HeartSmart Program – 2011 Annual Activities

The HeartSmart Team is coordinated by Nanci Thurston a Cardiac Nurse for Epworth Richmond and Epworth Eastern Hospitals.

Nanci may be contacted on 0419 541 192 or (03)9426 6625

HeartSmart’s activities each year include:

1. Conducting 4 x 2½ hr weekly cardiac education and rehabilitation sessions throughout the year

2. Visiting in-patients undergoing cardiac procedures/surgery

3. Conducting 3 x 1 hour discharge sessions for in-patients and their families regarding the importance of undertaking a rehabilitation program and what to expect when they get home.

4. Weekly involvement (30 mins.) in cardiac pre-admission clinic. Opportunity to discuss with patients the importance of attending cardiac rehabilitation sessions.

5. Maintaining effective relationships and communication with the various cardiology specialists and nursing staff at Richmond and Box Hill

6. Receiving ‘Care Path’ records for all Epworth patients who have received a cardiac procedure / surgery, contacting them by mail and telephone inviting them to participate in either (a) one of Epworth’s 4 separate Cardiac Rehabilitation Programs of either 3 or 6 weeks duration; OR (b) a referral to a similar cardiac rehabilitation program closer to their home.

7. Maintaining effective relationships and communications with Cardiac Rehabilitation Professionals / Rehab Program Managers working in Health Care facilities throughout Australia

8. Organising and hosting a range of fundraising and communication activities to benefit past and present HeartSmart participants including the Cambodian Bike Ride and HeartSmart Christmas Luncheon among others.

9. Coordinating a range of volunteer helpers and managing the logistics of a busy administrative office throughout the year.
COMMENTARY ON 2011 DATA CHARTS

2011 HeartSmart Participants Age x Sex (N = 379)

During the 2011 calendar year the HeartSmart program catered for 379 patients.

Males (77.3% of total) participants were most likely to be in the 60 – 69 Age Cohort as were the Female (22.7% of total) participants. However the chart opposite reflects a roughly ‘normal’ distribution curve across Age Cohorts for both Males and Females.

2011 HeartSmart Participants x Procedure (N = 379)

While a modest 6.3% (n=24) of HeartSmart participants in 2011 only required an Angiogram and subsequent Medical Management, the vast majority of participants had undergone some form of significantly invasive procedure in consequence of their cardiac event.

More than 85% of the participants had undergone one of just three procedures – PCI (180 or 47.5%); CAGS (95 or 25.1%) or AVR (50 or 13.2% of the total). This suggests the three areas where the importance of Cardiac Rehabilitation should continue to be strongly stressed to future patients and their families.

The remaining participants were spread across a range of less common cardiac procedures/surgery, indicating the willingness of a diverse range of patients that are prepared to seek the beneficial value of Cardiac Rehabilitation Program.
2011 HeartSmart Participants Age x Sex
(N = 379)

FEMALES
MALES

2011 HeartSmart Program Participants by Procedure (N = 379)
COMMENTARY ON 2011 DATA CHARTS

2011 Epworth Richmond Cardiac Patients Invited to HeartSmart x Home Locality (N=661)

During 2011 a total of 661 Epworth Richmond patients who had received a particular cardiac procedure received a written invitation to participate in either the HeartSmart Program or in another accredited cardiac rehab program closer to their home to which they could be referred.

Of the invitations issued, approximately a third each went to people who had either a ‘Local’ (35.6% n=235 people), ‘Wider Melbourne Metro’ (34.6% n=229) or ‘Regional’ (29.8% n=197 people) home address. This suggests an even ‘catchment area’ of patients living either ‘local’ (within 10Km) of an Epworth facility, or in the wider Melbourne Metro area or Regionally in Victoria or interstate.

Epworth Eastern patients were invited verbally rather than receive a written invitation due to IT system and administrative limitations.

2011 HeartSmart Participants x Home Locality

A clear perspective emerging from the 2011 ‘Home Locality’ data is that there is a limit to how far people will travel post-discharge to attend the HeartSmart Cardiac Rehabilitation Program. Virtually two thirds (64.6% n=245) of all participants in any of the four programs offered traveled no more than 10Km from their home to either Epworth Richmond or Epworth Eastern.

Almost all other participants (30.1% n=86) came from the wider Melbourne Metro area with only 5.3% (n=20 people in 2011) of all participants having registered by providing a ‘regional’ (i.e. non-Melbourne Metro) home address.
2011 Cardiac Patients Invited to HeartSmart x Home Locality (N=661)

- Live Local To Epworth: 36.2%
- Live Wider Melb Metro: 33.9%
- Live Regionally: 29.9%

2011 HeartSmart Participants x Home Locality (N = 379)

- Live Local To Epworth: 64.6%
- Live Wider Melb Metro: 30.1%
- Live Regionally: 5.3%
COMMENTARY ON 2011 DATA CHARTS

2011 HeartSmart Participation Rates

Epworth HealthCare offers 4 separate sessions each week for cardiac rehabilitation. Tuesday afternoon at Epworth Eastern, Tuesday Evening at Richmond for the 3 session ‘Fast Track’ Program and sessions on Wednesday and Thursday mornings.

