



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

CARDIOVASCULAR RISK FACTOR MANAGEMENT PROGRAMS AT UNIVERSITY OF OTTAWA HEART INSTITUTE

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CARDIOVASCULAR REHABILITATION (CR) PROGRAMS IN CHAMPLAIN

HEART INSTITUTE: VIRTUAL CARE PROGRAMS

WOMEN@HEART, HEART WISE EXERCISE, HEARTWISE APP

CVD RISK FACTOR MANAGEMENT OUTREACH PROGRAMS
















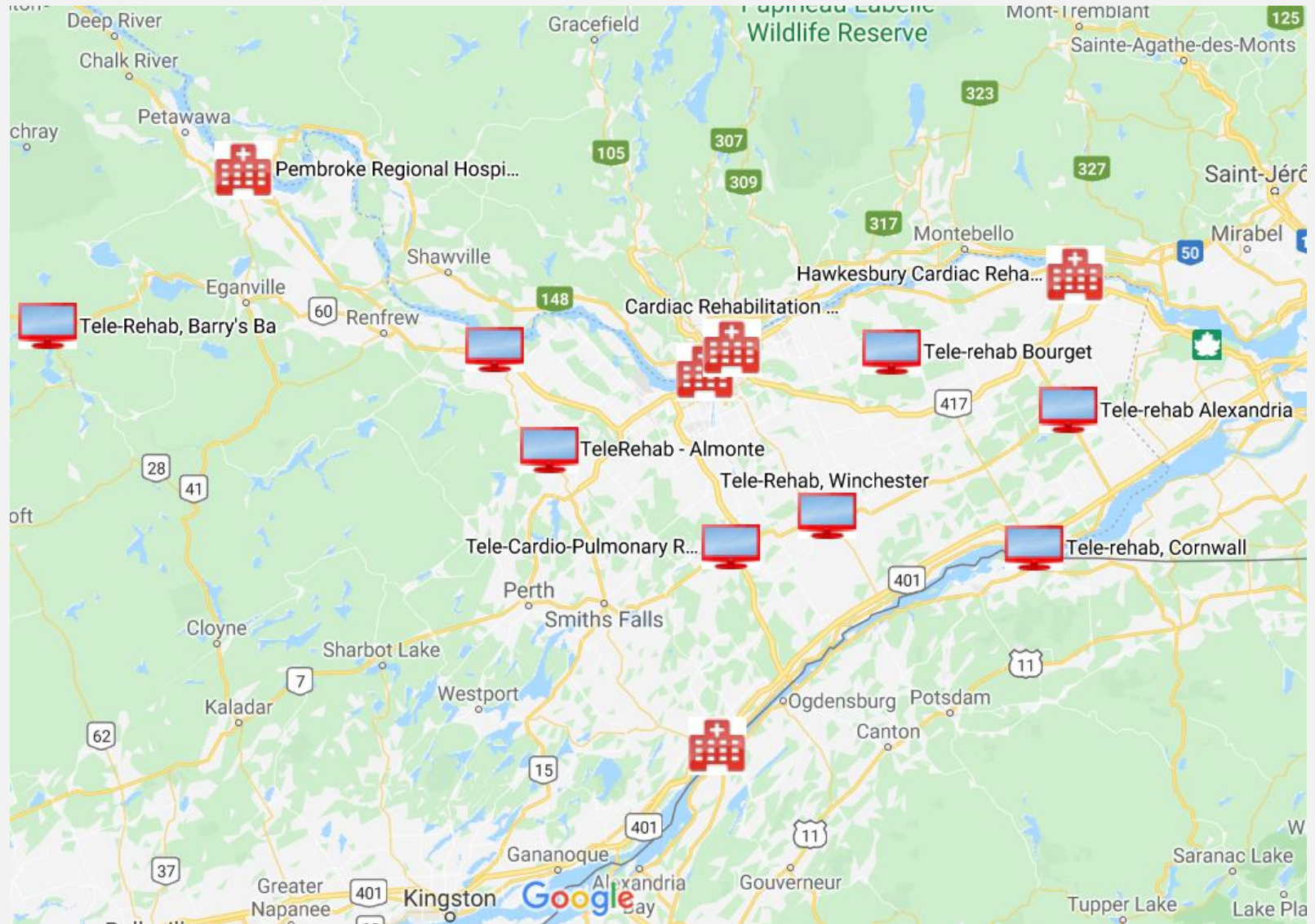
CARDIAC REHABILITATION

- Programs across the Champlain Region.
- UOHI patients referred to their closest program
- Patients receive help with managing risk factors including education and strategies related to exercise, smoking, nutrition, medications and mental health.
- Cardiac Rehabilitation (613) 696-7068
- Referral form available online at:
<https://www.ottawaheart.ca/patients-visitors/clinics-and-programs/cardiac-rehabilitation/outpatient-program>

Cardiovascular Rehabilitation (CR) Programs in the Champlain LHIN

Cardiac Rehab Options in Champlain LHIN

-  The University of Ottawa Heart Institute
-  Pembroke Regional Hospital
-  Montfort Hospital
-  Hôpital Général de Hawkesbury & District Gen...
-  Brockville General Hospital
-  Winchester District Memorial Hospital
-  St Francis Memorial Hospital
-  The Seaway Valley Community Health Centre
-  Ottawa Valley Family Health Team
-  Arnprior and District FHT and Arnprior Regiona...
-  Hôpital Glengarry Memorial Hospital
-  Centre de santé communautaire de l'Estrie
-  Kemptville District Hospital



UOHI CARDIOVASCULAR RISK FACTOR MANAGEMENT PROGRAMS

INTAKE ASSESSMENT:

- At intake, staff and participants discuss CR participation, referrals, and virtual program options
- Staff uses clinical judgement re: determining which program would be best suited for each participant, based on medical history (e.g. the number of co-morbidities/symptoms/CV risk factors), need for specialized exercise prescription and the participants' ability to self-manage and the patient's preference/suitability

VCP (VIRTUAL CARE PROGRAM)

- Comfortable with technology
- Contacts via telephone, email, virtual platform
- Access to virtual platform for health information, uploading wearable data, communication
- Series of contacts focused on providing risk factor education and behaviour change strategies
- Structured program.

