



Clinical Care

Recommended Future Goals of Heart Centres for Women
vs. Programs Currently in Place at the Heart Institute's CWHHC

Recommendations

- Provision of comprehensive patient-centered care customized to address cultural, ethnic, spiritual, and social determinants of the patient.
- Creation and implementation of a multidisciplinary healthcare team for women incorporating clinicians who care for women to improve the quality and equitable healthcare gaps in women including family physicians, primary care physicians, obstetricians and gynecologists, nurse practitioner, emergency department physicians, and nurses.

CWHHC Measures

- Individualized health coaching for cardiovascular risk reduction: Learn about the CWHHC's CardioPrevent®, IMPROVE (Identify Methods for Postpartum Reduction of Vascular Events), and Virtual Care Programs.
- The Heart Institute is pioneer in establishing a multidisciplinary Women's Heart Health Team to address specific cardiovascular needs of women in the hospital.
- The Canadian Women's Heart Health Clinic is truly the first of its kind in the Champlain region of Ontario



“When it comes to clinical care, the University of Ottawa Heart Institute has a very comprehensive approach which involves prevention, disease management, state-of-the-art clinical care, and a first-of-its-kind Women's Heart Health Team to foster collaboration and innovation.”

Dr. Thais Coutinho



**CANADIAN WOMEN'S
HEART HEALTH CENTRE**



Education & Health Literacy

Recommended Future Goals of Heart Centres for Women

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Recommendations

- Sex- and gender-specific cardiovascular education for all healthcare professionals.
- Patient education that integrates the tenets of health literacy.

CWHHC Measures

- The Canadian Women's Heart Health Summit is proudly hosted by CWHHC in partnership with Heart and Stroke every two years. The Summit is the largest conference in the world dedicated exclusively to the cardiovascular health of women.
- Learn more about a network of experts and stakeholders who make up the Canadian Women's Heart Health Alliance, which aims to enhance education of healthcare providers about women's cardiovascular care.
- CWHHC has established a Women's Cardiovascular Health Lecture Series to educate Heart Institute healthcare providers about best practices in the care of women with or at-risk for heart disease.
- The CWHHC Women@Heart Program is a peer-support and education program for women with heart disease led by women with heart disease.



“When it comes to improving the cardiovascular health of women, education is key. There are a number of educational initiatives at the Heart Institute, helping healthcare providers learn about the important nuances of the care of women with or at-risk for heart disease. We also have educational programs for the public, to increase health literacy and health activation for women.”

Dr. Thais Coutinho



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Community Partnership

Recommended Future Goals of Heart Centres for Women
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Recommendations

- Creation of pathways to facilitate engagement with community groups and community health center staff to increase awareness of cardiovascular disease in women and provide information on navigating appointments with the medical team and health system for optimal cardiovascular care.
- Develop models of community-based participatory research to better assess unique cultural-, racial-, and community-based healthcare needs of women and to implement culturally sensitive approaches to meeting the needs of underserved populations of women.

CWHHC Measures

- Several of the CWHHC's clinical, educational and research programs have counted on patient partners for their development and implementation.
- CWHHC promotes volunteerism and community advocacy to engage and educate women about cardiovascular health.
- CWHHC holds a number of community events each year, including a 'Meet the Expert' series, Women@Heart training programs, and several lectures to raise awareness of women's heart health.
- **Coming soon:** The Community Advocate Toolkit will enable women to deliver heart health education within their local communities.



"The CWHHC has always counted on direct input from patients and their family members in the development of our clinical, educational and research programs. Community partnership is at the very core of everything we do, and is a major contributor to our successes. The patients tell us what they need, we listen, and we develop the programs to address those needs."

Dr. Thais Coutinho



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Commitment to Research

Recommended Future Goals of Heart Centres for Women
vs. Programs Currently in Place at the Heart Institute's CWHHC

Recommendations

- Develop novel research designed to investigate the impact of the social, racial, and ethnic determinants on cardiovascular health and disease in women and to gain insight into specific components that lead to high cardiovascular burden in black and South Asian women.
- Devise measures to assess the effectiveness of guidelines for the prevention, diagnosis, and treatment of women with cardiovascular disease.

CWHHC Measures

- Scientists at the UOHI lead several innovative research projects focused on women's cardiovascular health, and publish several papers in esteemed journals every year.
- The CWHHC worked closely with the UOHI Research Services Department to incorporate sex- and gender-based research in the very core of its Strategic Plan (ORACLE 2.0), ensuring institutional-level prioritization of sex- and gender-based research.
- The CWHHC is working to establish Sex- and Gender-Based Cardiovascular Research Rounds, a new lecture series for Heart Institute researchers which aims to motivate sex- and gender-based research.
- The CWHHC has developed a Sex- and Gender-Based Research Toolkit for Heart Institute researchers, helping them effectively incorporate sex and gender in all aspects of research.



"The Heart Institute and CWHHC have several research grants, publications and ongoing research projects spanning several topics in women's cardiovascular disease, prevention and rehabilitation. We work closely with our colleagues at the Heart Institute to ensure sex and gender considerations continue to make research more just and more useful."

Dr. Thais Coutinho