Participation rates at each of the programs were fair, but only one program (the 3 Session Fast Track at Richmond) achieved more than an 80% completion rate during 2011. By the same token, the same program had the highest ‘drop-out’ rate (14.6%) of any of the offerings. The Epworth Eastern program also had a drop-out rate of more than 10% after the second of 6 sessions.

The data reflects that if participants attended the 4th or 6 sessions it was more than likely they would attend the 5th and or 6th session to be classed as ‘completing’ the program as far as receiving the premium payment from health benefit funds was concerned.

2011 HeartSmart Completion Rate (%)

The Pie Chart opposite reports what are considered to be the ‘completion rates’ for each of the 4 Cardiac Rehab programs offered by Epworth HealthCare. “Program Completion” is defined as a patient having attended and fully participated in either 2 or 3 of the 3 session of the Fast Track Program or either 5 or 6 attendances at one of the “Full” 6 Session programs.

2011 completions in numeric terms were:

Epworth Eastern (6 Sessions) 77 or 108 (71.3%)
Fast Track (3 Session Program) 86 of 103 (83.5%)
Wednesday Richmond (6 Sessions) 52 of 87 (59.8%)
Thursday Richmond (6 Sessions) 53 of 81 (65.4%)
2011 HeartSmart Program Participation Rates
(N = 379)

2011 HeartSmart Program Completion Rate (%)
(Either 2/3 of 3 or 5/6 of 6 Sessions)
An insight into the 894 non-HeartSmart participants
COMMENTARY ON 2011 DATA CHARTS

2011 Summary Data for the 894 Cardiac Patients who did NOT Participate in the HeartSmart Program

PATIENT’S GENDER:
In addition to the 379 HeartSmart participants in 2011, the HeartSmart Team dealt with a further 894 patients (632 Males & 262 Females) who had a cardiac event.

REFERRAL ACTIVITY OUTCOMES:
Each of the 894 NON-HeartSmart participants were contacted personally by the HeartSmart Co-ordinator and either specifically Declined (n=339) to participate or were successfully Referred (n=540) to an accredited cardiac rehabilitation facility outside the Epworth HealthCare network. The Referral Facility was then considered to have assumed responsibility for the patient’s subsequent cardiac rehabilitation.

It is a concern that more than a quarter (339 or 25.6%) of ALL (n=1273) patients specifically declined to participate in a cardiac rehabilitation program.

There were a small number of cases (n=15) where insufficient data had been recorded to allow analysis.

HOME LOCATION:
An analysis of NON-HeartSmart participants’ home location showed that 202 (22.6%) lived within a reasonable (approx 10Km) of an Epworth facility. A further 265 (29.6%) live in the wider Melbourne Metropolitan area while almost a half (427 or 47.8%) live either in Regional Victoria or Interstate.

The reasons why the ‘Live Local’ figure (n=202) is so high requires further investigation as a prelude to launching an appropriate response that will influence future ‘Live Local’ patients to participate in Epworth HealthCare’s HeartSmart Program.
2011 Summary Data For The 894 Cardiac Patients Who Did NOT Participate in the HeartSmart Program

<table>
<thead>
<tr>
<th>PATIENT’S GENDER</th>
<th>Number</th>
<th>Percentage</th>
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</thead>
<tbody>
<tr>
<td>Males</td>
<td>632</td>
<td>70.7%</td>
</tr>
<tr>
<td>Females</td>
<td>262</td>
<td>29.3%</td>
</tr>
<tr>
<td><strong>TOTALS</strong></td>
<td><strong>894</strong></td>
<td><strong>100%</strong></td>
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</tbody>
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<table>
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<tr>
<th>REFERRAL OUTCOMES</th>
<th>Number</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Referred Elsewhere</td>
<td>540</td>
<td>60.4%</td>
</tr>
<tr>
<td>Declined to Participate</td>
<td>339</td>
<td>37.9%</td>
</tr>
<tr>
<td>Missing Data</td>
<td>15</td>
<td>1.7%</td>
</tr>
<tr>
<td><strong>TOTALS</strong></td>
<td><strong>894</strong></td>
<td><strong>100%</strong></td>
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<tr>
<th>HOME LOCATION</th>
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<th>Percentage</th>
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</thead>
<tbody>
<tr>
<td>Live Local To Epworth</td>
<td>202</td>
<td>22.6%</td>
</tr>
<tr>
<td>Live Wider Melbourne Metro Area</td>
<td>265</td>
<td>29.6%</td>
</tr>
<tr>
<td>Live Regionally / Interstate</td>
<td>427</td>
<td>47.8%</td>
</tr>
<tr>
<td><strong>TOTALS</strong></td>
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</table>
COMMENTARY ON 2011 DATA CHARTS

**2011 Treatments Received by HeartSmart compared with NON-HeartSmart Participants (%)**

It is instructive to compare the treatments received by the HeartSmart and NON-HeartSmart participants during 2011.

