



Minister's Medal Honouring Excellence in Health Quality and Safety

Team-Based Initiative

Regional Cardiovascular Rehabilitation and Secondary Prevention Service

As recommended by a Cardiac Care Network (CCN) expert panel, the Central East LHIN Clinical Services Plan supported the development of a regional delivery model to address barriers to Cardiovascular Rehabilitation and Secondary Prevention (CRSP) as a standard for patients with cardiovascular disease. The CRSP services design and implementation were based on published evidence and standards for delivery and outcome measurement and use Lean workflow principles. The service elements of this model include: harmonized referral criteria; automated referral through integration into regional order sets of hospitals and vascular disease management entities; central referral; acceptance and booking; delivery as region-wide service; and regional delivery with multiple community-based sites to improve access.

CRSP engagement for hospital patients begins during admission where an exercise therapist visits the patient at their bedside to introduce CRSP and its benefits. All referrals are sent to a centralized booking office. Patients in the community are referred by their primary care health care provider or specialist. Each patient receives a call to assess their readiness to enrol in the program. During the initial call, the patient is scheduled for the full program.

Regional CRSP metrics confirm improvement in patient outcomes, including ~15% smoking cessation in smoking patients and 90% of patients exercising 150+ minutes per week.

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The information provided above is taken directly from 2015 Minister's Medal applications – Facts and information herein have not been checked for accuracy.