

IT TAKES A COMMUNITY



CARDIAC REHAB

Prince Edward Family Health Team (PEFHT)

Cathy Brose – Cardiac Nurse Educator

Nancy Lock – Physiotherapist

Wanda Parks – Community Support Planner

Other members of the team:

Carol Anne Gray – Physiotherapist

Dee Hazell – Registered Nurse, Smoking

Cessation/COPD/Asthma Educator

Presenter Disclosure

- Presenters: Cathy Brose, Nancy Lock, Wanda Parks
- Relationships with commercial interests: Not Applicable

Disclosure of Commercial Support

No Commercial Support

Mitigating Potential Bias

Not Applicable

Music Video

Our unique community... **Prince Edward County**

- located at the eastern end of Lake Ontario between Toronto and Kingston. Surrounded by water, we are **an island** community



Why Cardiac Rehab in Prince Edward County?

- The population is **decreasing** yet the median age in Prince Edward County has been continually **rising**
- 2013 there were 3680 patients with documented cardiovascular disease from our PEFHT patient list of 19,865....cardiovascular disease affects 18% of our population
- Distance to nearest Cardiac Rehabilitation, 200km round trip (range from 180 km – 240 km), made it difficult for patients to who were referred to attend

Demographics – Canada census

	<u>2011</u>	<u>2006</u>	<u>2001</u>
Population:	25,258 (-0.9% from 2006)	25,496 (2.4% from 2001)	24,901 (-0.6% from 1996)
Land area:	1,050.45 km ²	1,050.14 km ²	1,049.99 km ²
Population density:	(405.58 sq mi) 24.0 /km ² (62 /sq mi)	(405.46 sq mi) 24.3 /km ² (63 /sq mi)	(405.40 sq mi) 23.7 /km ² (61 /sq mi)
Median age:	51.6 (M: 50.8, F: 52.2)	47.7 (M: 47.1, F: 48.4)	44.3 (M: 43.6, F: 44.9)
Total private dwellings:	12,397	12,055	11,399
Median household income:		\$53,287	\$44,516

Dr's Video

HOW WE GOT STARTED

***THE KEY
WAS DEVELOPING
COMMUNITY PARTNERSHIPS***

Cardiac Rehabilitation Centre - at Hotel Dieu Hospital in Kingston



- Training
- Ongoing support
- Automatic referrals

Ottawa Heart Institute



- Tours and information sessions
- Support
- Guidance
- Automatic referrals

Physiotherapy

- Community Care Access Centre - Care Coordination
- Quinte District Rehab
- Goals of C.C.A.C.
- To be a gateway for information and high-quality health services
- To improve access to health services across the health care continuum



P.E.F.A.C. – our first home



Although a great location to start a program, there were deterrents

- Stairs...no elevator
- crowding of machines – in case of emergency
- distance from hospital - in case of emergency
- Time specific due to membership usage
- Fees to patients
- Storage and set up of supplies

Selecting a new location

Industrial Park – close to hospital, costs of renovating and heating too expensive



PEFAC Garage – distance from hospital and restrictive use of space



The perfect partnership and location...

-next to the hospital, in same building as PEFHT doctors and Pharmacy



Fundraising for equipment - Prince Edward Cattlemen's Association

PEFHT BBQ



Gala and Auction



Steer show – Celebrating “Syd”



\$70,000

WAS RAISED FOR CARDIAC REHAB

IT REALLY DOES TAKES A COMMUNTIY!!!

PECMH Auxiliary



- Committed \$20,000 for flooring
- We selected a gym floor specifically to reduce impact on joints and knees

Community members



- Windows donated by Irene Collyer in memoriam
- Bring light to our exercise space

Picton Pharmacy



- provides discount products to our participants
- i.e. pedometers and resistance bands

Ongoing support from community partners



- Cattlemen provided funds for an **education library** including books, DVD's, Nordic walking poles
- This year \$3,300 was donated to the program to purchase an **AED** with monitor for emergency response

What is Cardiac Rehab?

