



UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA

HEARTWISE WEBINARS

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

NADINE ELIAS

Women's Heart Health Centre, Women@Heart Program Lead

MARION MARTELL

Women@Heart Program Ambassador, Peer Leader

SUE ARMSTRONG

Woman@Heart Participant, Patient with lived experience

WELCOME

This session is available on the
University of Ottawa Heart Institute website:

OTTAWAHEART.CA

1. Introduce the Canadian Women's Heart Health Centre
2. Why the Women@Heart Program?
3. Provide an overview of the Women@Heart program



WEBINAR TOPICS



START THE CONVERSATION

https://www.youtube.com/watch?v=hdybx_zycTU



CANADIAN WOMEN'S HEART HEALTH CENTRE

Launched in 2013

YOURHEART.CA



VISION

To provide leadership in the development, implementation and evaluation of cardiovascular prevention and management strategies to improve women's cardiovascular health.



GOALS

- For women in the Champlain Region to be the most heart healthy in Canada;
- To develop an exemplary model of excellence in cardiovascular prevention and management for women... to serve our region, our province and our nation.



CARDIOPREVENT[®]
PROGRAM



**IMPROVE
POSTPARTUM
PROGRAM**



**WOMEN@HEART
PROGRAM**



**VIRTUAL CARE
PROGRAM**



**NATIONALS
SURVEYS**



**RESEARCH CHAIR IN
CVD PREVENTION
& REHABILITATION**



**CANADIAN WOMEN'S
HEART HEALTH
ALLIANCE**



**COMMUNITY
ADVOCATE
TOOLKIT**



**WOMEN'S
HEART HEALTH
SUMMIT**



**CANADIAN WOMEN'S
HEART HEALTH CENTRE**

**CENTRE CANADIEN DE SANTÉ
CARDIAQUE POUR LES FEMMES**

**CWHHC
INITIATIVES**

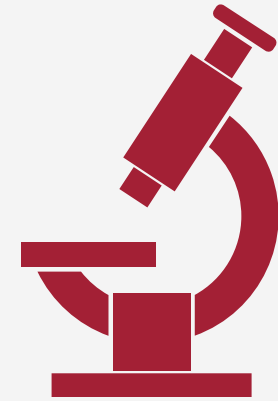
Canadian Journal of Cardiology 30 (2014) 827–834

Clinical Research

Perceived vs Actual Knowledge and Risk of Heart Disease in Women: Findings From a Canadian Survey on Heart Health Awareness, Attitudes, and Lifestyle

Lisa A. McDonnell, MSc, MBA, Andrew L. Pipe, MD, Courtney Westcott, MSc, Sue Perron, BEPS, Deborah Younger-Lewis, RN, BScN, Nadine Elias, BSc, Jessica Nooyen, MHK, and Robert D. Reid, PhD, MBA

Division of Prevention and Rehabilitation, University of Ottawa Heart Institute, Ottawa, Ontario, Canada



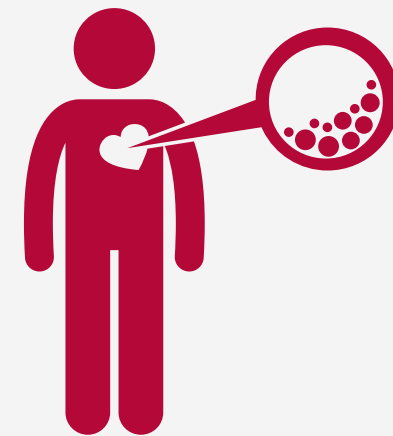
**CLINICAL
RESEARCH**



15/40

80% of women with a low knowledge score perceived that they were well informed

(highest medical risk + had heart disease)