6 MONTHS

INTAKE +
10 CONTACTS

ON-SITE

TBD –
DIFFERENT
FLOW

BRIEF

- Independent with managing CV risk factors; including exercise
- Individualized Risk factor profile and exercise guidelines

6 WEEKS

INTAKE +
2 CONTACTS

CASE MANAGED/FRANCOFORME

- Series of contacts focused on providing risk factor education and behavior change strategies
- Contacts via telephone, email, EPIC (zoom – in the future)
- Call frequency 1-2 weeks determined by staff and patient* (see below)

1-2 MONTHS

3 MONTHS

INTAKE +
3-8 CONTACTS

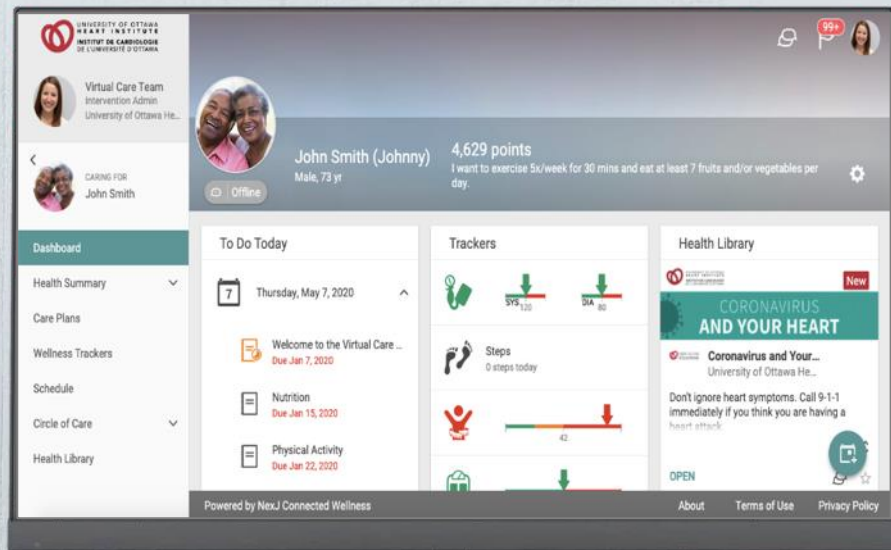
INTAKE +
6-12 CONTACTS

ALL PATIENTS HAVE ACCESS TO:

- Interdisciplinary 1:1 consults prn (social work, dietitian, vocational counselor, psychology)
- MD appointment, exercise assessment (virtual and/or onsite by summer 2020)
- Access to group education and workshops (virtual, Heartwise Webinar series)
- Cardiac Rehab Program Guides online: ottawaheart.ca/patients-visitors/tools-and-resources/cardiac-rehabilitation-guides and Covid Resource page for risk factor guidance: pwc.ottawaheart.ca/covid-19

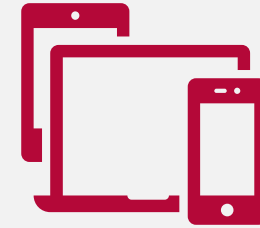
VIRTUAL CARE PROGRAM

- Designed to raise **awareness** of CVD risk and **motivate** patients to manage and improve their health and well-being
- Available to people who are **at risk for developing heart disease** and patients who have **established heart disease**.
- 6 months, 10 contacts, 1:1 coaching
- **Platform Access Provides:**
 - Access to Health Library curated by UOHI
 - Ability to sync with wearable devices
 - Online Peer support



WOMEN@HEART

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



DELIVERY MODEL

- **Virtual** meetings
- **Group size:** 6-10 people/group
- **Length of sessions:** 2 hours/session/
Bi-weekly for 6 months
- **Closed** Support
- **Online registration** and pre/post
assessment
- **Referral:**
- **Contact:** Nelias@ottawaheart.ca

HEART WISE EXERCISE

Community Exercise Programs led by HWE Trained Instructors teaching programs that have met criteria making them appropriate for those with chronic conditions

Purpose:

- **To share** best practices
- **To identify exercise programs** that allow patients to feel comfortable exercising in their community
- **To facilitate transition** from patients to clients to lifetime community exercisers
- **To promote** self-management
- **To develop** a strong community network





Welcome To HeartWise Exercise

[Show](#)

LOG IN

Remember me

[Forgot your password?](#)

HeartWise

 EXERCISE APP

- Designed for patients with recent cardiac events or rehab graduates, but anyone can use.
- **It's free!**
- For use on phone, tablet or computer.
- Provides personal daily exercise prescription.

Find it here:

heartwiseapp.ottawaheart.ca



UOHI RISK FACTOR MANAGEMENT SUPPORTS

- **CardioPrevent/VirtualCare/FrancoForme**
- 12/6-month one-on-one health coaching and risk factor management program
- **Quit Smoking Program**
- Nurse-led clinic that provides one-on-one support in your quit attempt
- **Heartwise Webinar Series**
- Weekly webinars on topics related to Chronic Disease Management
- **Heartwise COVID Resource Page**

[PWC.OTTAWAHEART.CA](https://pwc.ottawaheart.ca)