

# COVID-19 Cardiovascular Rehabilitation Stakeholder Forum #6

## MEETING SUMMARY NOTES AND RECORDING

**DATE:** August 25, 2020; 8:00 - 9:00AM

**GROUPS REPRESENTED:** More than 60 stakeholders joined the call with representation from the CorHealth Cardiac Leadership Council, CorHealth Vascular Leadership Council, Cardiovascular Rehabilitation Programs, the Rehabilitative Care Alliance, Ministry of Health Partners, Heart and Stroke Foundation Leadership and colleagues from Manitoba

DISCLAIMER: The information in this document represents a high-level summary to capture the discussion at the point of time of the meeting and is NOT general guidance.

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### Note:

In light of the summer holidays and vacation schedules, this Forum was recorded. Please note the recording has not been edited. Please click [here to link](#) to the Forum recording.

### HIGHLIGHTS

#### System/CorHealth Updates

- Meetings with Ontario Health and Dr. Chris Simpson have been underway to resume planning for the management of future ebbs and flows of COVID-19. Dr. Paul Oh has participated in the meetings and noted that the focus of the forthcoming guidance document will be on maintaining care during future waves as well as focusing on regional variations and responses. Anticipated release- early September 2020

#### Program Sharing: Models of Delivery of Cardiovascular Rehabilitation

- CR Program activity updates were shared by two CR program sites from across the province:
  - Kyle Baysarowich, Manager Cardiovascular Rehabilitation and Interim Manager Vascular Services at Thunder Bay Regional Health Sciences Centre shared an update that highlighted their Virtual Hybrid Model and explained how they have incorporated virtual group exercise into their program

offerings. He shared some of the benefits with the group exercise program including the ability to see a greater number of patients regardless of geography, the comradery that has developed between participants in a cohort and the ability to record the sessions for participants. Kyle highlighted that major benefit of the program changes has been that geography is no longer a barrier and they can see more patients closer to home. Currently, there is work underway to enhance on-site offerings. Please see the Forum slide deck for details.

- Faith Delos-Reyes, Program Coordinator, Women's Cardiovascular Health Initiative at Women's College Hospital shared changes to their rehab program in response to COVID-19. She described how the hospital integrated Zoom into their EMR in order to launch individual and group sessions from the patient chart. Patients can conveniently launch their zoom sessions from their MyHealth Record. Overall, this has been positive although there have been some IT challenges.
  - Participants heard strategies to enhance group video peer support and self-management sessions including the use of participant guides prior to the first session and dress rehearsals with staff to increase confidence in facilitation of sessions.
  - Future plans include starting onsite group exercise as well as integration of apps and wearables.
  - Please see the slides from the Forum, visit the WCH website link on Virtual Care, <https://www.womenscollegetherospital.ca/care-programs/womens-virtual/> or email Faith directly (faith.delos-reyes@wchospital.ca) if you would like more information about the program
- Participants engaged in a Q&A for the speaker presentations. Two questions were raised regarding Faith's presentation.
    1. A participant asked what criteria are used to determine need for medical monitoring during exercise?

Some examples were highlighted to the group:

      - Patients who had a recent heart attack or surgery
      - Symptomatic - may have hemodynamic changes with exercise
      - Uncontrolled diabetes
      - Need to use clinical outcomes to make sure they are safe
    2. A participant asked what version of Zoom is being used regarding functionality/privacy?
      - Faith mentioned that the version is an enterprise health care version and all data stays on Canadian servers but is happy to investigate it further if needed.

### Virtual Care Initiatives

Natalie Gierman from the Heart and Stroke Foundation provided an update on their strategic priorities which include a focus on rehabilitation and virtual care. Survey results from their work on virtual care and patients with lived experience will be presented to the group in the coming weeks. A cardiac virtual care toolkit, similar to the stroke tool kit that was developed, will be available at the end of September/ early October and will be shared with the group. In addition to CCS and CHFS, members of the CACPR executive are involved in this work. Natalie also mentioned that if there is work underway on any of the priorities outlined in her presentation reach out to Natalie at [natalie.gierman@heartandstroke.ca](mailto:natalie.gierman@heartandstroke.ca) as HSF is looking to collaborate as much as possible.

- CorHealth updated participants on its Virtual Care Initiative and presented findings from its Cardiac Stakeholder engagements to better understand the challenges, barriers, needs, and opportunities with respect to virtual care across the continuum of cardiac care. Next steps include drafting a use-oriented document to summarize CorHealth's work across the three domains which will also include strategies and resources for providers.

### NEXT STEPS

- The next COVID-19 Cardiovascular Rehabilitation Stakeholder Forum will be scheduled for late September/ Early October. Potential topics that emerged from the discussion today include:
  - Exercising safely in hybrid models
  - Leveraging technology that connects people safely, smartly and securely
  - How to develop group online peer support programs?
  - Building program models in a more fulsome way to support patients with lived experience (ie. Incorporation of findings from HSF work on virtual care experience from patients with lived experience)
  - Heart and Stroke Foundation- presentation of findings from virtual care experience from patients with lived experience & cardiac virtual care implementation toolkit.
- CR forum participants will be invited to the September's Cardiac Stakeholder Forum where Dr. Chris Simpson will be presenting (Wednesday, September 16, 2020, 8 am)
- Please feel welcome to email Karen Harkness ([karen.harkness@corhealthontario.ca](mailto:karen.harkness@corhealthontario.ca)) with any questions, comments or suggestions for discussion at future Forums including the opportunity to provide a presentation of your program's activities.