70%



IDENTIFICATION



TREATMENT

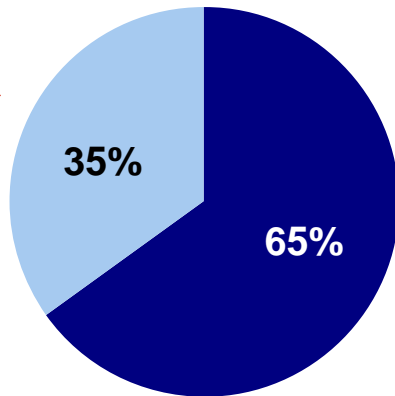


OUTCOMES

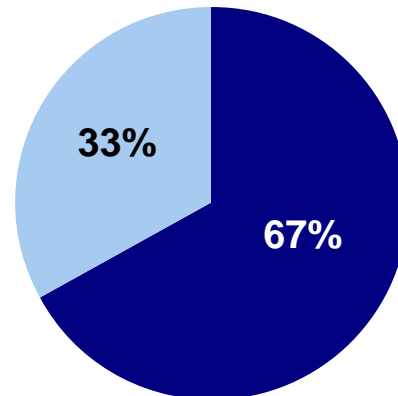
Personal Perceptions of (Own) Heart Disease

"Having been treated for your heart event, do you perceive your heart health...?"

NATIONAL (n=213)



CHAMPLAIN (n=55)



- As a chronic problem requiring continuous risk factor manage
- An "episode" that has now been treated and you can resume your pre-diagnosis lifestyle



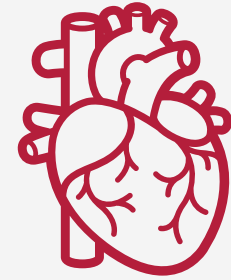
**OUT OF SIGHT,
OUT OF MIND**

WOMEN@HEART

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



PROGRAM OUTLINE



IMPORTANCE OF SECONDARY PREVENTION

Managing risk factors
post event can reduce
recurrence up to 50%



THE NEED

- Support from women with similar experiences
- Bring care to places that female patients are most likely to go
- Information related to their diagnosis and medical management
- Improving communication with their health care providers
- Opportunity to express their emotions and stress of living with condition

EMOTIONAL SUPPORT

Availability of a peer to discuss personal difficulties to support a full recovery.

INFORMATIONAL SUPPORT

Gain the knowledge relevant to problem-solve and achieve health goals.

APPRAISAL SUPPORT

Discuss information for self-evaluation and validation of emotions and behaviours.



