


Cardiovascular Health Awareness Program
Programme de sensibilisation à la santé cardiovasculaire

What is the Cardiovascular Health Awareness Program?

Date

Appendix 3.0 Information Session Presentation Date 1




Cardiovascular Health Awareness Program
Programme de sensibilisation à la santé cardiovasculaire

What is CHAP?

- CHAP is a community-based program that brings together local family physicians, pharmacists, volunteers, public health representatives & other organizations to promote and participate in the prevention and control of cardiovascular disease
- **Volunteer peer health educators** help older adults measure their blood pressure; provide educational material about heart disease & stroke risk factors & referral to local resources
- Participant data is sent to **family physicians** and **pharmacists** for appropriate care and follow-up with consent


Appendix 3.0 Information Session Presentation Date 2



Why CHAP?

- Cardiovascular disease is the leading cause of death in Canada
- High blood pressure affects 1 in 5 Canadian adults
- Number of individuals with high blood pressure increases with age
- High blood pressure is a common factor to a wide range of diseases


Appendix 3.0 Information Session Presentation Date 3



Barriers to Treatment & Control of High Blood Pressure

- High blood pressure is one of the most significant health problems for a number of reasons including:
 - High blood pressure often has no warning signs or symptoms
 - Blood pressure is challenging to accurately measure due to its natural variability
 - “White coat” & “masked” high blood pressure

Appendix 3.0 Information Session Presentation Date 4




Key Challenges to Primary Care Providers

Management of high blood pressure is challenging:

- Infrequent visits by some patients
- Inherent variability of blood pressure measurements
- Difficulties of capturing accurate blood pressure data in a busy office
- Reluctance to initiate or maintain aggressive therapeutic options
- Problems with patient adherence to medication and lifestyle modifications

Appendix 3.0 Information Session Presentation Date 5



Benefits of Better Management of High Blood Pressure

Management of high blood pressure is challenging:

- Infrequent visits by some patients
- Inherent variability of blood pressure measurements
- Difficulties of capturing accurate blood pressure data in a busy office
- Reluctance to initiate or maintain aggressive therapeutic options
- Problems with patient adherence to medication and lifestyle modifications

Appendix 3.0 Information Session Presentation Date 6

CHAP
Cardiovascular Health Awareness Program
Programme de sensibilisation à la santé cardiovasculaire

Benefits of Better Management of High Blood Pressure


- Decrease of 10/5 mm Hg (one medication or a change in lifestyle) reduces:
 - Stroke by 38%
 - Heart attack by 15%
 - Heart failure by 50%
 - Death by 10%

Appendix 3.0 Information Session Presentation Date 7


CHAP
Cardiovascular Health Awareness Program
Programme de sensibilisation à la santé cardiovasculaire


What Happens at CHAP Sessions

- Blood Pressure measurement in a familiar setting with assistance from a volunteer using an automated blood pressure measuring device
- Cardiovascular Disease & Stroke Risk Profile completed
- Health information, including blood pressure readings are sent to family physicians and pharmacists with participant consent





Appendix 3.0 Information Session Presentation Date 8






CHAP Sessions


- On-call nurse available to assess participants with very high or very low BP
- Health promotion programs & resources are made available
- Volunteer Peer Health Educators assist participants with completion of Risk Profile
 - Heart & Stroke Foundation of Ontario Risk Assessment and Blood Pressure Action Plan™
- MedsCheck Pharmacist Intervention

Appendix 3.0 Information Session Presentation

Date 9






Risk Assessment & Blood Pressure Action Plan™

- Developed by Heart & Stroke Foundation of Canada
- Web-based interactive tool available at: www.heartandstroke.ca
- Assesses individual risk factors and readiness to change based on answers to a range of questions
- Generates a personalized action plan to improve cardiovascular and cerebrovascular health
- Realistic tips and resources for healthy living targeted to individual risk factors

Appendix 3.0 Information Session Presentation


Date 10



Volunteer Peer Health Educator

- Recruit older adults as Volunteer Peer Health Educators
- Trained by a community health nurse
- Assist participants in measuring Blood Pressure & completing CVD & Stroke Risk Profile
- Assist interested participants in completing the Risk Assessment and Blood Pressure Action Plan™ at CHAP sessions

Appendix 3.0 Information Session Presentation Date 11



Volunteer Peer Health Educators

- Review blood pressure risk assessment &/or Blood Pressure Action Plan™
- Provide education resources & links to local programs addressing issues such as: healthy eating, stress management & physical activity
- Schedule pharmacist consultations for eligible participants in Medscheck Program

Appendix 3.0 Information Session Presentation Date 12



CHAP
Cardiovascular Health Awareness Program
Programme de sensibilisation à la santé cardiovasculaire

MedsCheck Pharmacist Intervention

- MedsCheck: www.medscheck.ca
- In Ontario, taking ≥ 3 prescription medications are eligible for Medication Review Service
 - Annual, one-on-one, 30 minute patient consultation with a pharmacist, including the preparation of an up-to-date medication profile

[Get More Info](#) Learn more about MedsCheck INFOline 1-866-255-6701 or TTY 1-800-387-5559

Appendix 3.0 Information Session Presentation Date 13




CHAP
Cardiovascular Health Awareness Program
Programme de sensibilisation à la santé cardiovasculaire

Pharmacist Support

- CHAP support provided to pharmacists:
 - Pharmacist documentation forms and guides
 - Regular communication between local community pharmacist and the local CHAP coordinator

Appendix 3.0 Information Session Presentation Date 14



MedsCheck Pharmacist Intervention

- CHAP Session results available to participants
- Pharmacist consultation - targeted review of blood pressure medication or MedsCheck
- Creation of personalized action plan to support changes in modifiable risk factors; Heart and Stroke Foundation of Ontario Blood Pressure Action Plan
- Volunteer peer health educators training CHAP participants about self-management of chronic condition – high blood pressure


Appendix 3.0 Information Session Presentation Date 15



Family Physician Involvement

- Options available for inviting patients to participate in CHAP
- Option #1:
 - Invitation letters prepared by program staff & signed by physician
 - Schedule of CHAP sessions included with letters
 - This is the recommended option
- Option #2
 - Community Wide Advertising of CHAP sessions
 - Advertised in newspapers, and posted in physicians' offices & public buildings

Appendix 3.0 Information Session Presentation Date 16



Protecting Privacy in CHAP

- Research Ethics Board approval
- Participant consent obtained at 1st CHAP session
- Data encrypted for electronic transfer/access
- Individuals are NOT identified in CHAP reports: analyses use anonymized data
- Staff & Volunteers sign confidentiality agreement
- Local CHAP Coordinators complete on-line ethics tutorial

Appendix 3.0 Information Session Presentation Date 17

Discussion, Questions and Comments

Appendix 3.0 Information Session Presentation Date 18