

COVID-19 Cardiovascular Rehabilitation Stakeholder Forum #9

MEETING SUMMARY NOTES

DATE: February 23, 2021; 8:00 - 9:00AM

GROUPS REPRESENTED: More than 70 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.

HIGHLIGHTS

System/CorHealth Updates

CorHealth – Ontario Health Update

- CorHealth continues to work with Ontario Health (OH) and the Ministry of Health (MOH) to support the seamless transfer into OH
- Timeline for transfer still slated for September 2021
- Confirmation that there will be no disruption to the provincial initiatives CorHealth is leading

The Office of the Auditor General of Ontario (OAGO) has resumed its Value For Money Audit on Cardiovascular and Stroke Services in Ontario

- OAGO is re engaging CorHealth Ontario, hospital representatives, and community stakeholders to gather information
- Findings are still expected to be included in the OAGO's annual report released in Fall 2021

Outpatient CR Measurement in Ontario

- Reviewed objectives for a phased approach to outpatient Cardiovascular Rehabilitation Measurement and Reporting
- Presented the intended outcomes / benefits of this work:

- The benefit of this program of work will be to create comprehensive, consistent and comparable CR data across time and location to inform local and provincial CR policy and planning.
- In addition, this work also represents a future potential opportunity for broader CR data collection and measurement & reporting strategies.
- Reviewed details of Phase 1 of the CR Measurement & Reporting Project and current work progress to date:
 - the scope of Phase 1 (*Slide 9*)
 - major upcoming milestones for this year (*Slide 11, 24, 25*)
 - identifying participants
 - developing data collection & reporting tool/process
 - determining the population of interest for measurement (*Slide 13*)
 - defining key metrics (*Slide 16*)
 - identifying information for one-time data collection
- Presented preliminary data examples from 7 CR programs (*Slide 20-22*)

Discussion

- *Question:* Going forward will this data be shared with the national cardiologica registry?
 - *Response:* In the initial phases focused on ON data but this is a good consideration for future phases of this work
- *Question:* How is the data being collected and is there interest to collect outpatient rehab data using NACRS Clinic Lite?
 - *Response:* we have not decided on a tool / platform yet but will consider platforms that are already collecting CR data and/or the opportunity to expand to these platforms in future phases of this work

Heart and Stroke Foundation/Canadian Association of Cardiovascular Prevention and Rehabilitation Cardiovascular Rehabilitation Virtual Toolkit

Note- slides from this portion of the forum were not distributed as material is still development and considered confidential

- Guest Speakers:
 - REBECCA MCGUFF, MSc (OT), OT REG. (ONT.) STROKE BEST PRACTICES PROJECT LEAD, ONTARIO | HEART & STROKE
 - JENNIFER HARRIS BSc PT .REGIONAL AND QUALITY MANAGER, CARDIOVASCULAR DISEASE PREVENTION AND REHABILITATION, UOHI
- Framework/toolkit is meant to provide guidance for providers when using virtual care (who is an appropriate patient for virtual care, versus a hybrid model or in person care)
- In June 2020, the Virtual Healthcare Implementation Toolkit was developed for Stroke to

support the rapid uptake of digital modalities

- It was recognized that a tool for Cardiovascular care would also be useful (still in development and will likely be released in the next couple of weeks)
- Toolkits also include information from the perspective of the individual, family or caregiver for providers to consider, which is a unique attribute of these tools

Discussion

- *Question:* will there be an email to participants letting them know that the toolkit is available?
 - *Response:* will be emailing through traditional communication channels
 - *Response:* CorHealth can also distribute to CR forum members once complete

Open Forum Discussion

Questions:

1. Over the past few months, what kind of innovations are programs testing/implementing to support CR patients and program delivery? What else do we need to support our patients?
2. There is a growing population of patients who had COVID 19 but continue to have ongoing symptoms and have poor effort tolerance. Are any programs supporting this patient population? If so, are you doing anything different with post COVID patients from other CR participants?

Discussion

- *Question:* Curious about what others are using for performance measures for home-based models?
 - Performance measures- one could interpret performance as in assessing individual performance (e.g. baseline exercise capacity, lipids, bp etc)- At this time people using a conglomerate of options for in-person or virtual based on local restrictions, patient confidence etc)
 - Performance measure- one could interpret as performance outcomes of a home-based program- perhaps a great topic for sharing with community of practice- suggestion to collect and collate measurement and outcomes tools
- *Question:* What platform are people using for a self-administered 6-minute walk test that Jennifer referred to?
 - Many are using apps that patients can download to do a self-test of the 6-minute walk (currently testing a few options right now)
 - "iWalkAssess" is an example

- *Question to Jason* in Windsor for example of innovations-- looking to piggyback with stroke community outreach team to service Leamington area as CR program closed – would provide in-home CR for patients who cannot attend in person or do not have internet access to virtual programs
- Comment: generally treating post-acute COVID patients the same as other cardiac patients but noting that these will typically be long-haul patients who require longer durations of rehab
 - we have also started to see women with long haul syndrome - and they have different experiences
 - Windsor area- applying for funds to support expansion of CR program to include dedicated post COVID patient population
 - we are also noticing increase in mental health wellness support for patients. Any help in this would be appreciated.
- Would members of the forum be interested in a session on innovation / management of COVID patients requiring rehabilitation?
 - Members were interested in this topic for a future session

Next Steps

- Phase 1 CR measurement and reporting Karen Harkness will be reaching out to you for program mapping
- Save the date CACPR Virtual Spring Conference
- Please feel welcome to email Karen Harkness (karen.harkness@corhealthontario.ca) with any questions, comments, or suggestions for agenda items or discussion topics at future Forums including the opportunity to provide a presentation of your program's activities
- As a reminder, all Forum presentations and summary notes can be found on the [CorHealth COVID-19 Resource Centre](#)