

# COVID-19 Cardiovascular Rehabilitation Stakeholder Forum #4

## MEETING SUMMARY NOTES

**DATE:** JUNE 23, 2020, 8:00 - 9:00AM

**GROUPS REPRESENTED:** More than 80 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

### System/CorHealth Updates

- Cardiac Memo #14 was released on June 17, 2020  
[Recommendations for an Approach to Resuming In-Person Outpatient Cardiovascular Rehabilitation Services in Ontario \(June 17, 2020\)](#)

### Virtual Care and Cardiovascular Rehabilitation

- Dr. Paul Oh shared a verbal summary of the virtual care survey conducted by the UHN CR program between March and May 2020.
  - 60% of providers responded that virtual care has gone “pretty well”
  - 40% responded that they have had challenges with the use of virtual care technology
  - Ongoing fears/anxiety/depression issues were identified by patients related to isolation and COVID-19 and missing CR group interaction
  - Through the survey it was clear that there are many virtual care opportunities to support patients and staff and learn from each other to find virtual care efficiencies to support the delivery of CR
- CR Program activity updates were shared by four CR program sites from across the province:
  - Dani Emon (Cardiopulmonary Rehab Lead, Arnprior Family Health Team) shared an update that highlighted phone intake assessments with patients

- sharing their own measurements (e.g., HR, BP, weight and waist) using the Ocean patient engagement platform and group exercise classes using the Zoom platform
- Adam Pierce (Program Manager, Central East Regional Cardiovascular Rehab) shared highlights of their Heart @ Home ([www.GetHeartHealthy.ca](http://www.GetHeartHealthy.ca)) program including individualized lifestyle and exercise coaching through phone, e-mail and video chat, education in various languages through Microsoft Teams, the Cardiologica web-based patient app and live-streamed group exercise and education sessions
  - Sue Evans (Physiotherapist, CDE, Cardiac & Pulmonary Rehabilitation Programs, Ross Memorial Hospital) shared an update that highlighted their pre-COVID and current CR programming (using phone, snail mail, e-mail, videoconferencing and the Cardiologica patient app) as well as tips for virtual CR delivery
  - Lisa Gurman (Clinical Nurse Specialist, Hamilton General Cardiac Rehabilitation) shared their current state highlighting that their program is reaching patients through virtual CR (telephone, no video) who would not normally participate in the on-site CR program due to distance, as well issues with staff burnout and their hybrid model plan for CR delivery going forward
- Participants engaged in a discussion regarding innovations in virtual CR delivery including:
    - Patient apps (e.g., Cardiologica)
    - Patient self-monitoring at home (e.g., heart rate, blood pressure)
    - The various models and platforms available to support virtual CR (e.g., Zoom, Microsoft Teams)
    - Models of CR delivery for group exercise sessions (e.g., live broadcast/stream exercise sessions with chat box for interactions, live small group video sessions)
    - Concept of data collection and AI interpretation of the data for the prevention of cardiac issues (e.g., monitoring for heart failure)
    - Models for group CR appointments which may help to prevent staff burnout related to the significant number of 1:1 virtual patient interactions as compared to on-site group programming

### **CorHealth Ontario Virtual Care Initiative**

- Michelle Klein shared details of the initiative that CorHealth is embarking on to explore provincial virtual care opportunities across cardiac, stroke and vascular clinical domains
- Forum participants shared ideas to drive & optimize the use of virtual care for CR patients in Ontario including:
  - Overcoming the barrier of patient access to technology (e.g., internet availability, adequate connectivity, strategy for device loaning)

- Investigation of reimbursement for virtual services and any barriers to delivery
- CorHealth tracking of CR eligible and referred patients
- Initiative to create a CIHI field/variable for CR referral and CR uptake

### NEXT STEPS

- Please let Karen Harkness ([karen.harkness@corhealthontario.ca](mailto:karen.harkness@corhealthontario.ca)) know if you would be willing and able to participate in a one-on-one consultation to further explore CR virtual care opportunities for CorHealth's Virtual Care Initiative (phone interviews will be scheduled over the next 2 weeks)
- Topics/agenda and timing for upcoming COVID-19 Cardiovascular Rehabilitation Stakeholder Forums to be determined. Potential topics that emerged from the discussion today include:
  - Sharing information/overview of apps and home monitoring devices being used for CR to support effective and reliable delivery of CR
  - Exploring models or platforms to support effective and safe virtual group exercise classes and share guidance regarding supervision models, size of class and consents/waivers
  - Exploring models of group education (and possible intake) and methods to leverage virtual education available from other programs
  - Use of hybrid models
  - Understanding better access to devices and technology strategiesKaren will reach out by email to Forum participants to explore Forum scheduling preferences during the summer months.
- 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