

# COVID-19 Cardiovascular Rehabilitation Stakeholder Forum #3

## MEETING SUMMARY NOTES

**DATE:** JUNE 12, 2020, 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.

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## HIGHLIGHTS

### COVID-19 System Updates

- Ontario Health released [Infection Prevention and Control \(IPAC\) for Scheduled Surgeries and Procedures During the COVID-19 Pandemic](#) on June 8, 2020 that outlines recommendations for all hospital-based scheduled surgeries & procedures
- Also on June 8, 2020, Ontario Health released [Recommendations for Regional Health Care Delivery During the COVID-19 Pandemic: Outpatient Care, Primary Care, and Home and Community Care](#) that includes information about:
  - Maximizing virtual care services that appropriately reduce in-person visits
  - Taking a comprehensive approach to infection prevention and control where care is provided in-person, and ensuring appropriate PPE is available to all staff wherever there is risk of exposure to an infection
  - Assessing the health human resources required to increase care activity
- CorHealth Forum Survey results were shared
  - CorHealth received 104 survey responses (30 from rehabilitation stakeholders)
  - Key themes from cardiac and rehabilitation respondents included:
    - Virtual care
    - Importance of addressing cardiac rehabilitation
    - Sharing learnings of virtual care, group CR, staying in touch with patients
    - How to ramp up rehab services - what is the 'new normal'?

### **Facilitated Discussion**

A facilitated discussion regarding the final draft of the guidance memo, ‘Recommendations for an Ontario approach to resuming in-person outpatient CR services’ was led by Dr. Paul Oh.

- Forum participants shared input and feedback for consideration:
  - The assumptions were endorsed by participants
  - Patient considerations for in-person programming
    - There was general discussion about the benefits of in-person programming for specific patients including that it addresses the challenges related to the isolation of virtual care for both patients and staff
  - Patient assessment: phased approach
    - There was general endorsement for the patient assessment and functional capacity assessment recommendations
    - Participants shared appreciation for the non-formal stress testing recommendations for use as in-person formal assessments are restricted and may be for quite some time
  - Delivery of core CR components
    - Several programs identified an interest in expanding programming to include group video visits and innovative options were shared and discussed
  - Tips to consider when promoting distancing for in-person CR services were shared

### **Virtual Care and Cardiovascular Rehabilitation**

- Virtual care discussion questions were briefly shared with participants (time constraints)
- Discussion will take place at the next CR Forum to continue the dialogue on virtual CR
- Additional resources/contacts to support virtual care were shared including:
  - Heart and Stroke – Natalie Gierman (Natalie.Gierman@heartandstroke.ca)
    - They have completed a Virtual Healthcare (Telestroke) Program Roadmap and 2020 Virtual healthcare checklist
    - If you have an interest in supporting this ongoing work as they focus on a cardiac population, please reach out to Natalie
  - The Ottawa Heart Institute – Jennifer Harris ([JHarris@ottawaheart.ca](mailto:JHarris@ottawaheart.ca))
  - University Health Network – Nicole Sandison (nicole.sandison@uhn.ca)

### **NEXT STEPS**

- The CorHealth team will finalize the guidance memo based on the feedback today for distribution and posting on the [CorHealth Ontario COVID-19 Resource Centre](#) next week
- Participants were invited to share any links or resources to support the recommendations in the guidance memo with [karen.harkness@corhealthontario.ca](mailto:karen.harkness@corhealthontario.ca)
- CorHealth is conducting interviews over the next couple of weeks to gather provider/patient input related to virtual CR and is looking for CR stakeholders interested in sharing their thoughts, experiences and activities - please e-mail [karen.harkness@corhealthontario.ca](mailto:karen.harkness@corhealthontario.ca) if interested in participating in a phone interview
- Information was shared regarding an upcoming “Coping with COVID Panel Discussion #2” CACPR webinar on Wednesday, June 24<sup>th</sup> at 12pm EDT; registration details can be found on their website (<https://cacpr.ca/Webinars>)
- The next **COVID-19 Cardiovascular Rehabilitation Stakeholder Forum** is scheduled for **Tuesday, June 23<sup>rd</sup> from 8:00 – 9:00am**