The data shows that patients who had been diagnosed / treated for AMI, Core Valve MVR or Other Procedure plus those who had an Angiogram only were LESS likely to participate in the HeartSmart Program whereas those in each group with AVR, CAGS or PCI were MORE likely to participate in a cardiac rehabilitation program.

It is clear from the chart opposite that of the 1273 (894 + 379) patients who were considered for as being eligible / in need of cardiac rehab, the majority had either been treated via PCI or had undergone a CAGS procedure.

**Diagnosis / Treatments Received by NON-HeartSmart Program Patients During 2011 (N= 894)**

The chart opposite details the numeric break down of the Diagnosis / treatments received by those Epworth HealthCare patients who were either Referred to another facility (n=540) or who Declined to Participate (n=339) in cardiac rehabilitation at Epworth HealthCare during 2011.

A separate chart shows a further breakdown of this data as to those who were Referred and those who Declined the opportunity for cardiac rehabilitation.
COMMENTARY ON 2011 DATA CHARTS

2011 Treatment Received by NON-HeartSmart Patients by Referral Activity Outcome (N=894)

The figure opposite is encouraging in that it shows that for all procedures / treatments received by those patients who did NOT join the HeartSmart Program, all save a small number of Core Valve patients were more likely to be successfully referred to an approved cardiac rehabilitation facility than not.

This result reflects, for PCI and CAGS patients in particular, that they were more interested in undertaking rehabilitation than not, not it positively reflects on the energies and efforts of the HeartSmart Coordinator personally in effecting this outcome given that each referral, regardless of outcome, consumes around 15 minutes for each individual. This translates to more than 220 hours of administrative work during the year.

Age of NON-HeartSmart Patients by Referral Activity Outcome in 2011 (N=894)

Again the lower figure opposite reflects an encouraging situation regarding the willingness of the NON-HeartSmart patients to be effectively referred to other approved facilities for rehabilitation.

The one exception seems to be people in the 40-49 years Age Cohort who were slightly more likely (17:14) to either Decline or simply ignore their personal mailed invitation to be referred to suitable rehab facility (usually) closer to their home address.

For the patients aged 50 or more there is a clearly marked preference for them to be ‘Referred’ than to either Decline (or often simply Ignore) our invitation following their discharge from Epworth HealthCare.
OVERALL SUMMARY OF HEARTSMART’S 2011 CARDIAC REHABILITATION ACTIVITIES

While the figures on the opposite page seem to tell an impressive story of the HeartSmart Team’s achievements during 2011, it is not the whole story.

A substantial range of ‘below the radar’ out-of-hours contributions have been made by Mrs. Nanci Thurston our HeartSmart Coordinator for Epworth HealthCare to ensure the success of the program. Her contributions have included a range of very successful fund-raising efforts in addition to her seemingly tireless efforts every week to sustain the quality and effectiveness of the program.

Thank you Nanci … and well done!

In addition a modest team of dedicated volunteers who contribute their time support Nanci, and provide their energy and skills week by week to ensure all Epworth HealthCare patients who have had a cardiac episode are invited and encouraged to attend (preferably) our HeartSmart Program, or some other accredited rehabilitation program close to their home. It is their efforts, combined with Nanci’s capable leadership that have ensured the success the HeartSmart Program has achieved during 2011 which in turn has contributed to Epworth HealthCare’s aspiration to provide

**Excellence.**

**Everywhere.**

**Everyday.**
OVERALL SUMMARY OF HEARTSMART’S 2011 CARDIAC REHABILITATION ACTIVITIES

OVERALL SUMMARY OF PATIENT ACTIVITY

<table>
<thead>
<tr>
<th>Activity</th>
<th>No.</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Commenced / Completed HeartSmart Program</td>
<td>379</td>
<td>29.8%</td>
</tr>
<tr>
<td>Referred To Another Facility for Rehabilitation</td>
<td>540</td>
<td>42.4%</td>
</tr>
<tr>
<td>Patient Declined / Ignored Invitation to Rehab.</td>
<td>339</td>
<td>26.6%</td>
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<tr>
<td>Missing Data</td>
<td>15</td>
<td>1.2%</td>
</tr>
</tbody>
</table>

TOTALS FOR 2011 1273 100.0%

OVERALL SUMMARY OF HEARTSMART'S 2011 ACTIVITY
(N= 1273 Patients)

- Commenced / Completed HeartSmart Program 29.8%
- Referred To Another Facility for Rehabilitation 42.4%
- Patient Declined / Ignored Invitation to Rehab. 26.6%
- Missing Data 1.2%

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