PEER SUPPORT

Provision of support from a person sharing similar experiences with a condition

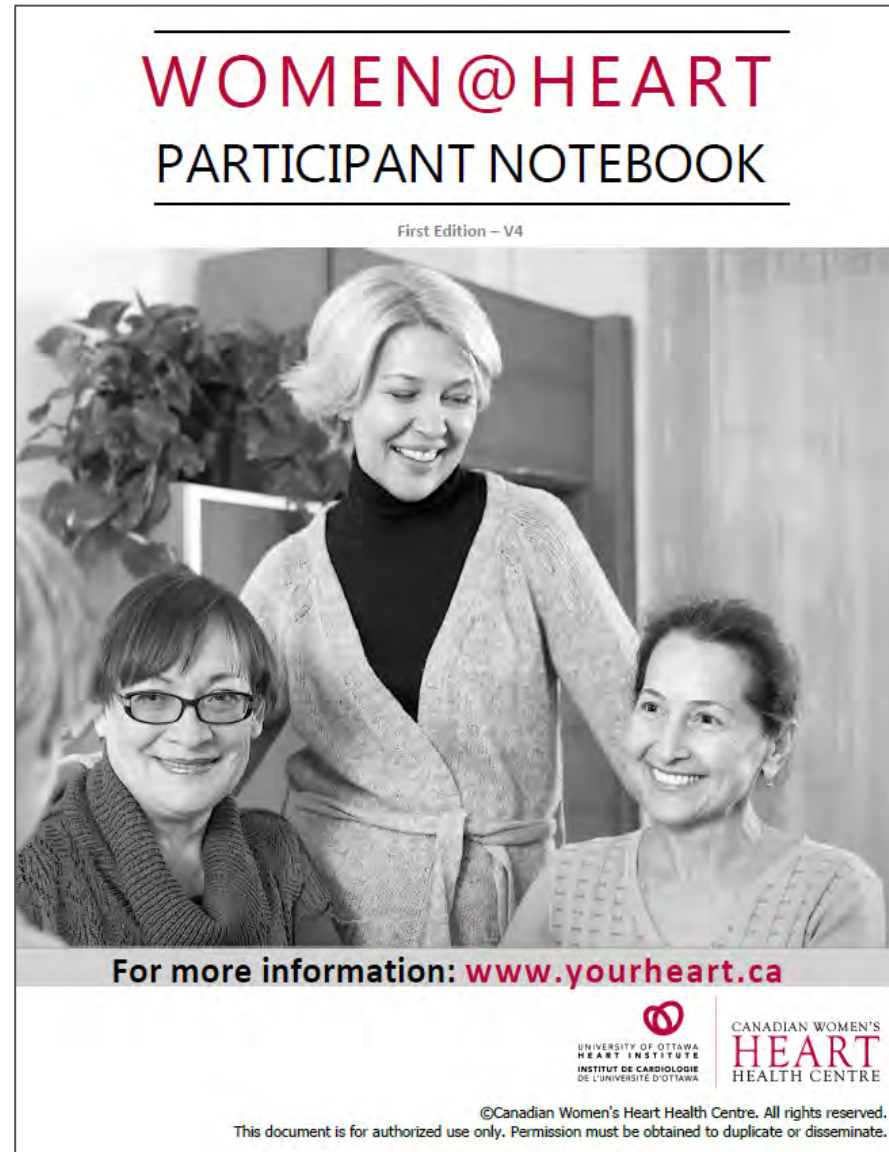
DELIVERY MODEL

- In person or Virtual meetings
- Group size: 6-10 people/group
- Length of sessions: 2 hours/
session/Bi-weekly
- Number of sessions: 12
sessions /6 months
- Closed Support
- Online registration and pre/post
assessment



SESSIONS OVERVIEW

		EMOTIONAL ATTRIBUTE		INFORMATIONAL ATTRIBUTE		APPRAISAL ATTRIBUTE	
		MONTH 1	MONTH 2	MONTH 3	MONTH 4	MONTH 5	MONTH 6
EVERY 2 WEEKS	Road to Recovery			Risk Factor Awareness and Management		Reinforcement and Feedback	
	Emotional Management Coping			Self-Management Skills Empowerment Advocacy		Health system and Community Navigation	



PARTICIPANTS MANUAL

- Provide a reference of topics covered at each session
 - Note pages
- Exercises to apply skills learned
- 3 appendices
 - Heart Disease 101
 - Heart Disease medications
 - Community Resources

