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HEALTH NETWORK

VIDEOCARE  
TELEHEALTH NETWORK

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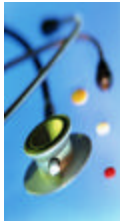
HOME IS WHERE THE HEART IS...  
Cardiac Rehabilitation for Rural Northerners

Jennifer Michaud, Regional Coordinator

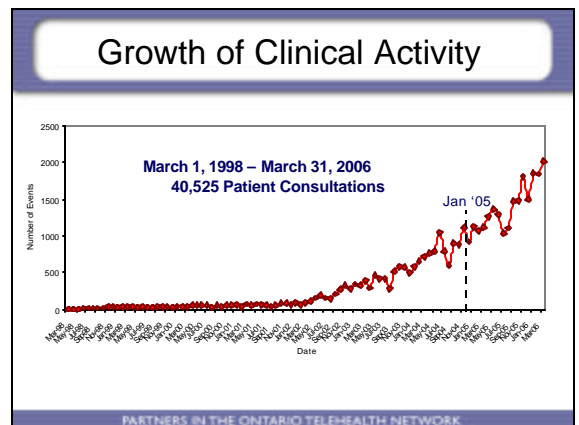
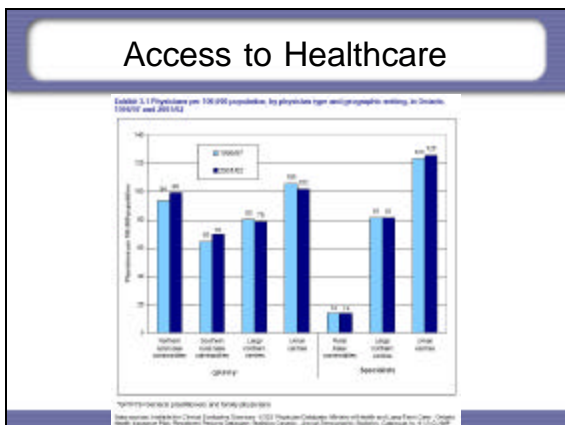



### Benefits of Telehealth

- ↓ time, cost and risk of travel
- Less disruption from daily activities, work
- Inclusion of family and local clinical supports
- Broader access to specialists
- Avoid transfers
- Encourages recruitment and retention



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## Traditional Cardiac Rehab Programs

- Reduce death rates & risk of 2nd heart attack
- Reduce hospitalizations & need for cardiac procedures
- Run in larger urban centres, making rural patients ineligible R/T geography

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## Tele-Cardiac Rehab Programs...

- Offer, by video, the traditional multidisciplinary sessions to rural residents who previously were unable to access the programs without traveling to the nearest city.

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## Method

- Two cardiac rehab programs (Sudbury & Thunder Bay) delivered comprehensive multi-disciplinary sessions to their respective regions
- Community Telehealth coordinators promoted the sessions locally

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## “Marketing” Strategies

- Poster developed
  - Suggested target audience
  - Dates/times
  - Local studio contact information
  - Learning objectives
- Circulated by the local THCs
  - Discharge
  - Emergency Department
  - Media

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## Northeast (NE) Program

- May 17<sup>th</sup>, 23<sup>rd</sup>, 31<sup>st</sup> 2005
- Three, two hour sessions over 3 weeks;
- 17 sites across the region
- Multidisciplinary team included:
  - Registered Nurses (2)
  - Registered Dietician
  - Psych Associate
  - Certified Kinesthiologist

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## Northwest (NW) Program

- Jan. 2005 connected to a single site to pilot
- May 4, 2005 linked to 8 communities
- Single, day-long session
- Multi-disciplinary team included:
  - Registered Nurse
  - Physiotherapist
  - Dietician
  - Pharmacist

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## Results

- 24 sites (178 people) received education via video
- Presenters felt it was an effective method to reach rural/ under serviced patients
- Some aspects more effective as a result of the technology (food portions, labels)

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## Participant Feedback Survey

- 17.8% response rate
- 96.7% agreed that the speaker were effective
- 92.3% were given an opportunity to ask questions
- 96.7% would attend future sessions



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## Participant Feedback Survey - Suggestions

- *"Some of the PowerPoint presentations were difficult to read on screen"*
- *"Have the documents a couple of weeks before the session"*
- *"Limit the # of sites – more time for questions"*



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## Lessons Learned

- Future sessions should be a maximum of 2 hours in length as opposed to half and full day sessions
- Limit the # of sites (under 10 per series)
- Facilitate the session for first-time presenters
- Distribute handouts in advance (if possible!)

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## Conclusions

- It is hoped this innovative method of program delivery will impact positively on the management of chronic cardiac disease within Northeastern and Northwestern Ontario

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## NW Update Over Past 6 Months

- Dec.2005 3 regional sites attended education (repeat session)
- March, April 2006 3 regional sites accessed repeated education program
- TBRHSC Change Foundation pilot was approved-connection to Atikokan, Manitouwadge, Marathon & Nipigon

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## NW Update cont'd

- PT's in 4 regional sites received training specific to Card. Rehab
- Tandberg Interns bought for 4 partners
- about to go "live" for exercise component
- physician training planned for near future

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## NE Update

- 2 additional series
- Document Camera purchased
- Facilitate their own sessions
- Label-Reading
- Cooking Low Fat!
- Diabetes Education

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## Acknowledgements

- **NE**

Judy Poupore, Coordinator Cardiac Rehab Program, HRSRH  
Marie Lacey, Registered Dietician, Kerry Charuk, Psych Assoc, Anne Phillips, RN, Lee Ann Hannah, Registered Kinesithologist

- **NW**

Gwen Third, Manager Cardiology TBRHSC, Caterina Kmill, Coordinator Cardiac Rehab program TBRHSC and her team of psychometrist, dietician, physio, pharmacist, Lori Marshall, VP Patient Services TBRHSC

- **Telehealth Team at each participating site**

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Questions?

[jmichaud@northnetwork.com](mailto:jmichaud@northnetwork.com)