Cardiac rehabilitation (rehab) is a **medically supervised** program that helps improve the health and well-being of people who have **heart** problems. Our program includes exercise training, education on heart healthy living, and access to counselling to reduce stress and help the return to an active life.



- Patients participate in a 12 week program with an individual exercise prescription
- Patients are also asked to walk daily at home, and track their steps with a walking log

Screening – Patients are screened by a nurse, physiotherapist and a doctor



Independent Daily Walking - Patients purchase a pedometer at a reduced cost from Pharmacy to start tracking their daily steps.



-The Canadian Physical Activity guidelines suggest 10,000 steps per day.

-We ask participants to start small, and track their steps daily in a log book.

Setting Goals

Patients are encouraged to set goals related to an active lifestyle, exercise, diet or other elements of their health that have been effected by their cardiac event. The goals are individual to them and we continue to re visit them throughout their 12 week session, and often can set new goals as old ones are reached.

Stress Test - Patients have an Exercise Stress Test to determine their target heart rate



In Clinic Sessions



Resting Measures –
patients put on a heart
rate monitor and have
their resting blood
pressures taken

Warm Up



-a group
warm up of
5-8 minutes
is led by
staff

Aerobic activity



- 30 minutes
with interim
blood pressure
monitoring

Strength training



-with
resistance
bands or
free
weights

Cool Down, Stretching and Core Strengthening



Resting blood pressure taken again and recorded



EXIT



Weekly education sessions



by registered
PEFHT staff on a
wide range of
topics

Education Topics and Disciplines

Physical Activity I, II, III
Behaviour Modification
The Heart
Diabetes Management
Medications
Nutrition I, II, III
Stress Management
Goal Setting

Physiotherapist
R.N. Smoking Cessation
R.N.
R.N. Diabetes Educator
Pharmacist
R.D.
Social Worker
Social Worker

...We've only just begun!

Once participants have “graduated” from our 12 week course of twice weekly clinic exercise sessions, our Community Support Planner continues to motivate them to stay active and participate in new, active events around the community.

Graduation Day



After graduation when a final stress test and blood work has been done, a discharge meeting takes place. This is where we set new goals for patients . This is also where we get new ideas for initiatives and programs

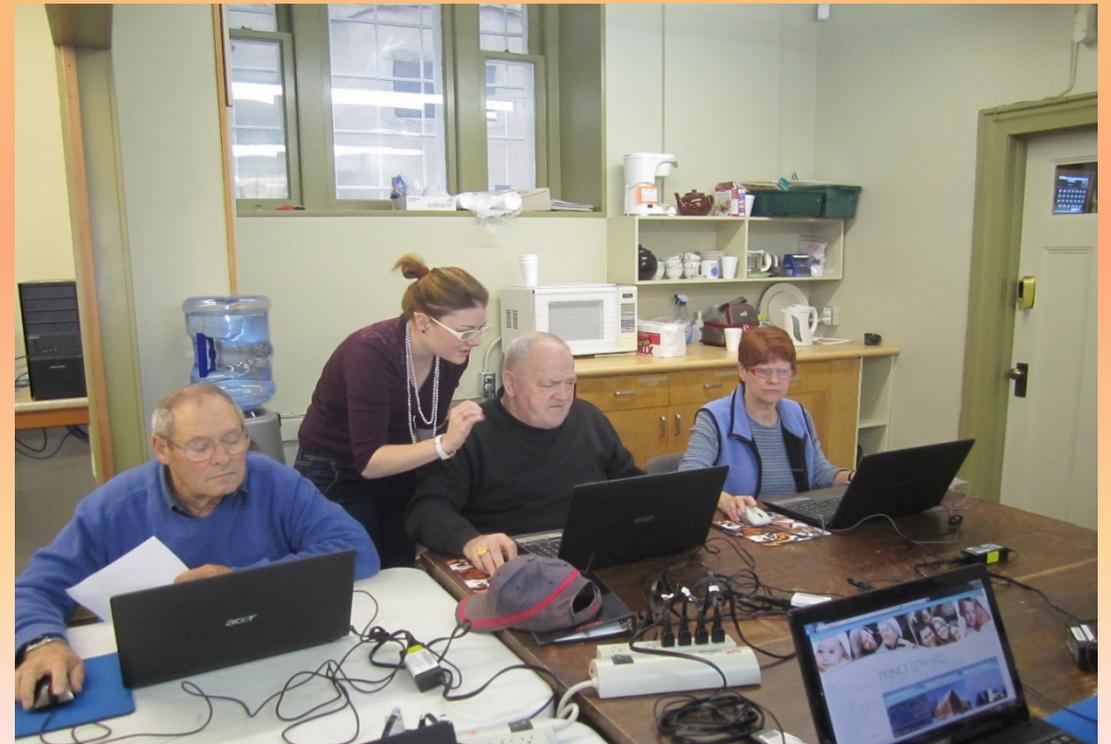
Prince Edward Fitness and Aquatic Centre (P.E.F.A.C.)