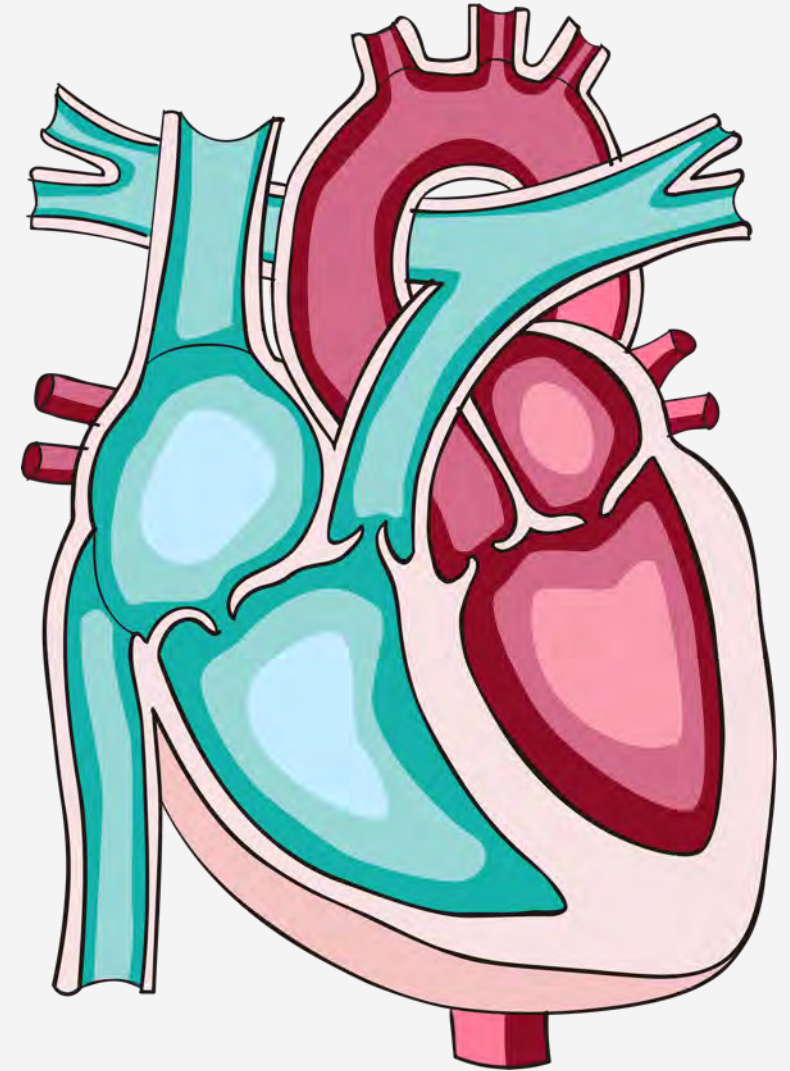


RESULTS TO DATE

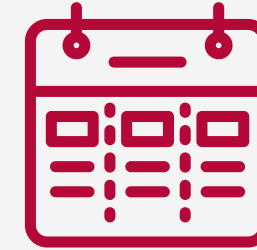
- 701 women have been enrolled in the program
- 376 women have completed the program (graduates)
- 70 Groups have completed the program
- We observed Significant improvements in:
 - Adaptive coping
 - Health Activation
 - Stress, Anxiety and Depression
 - Communication with providers
 - Vegetable consumption
 - Waist Circumference

ELIGIBILITY CRITERIA

- Women with heart disease (CAD, Angina, CABG, valve, HF, Atrial Fibrillation, SCAD)
- No hospitalization with the last 6 weeks
- Able to attend local groups
- Understand English or French
- No limitation in contributing or participating in a group setting
- Attend every session (min 9 out of the 12 sessions)



12 sessions period	Day	Time
September 15, 2020-February 16, 2021	Tuesday	6:00-8:00 pm
September 17, 2020- March 3, 2021	Thursday	2:00 – 4:00 pm
September 22, 2020 - March 2, 2021	Tuesday	1:00-3:00 pm
September 23, 2020 - March 3, 2021	Wednesday	10:00 am-12:00 pm
September 24, 2020 – March 4, 2021	Thursday	6:00-8:00 pm
September 29, 2020- March 2, 2021 (French only)	Tuesday	9:00-11:00 am
October 6, 2020-March 16, 2021 (SCAD only)	Tuesday	6:00-8 :00 pm
October 29, 2020- April 22,2021	Thursday	2:00-4:00 pm



FALL SCHEDULE

- Online registration
- Confirmation email with group details
- Complete online baseline questionnaire
- Introduction call by group Leader



MEET SUE

- My Story
- Support at the bedside
- Road to recovery
 - Feelings
 - Needs
 - Challenges
- Women@Heart program
 - What I learned
 - How it helped me



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HEARTWISE WEBINAR SERIES

QUESTIONS?

All sessions will be recorded and available on our
Prevention and Wellness Centre (PWC) website.

PWC.OTTAWAHEART.CA

Please email webinar@ottawaheart.ca
if you have any questions or ideas
for additional topics.

THANK YOU FOR JOINING!