

Women's

BC WOMEN'S HOSPITAL
& HEALTH CENTRE

*An agency of the Provincial
Health Services Authority*

The Heart Program for Women

Preventing Heart Disease One Step At A Time



Objectives

- Overview of Heart Program for Women
 - Overall Vision
 - Program Development
 - Phases
 - Clinical Foundation
- Questions?



Overall Plan

The Heart Program for Women

- 4 Year Plan
- 4 Phases
 - Clinical Foundation
 - Outreach
 - Community Advocacy
 - Knowledge Translation

Components of Program

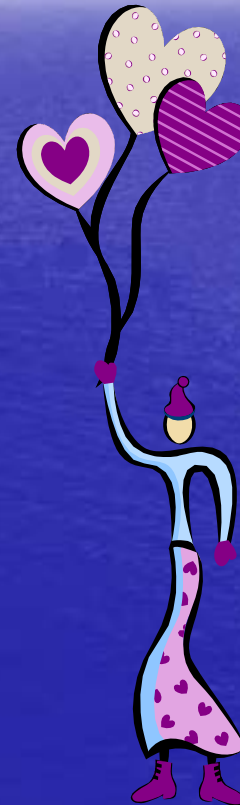
- Education
- Advocacy
- Research
- Clinical



Phased Approach

Phase 1- Clinical Foundation

- Pilot- 6 months – 1 year
- Phase 1- Clinical Foundation
 - Women at risk within house
 - Post PIH/GDM
 - Osteoporosis Clinic
 - Continence Clinic
 - Breast Health
 - Self-Referrals are welcome



Phased Approach Phase 1

- Referral Criteria
 - ✓ Hypertension
 - ✓ Dyslipidemia
 - ✓ Diabetes/Pre-Diabetes
 - ✓ Obesity
 - ✓ Smoking
 - ✓ Depression
 - ✓ Family History
 - ✓ Metabolic Syndrome

Vision For Program

Guiding Principles

- To create a respectful and safe women's centred model of care
 - Supportive, not negative
 - Define own goals- throw away the scale!
 - Define own barriers and social determinants of health
 - Individualized plan of care- "easy wins"
 - Build confidence- self-efficacy
 - Be realistic- no easy fixes
 - Not deprivation- sustainable
 - Total lifestyle change
 - Collaborative model using social determinants context

Overall Intervention

- Medical History of risk factors
- Physical Assessment
- Risk Screen- Reynolds Risk Assessment
- Review blood work and all risk factors
- Modify medications as necessary
- Order additional blood work/tests
- Set goals and write an action plan
- F/U in 3 months
 - WISEWOMAN Intervention
 - Assess risks and barriers to achieving success

Phase Two

- Outreach
 - Community Partnerships
 - Referrals from the broader community
 - Reach population most at risk
 - Clinical Outreach Program
 - Knowledge Transfer

Phase Three

- Community Advocacy Program
 - support women's own leadership in advocacy around social determinants of health as they impact their lives
 - women to advocate for themselves around social determinants of health
 - view from social inequity lens
 - increase in access to healthy food (ban junk food in schools, community gardens), exercise facilities, better urban planning, more support
 - link with PHSA, Centre of Excellence, WHRI and others regarding policy issues

Phase Four

- Knowledge Translation
- Work with other health authorities on models of care that reflect their particular needs, resources and structures
- Develop guides and tools for this

Advisory Committee

- Membership includes stakeholders with interest in women's heart health
 - includes primary and specialty care providers including other NPs with a broader women's health focus
 - outcomes sub-committee that represents a diversity of perspectives on women's heart health
- Terms of Reference to provide guidance and expertise on the direction of the program
- Meets bi-monthly

Funding

- Start- funding for NP and clinic space
- Foundation proposal for more resources for program:
 - Dietitian
 - Exercise Physiologist
 - Psychologist
 - Nurse Clinician

Exciting Ideas

- Group Appointments
- Support Person Appointments
- Family Appointments?
- Mail out healthy recipes/Newsletters
- Reminder post-cards- goals and commitment
- Follow-up phone calls?
- Sensational Suppers idea
- Home Visits? Liaise with PHN?
- Shopping Trips

In Summary

- Clinical Program- The Heart Program for Women
 - Phase 1- clinical foundation at Women's
 - Phase 2- outreach
 - Phase 3- community advocacy
 - Phase 4- knowledge transfer