

## Central East LHIN Regional Cardiovascular Rehabilitation and Secondary Prevention Program Honoured by Health Minister

*Minister's Medal Honours Excellence in Health Quality and Safety*

### NEWS

November 10, 2015

The Central East LHIN Regional Cardiovascular Rehabilitation and Secondary Prevention (CRSP) Service was recently recognized as a member of the 2015 Minister's Medal Honour Roll.

As recommended by a Cardiac Care Network (CCN) expert panel, the Central East LHIN Clinical Services Plan supported a regional delivery model to address barriers to Cardiovascular Rehabilitation and Secondary Prevention (CRSP) as a standard for patients with cardiovascular disease.

The regional service was launched in 2012 by the Regional Lead, Rouge Valley Health System (RVHS) and with the LHIN's support the program has expanded to serve 4000 patients annually at 12 community centres across the Central East LHIN. Today, close to 95% of the patients have had access to community based sites less than 30 minutes from their home and over 90% have waited less than four weeks to join the service.

This innovative service is designed to reduce the risk of all patients with vascular disease, including not only heart disease but also stroke, peripheral vascular disease and kidney disease. Since the launch the number of patients participating in the program has continued to increase leading to reduced risk of hospitalization and the need for clinical intervention, and an overall improvement in patients' blood pressure, level of fitness, smoking cessation and quality of life. 90% of patients exercise at least 150 minutes per week.

This regional delivery model improves access for patients in the community and those admitted to hospital. Hospital patients are visited before discharge by an exercise therapist at their bedside to introduce CRSP and its benefits. Patients in the community are referred by their primary health care provider or a specialist using a standard regional referral form. All referred patients receive a personal call from the regional service to arrange the start of their care at a site that is closest to their home.

The service is provided across the region by an expert regional staff that provides a consistent high quality service at every site that includes education, exercise training and counseling. The staff and patients are supported by over 100 volunteers who immeasurably amplify the experience. During 24 sessions over one year, patients are guided to learn a lifelong preventative strategy for themselves that supports the care of their community based health care providers.

RVHS and the Central East LHIN are conducting an evaluation supported by the Ministry of Health and Long-Term Care and ICES to evaluate the effectiveness of this service as regional delivery system.

Recognizing excellence in health care to improve the system for all Ontarians is part of the government's [Patients First: Action Plan for Health Care](#), which provides patients with faster access to the right care; better home and community care; the information they need to live healthy; and a health care system that is sustainable for generations to come.

## QUOTES

“The development and expansion of the Central East LHIN’s Regional Cardiovascular Rehabilitation and Secondary Prevention Program is a clear demonstration of how our health service providers and other community partners are continuing to work together to achieve the Central East LHIN’s Integrated Health Service Plan goal to improve the vascular health of our residents. We are thrilled that this patient centred program has been recognized by Minister Hoskins.”

- *Deborah Hammons, Chief Executive Officer, Central East LHIN*

“I am personally very appreciative of our LHIN, because it chose to lead, supporting a vision to transform CRSP services within the Central East LHIN into a regional system of care that by design puts the needs of patients first and reduces their risk of cardiovascular disease and hospitalization”.

- *Dr. Joe Ricci, Vascular Health Physician Lead, Central East LHIN & Director, Regional Cardiac Care Program, Rouge Valley Health System*

“I would like to congratulate the Central East LHIN, Rouge Valley Health System and all other community partners for being named to the Minister’s Medal Honour Roll for this important initiative. This community based program is improving health outcomes for the residents of Peterborough and I am so pleased to recognize the staff and volunteers who support the programs and thank them for the work they do to provide quality care to our residents.”

- *Jeff Leal, MPP, Peterborough*

“I was so impressed by the dedication of the staff, the value of the program and my own personal outcomes, that I have become a volunteer to assist other patients. In essence I have never left the service!”

- *Ken Scullion, Rouge Valley Health System, CRSP Volunteer*

## QUICK FACTS

- The Minister’s Medal is a competitive, annual recognition program that celebrates the collaborative efforts of Ontario’s health care providers in improving care for Ontarians.
- This year marked the third year of the Minister’s Medal program.
- The medal is awarded to one individual champion who has demonstrated leadership in focusing on quality; and one team-based initiative that demonstrates commitment to collaboration, improvements in the health system and value for quality care.

## LEARN MORE

- [Minister’s Medal](#)
- [Ontario's Action Plan for Health Care](#)
- [Locations of CRSP Programs in the Central East LHIN](#)

For More Information:

Katie Cronin-Wood

Central East LHIN

[katie.croninwood@lhins.on.ca](mailto:katie.croninwood@lhins.on.ca)

905-427-5497/1-866-804-5446 X218