Heartwise Webinar series)
- Cardiac Rehab Program Guides online: ottawaheart.ca/patients-visitors/tools-and-resources/cardiac-rehabilitation-guides and Covid Resource page for risk factor guidance: pwc.ottawaheart.ca/covid-19
Designed to raise awareness of CVD risk and motivate patients to manage and improve their health and well-being.

Available to people who are at risk for developing heart disease and patients who have established heart disease.

6 months, 10 contacts, 1:1 coaching.

Platform Access Provides:
- Access to Health Library curated by UOHI
- Ability to sync with wearable devices
- Online Peer support
HEARTWISE WEBINAR SERIES: WOMEN@HEART

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

DELIVERY MODEL

- **Virtual** meetings
- **Group size:** 6-10 people/group
- **Length of sessions:** 2 hours/session/
  Bi-weekly for 6 months
- **Closed** Support
- **Online registration** and pre/post assessment
- **Referral:**
- **Contact:** Nelias@ottawaheart.ca
Community Exercise Programs led by HWE Trained Instructors teaching programs that have met criteria making them appropriate for those with chronic conditions

Purpose:
• To share best practices
• To identify exercise programs that allow patients to feel comfortable exercising in their community
• To facilitate transition from patients to clients to lifetime community exercisers
• To promote self-management
• To develop a strong community network
EXERCISE AND HEART FAILURE DURING THE COVID-19 PANDEMIC

Welcome To HeartWise Exercise

- Designed for patients with recent cardiac events or rehab graduates, but anyone can use.
- It’s free!
- For use on phone, tablet or computer.
- Provides personal daily exercise prescription.

Find it here:
heartwiseapp.ottawaheart.ca
UOHI RISK FACTOR MANAGEMENT SUPPORTS

- CardioPrevent/VirtualCare/FrancoForme
- 12/6-month one-on-one health coaching and risk factor management program
- Quit Smoking Program
- Nurse-led clinic that provides one-on-one support in your quit attempt
- Heartwise Webinar Series
- Weekly webinars on topics related to Chronic Disease Management
- Heartwise COVID Resource Page

PWC.OTTAWAHEART.CA