


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

## What is the Cardiovascular Health Awareness Program?

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## 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


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## 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


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## 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

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## 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

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## Benefits of Better Management of High Blood Pressure

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## 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%

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## 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





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## 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

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## Risk Assessment & Blood Pressure Action Plan™

- Developed by Heart & Stroke Foundation of Canada
- Web-based interactive tool available at: [www.heartandstroke.ca](http://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

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## 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

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## 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

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## MedsCheck Pharmacist Intervention

- MedsCheck: [www.medscheck.ca](http://www.medscheck.ca)
- In Ontario, taking  $\geq 3$  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


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## Pharmacist Support

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

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## 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

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## 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

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## Protecting Privacy in CHAP

- Research Ethics Board approval
- Participant consent obtained at 1<sup>st</sup> 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

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## Discussion, Questions and Comments

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