- Reasonable packages for graduates
- Has developed exercise programs for our patients – currently organizing a men’s circuit class for our graduates
- Free week passes to all graduates

Local (PEC) Libraries

- Computer classes for graduates take place at two local libraries.
- Not only do they learn a new skill but we are able to stay in touch. Graduates can easily receive our updates of new initiatives and events...and reminders how to live heart healthy!!



Prince Edward Curling Club

- free clinics, initiated by a patients
interest



Free Tennis Clinics

- Local tennis pro donates his time
- This was also prompted by a patient inquiry



Hiking with Local Wildlife enthusiast

- We have had a series of guided hikes to local areas of interest



Coffee Group at local café

- Gives graduates a chance to stay in touch and update them on upcoming activities



B.B.Q.'s and Pot Luck Suppers

– graduates have another opportunity to stay in touch with one another



Ghost walks with local historians



Grocery Store Tours



- with our Registered Dietitian (through PEFHT)
- currently we are having one every 3 months, timed to coincide with our nutrition education

Living Well – Self Management Program

- a patient and staff member have taken the Leadership training for Stanford Chronic Disease Self Management program
- The 6 week workshop will be offered to CR graduates and patients to help them achieve their best health while managing heart disease

Walking Programs

- off season indoor walking program at local high school, prompted and run by volunteers
- outdoor walking marked on the beautiful Millennium Trail



Free Skating

- two local arenas offer skating time for graduates
- one of the arenas also has a wonderful walking path



Alpaca Shearing



– graduates participate in fun activities and sometimes they learn new skills

Nordic Pole Walking

- Hastings and Prince Edward County Health Unit loaned Nordic Poles to our program.
- We used them during the indoor walking program and a volunteer hosted a morning walk on the Millennium Trail.



**There are always more
resources in your community
– you just have to find them!**

At our Annual Meeting for the PEFHT (Prince Edward Family Health Team) this year...

- Community Agencies were in attendance
- Staff were given a passport and encouraged to visit booths and find three new things they didn't know before about the agencies
- This opened a whole new realm of community partners

Alzheimer Society

- by talking with representatives and learning more about the program we discovered that they have a retreat for caregivers.
- We have at least a few patients that are caregivers and would be able to take advantage of the program

Public Health Ontario Infection Prevention and Control

- after speaking with representatives learned that free in house audits can be done to ensure you are providing the best infection prevention and control practices.....and they don't write you up!

Career Edge – connects job seekers with employers

- offers free resume building and helps clients find work
- We have several patients that would flourish under their guidance

Community Care for Seniors

- Supervised walking programs
- Volunteer transportation
- Specialized frozen meals
- Wii bowling and other activities

This shows that the possibilities are endless
in your own communities.

The key is to go out and talk with your
community agencies and know what they
have to offer.

Sometimes,
the most valuable resources
in your **community**
are not groups,
but **individual people**.

We have had some graduates “buddy up” to encourage each other to stay active and promote mental health



Patient testimonial

To summarize, how do **YOU** start a cardiac rehabilitation program in your community?

- **Funding**
- **Location**
- **Staff**
- **Community support**
- **and finally, a Community Support Planner to actively pull it all together! (Every Cardiac Rehab needs a Wanda!)**

Questions?