



Building Community Capacity for Individuals with Heart Disease




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Background




- Less than 50% of Cardiac Rehabilitation (CR) patients continue to be sufficiently active after program completion
- Insufficient capacity in existing formal (on-site) maintenance CR programs to provide long-term solutions
- Up to 60% of patients post-cardiac event never attend CR
- Systems are required to facilitate regular participation in safe, community-based exercise programs




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Purpose




- To identify exercise programs in the community suitable for individuals with heart disease
- To facilitate transition and ensure there is a continuum from the medical cardiac rehabilitation (CR) setting to the community-based fitness setting




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Method: The Creation of PAN

Physical Activity Network (PAN)




- The Physical Activity Network (PAN), a partnership of community fitness related organizations, was initiated in 2004 to meet the exercise needs of the cardiac community.
- PAN meets 6-8 times/year to collaborate on community-based initiatives and assess potential exercise programs suitable for people who require careful supervision.




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Method: Creation of Heart Wise Exercise




- A set of 6 criteria were developed to identify essential components of appropriate exercise programs for people with cardiac conditions
- Programs in the community which met these criteria were identified
- An easily recognizable logo was developed for use among the community partners (Heart Wise Exercise)
- Heart Wise Exercise was marketed and promoted




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Heart Wise Exercise Criteria



- Encourages regular, daily aerobic exercise
- Incorporates and encourages warm up, cool down and self-monitoring with all exercise sessions
- Allows participants to exercise at a safe level, and has progressive options to increase intensity if appropriate



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Heart Wise Exercise Criteria

- Accepts participants with a known history of cardiac disease – provided they have physician approval
- Provides health screening for all participants
- Has an emergency plan that is documented and known to all exercise leaders, including the requirement of current CPR certification, phone access to EMS and presence of an AED

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Method : Training Fitness Leaders

Workshops – Train the Trainers

- Since 2005, 5 workshops have been held at the Heart Institute for exercise leaders in the community (with plans to do at least yearly)
- To date, over 210 participants have been trained from over 40 facilities across our region
- In June 2008, 45 of the program leaders present had participants with known cardiac disease

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Observations/Critical Assessment

Workshop – Train the Trainers Evaluation

Year	# of registrants	# of facilities	Workshop Component									
			Diagnostics	Cardiac interventions	Exercise Prescription	Patient Perspective	6 Min Walk Session	Special Topic	Patient Perspective	Running a high risk class	Case Study	Overall Satisfaction
Nov. 06	33	6	4.4	5.0	4.4	4.6	n/a	4.5	4.3	4.2	4.1	4.8
June 07	60	13	4.2	4.9	4.3	4.7	3.5	4.3	4.2	2.9	4.7	4.4
Nov. 07	63	29	4.3	4.8	4.1	4.3	4.2	4.5	4.3	3.3	4.4	4.5
June 08	56	40	4.4	4.95	4.3	4.5	4.3	4.4	4.4	3.6	4.4	4.7

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Maintaining Heart Wise Eligibility

- Attendance at annual meeting of at least one representative from every HWE facility
- 2 hr meeting – available by telehealth
- “Convention of Heart Wise Exercise”

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Observations/Critical Assessment

- Active network of ten community partners identified over 110 programs in 40 facilities
- CR participants are now systematically informed about Heart Wise Exercise to facilitate their transition to the community
- The Heart Wise Exercise initiative is still being evaluated. Participants were surveyed both in the community as well as at our CR facility (Heart Institute) both pre and post launch of the Heart Wise Exercise program.

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Observations/Critical Assessment

Offsite Surveys- Community Survey Responses

Question	Baseline (%)	Follow-up (%)
Do you have a heart condition?	16%	18%
Were you a member at this facility before?	6%	4%
Did you attend cardiac rehab?	2%	4%
Did the Heart Institute facilitate your transition to this facility?	2%	10%
Do You Perceive yourself to be at risk for a heart problem?	18%	14%

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Observations/Critical Assessment

Offsite Surveys- Community Survey Responses

- 98% of participants said the HWE class was meeting their needs
- 88% of participants said the instructor helped them monitor and control exercise intensity
- 88% of participants with a heart condition felt safe exercising in a HWE program

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Observations/Critical Assessment

Onsite Surveys- Community Survey Responses

Onsite Community Survey Responses

Question	Baseline (%)	Follow Up (%)
Do you exercise in a community facility?	~35	~30
Did the HI link you to the facility?	~15	~45

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Observations/Critical Assessment
Heart Wise Exercise (HWE) Classes and Enrollment

Facilities with HWE Classes	HWE classes within facility	Participants in HWE Classes
20 City of Ottawa Facilities	70	738
5 Gottawalk programs	1 (at 5 malls)	n/a
Dovercourt Recreation Center	10	170
Soloway Jewish Community Center	4	108
RA Center	2	200
Carleton University	1	13
Sandy Hill Community Health Center	1	10
Summit Health and Fitness (Cornwall)	1	n/a
Carleton Place Pool and Beaches	1	40
The Heritage Community Fitness Center	1	n/a
Glengarry Memorial Hospital	1	30
Somerset West Community Health Center	1	10
City of Cornwall Aquatic Program	1	25
Centre Sportif de l'UQO	1	n/a
6 National Capital Region YMCA-YWCA	32	376
Total	110+	1720+

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FAQ

- Now that I have been the a workshop, can I teach Heart Wise classes?
 - This workshop is not a certification, but intended merely to provide fitness professionals with some tools to be confident in having people with cardiac conditions in their classes – people who have attended the workshop are ideal candidates for teaching Heart Wise classes though

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FAQ

- How can I get my program to have the Heart Wise logo?
 - If you think your program meets all the Heart Wise criteria, you would contact us at the Physical Activity Network (Jennifer Harris). You would then be asked to submit proof that your program meets the criteria, sign a contract agreeing to the terms and conditions of using the logo, and then add the logo to your marketing.


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FAQ


- If I teach one Heart Wise class, can I use the Heart Wise logo on any class I teach?
 - No. To obtain the Heart Wise logo, the program has to have submitted proof that they meet the Heart Wise criteria. To date, only the partner facilities will be running Heart Wise classes. The next phase of the project will be to open Heart Wise to outside facilities.

FAQ 


- If I do personal training can I use the logo?
 - Not at this point in time. As the project moves forward, we hope to have a process by which trainers can submit their request for being able to market with the Heart Wise logo.


FAQ 

- Are all Heart Wise programs group fitness?
 - No – At some of the Heart Wise facilities there may be specific staff that can assist people in performing their individualized exercise programs in their gyms. This will be facility specific, and will be a decision of the Physical Activity Network group


 **Conclusions: New Systems**


- The Heart Institute CR program now has an increased focus for transitioning people to the community right from the start of their program
- A comprehensive list of exercise programs available in communities across the region
- A workstation in the CR exercise area to readily access available community resources
- Master's students (motivational counseling) work with patients during CR time to identify barriers and develop solutions for continued exercise post-CR


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 **Conclusions: New Systems**

- Heart Wise Exercise is integrated into programs at major area fitness providers (City of Ottawa, YMCA)
- Continually expanding – since initial launch 9 new sites (2 in the private sector) and 2 pending
- Received grant to expand into Renfrew County
- UOHI has partnered with the Toronto Rehabilitation Center to expand HWE to the Toronto Area


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 **Conclusion**

- Heart Wise Exercise has successfully built community capacity for physical activity programs for clients with heart disease
- Heart Wise Exercise created the opportunity to form partnerships with key organizations and thereby effectively mobilized existing community resources to address the gap in long-term programming


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