

The Champlain Cardiovascular Disease Prevention Network



“Developing an Integrated System of Excellence in Cardiovascular Disease Prevention”

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The Champlain Cardiovascular Disease Prevention Network



Réseau de prévention des maladies cardiovasculaires de la région de Champlain

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“The scope and scale of CVD is greater than that which can be handled by any one sector”

“Canada is a nation of pilot projects”

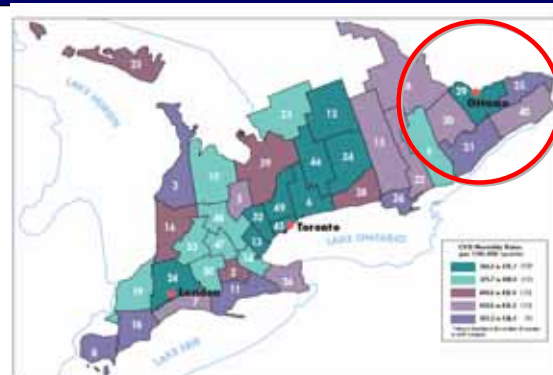


A Vision

“An integrated and coordinated CVD intervention program involving multiple sectors at multiple levels is to produce a population-level impact in the reduction of CVD”

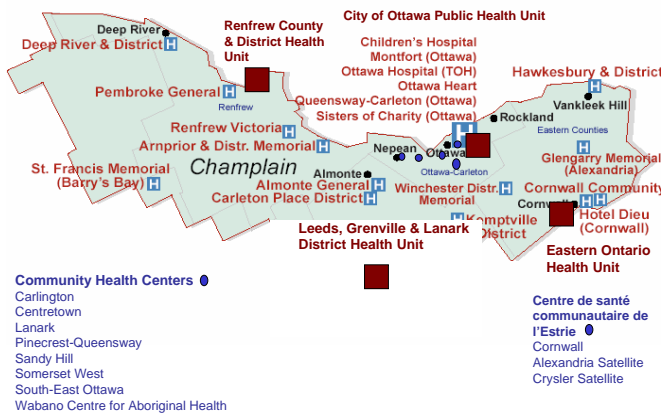
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Champlain Is home to several CVD hot spots



Age/Sex-adjusted Cardiovascular Disease Mortality Rates per 100,000 Population Aged 20 Years and Over by County in Ontario

The Champlain District of Ontario *"A Microcosm of Canada"*



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The Context

- Focus on Chronic Disease Prevention & Management
 - Prioritized prevention of CVD
 - Recognizing the need for a true collaborative approach
- Advent of Local Health Integration Networks
 - Regionalized focus
 - Allows for development of Chronic Disease Management in a way that has never been done before
- Reorganization of Public Health in Ontario & Canada
 - A focus on integrated approaches to chronic disease prevention
 - Public Health Agency of Canada, Ministry of Health Promotion, MOHLTC

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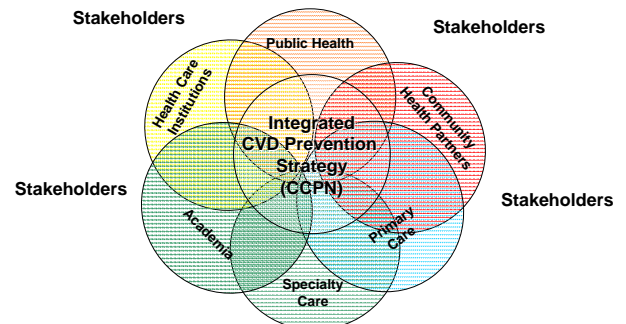


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See the Opportunities...

- Strategic Partnerships (do more together)
- Common Goals & Strategic Focus
- System of Planning & Coordination
- Link Health Care & Public Health Resources
- Involve & Engage other Sectors
- Resource Mobilization & Stewardship
- Capacity for Research
- Population Impact

An Integrated Approach to CVD Prevention



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CCPN Partners

- Champlain Local Health Integration Network
- University of Ottawa Heart Institute
- Champlain Regional Stroke Centre
- Eastern Ontario Health Unit
- Ottawa Public Health
- Renfrew County & District Health Unit
- Leeds, Grenville & Lanark District Health Unit
- Institute of Population Health, University of Ottawa
- Department of Family Medicine, University of Ottawa
- Élisabeth Bruyère Research Institute
- Eastern Ontario Community Primary Health Care Network
- Heart and Stroke Foundation of Ontario
- Champlain Regional Hospitals
- Ottawa Cardiovascular Centre

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CCPN Strategic Priorities

- Strategic Partnership, Infrastructure & Capacity Building
- Interventions & Health Disparities
- Knowledge Translation
- Communications & Marketing
- Monitoring, Surveillance, Evaluation
- Public Policy & Environments

- Identify high impact interventions / settings
- Look for opportunities to link public health resources to high volume settings
- Build bridges....

CCPN Priority Initiatives (06-08)

1. Primary Care Outreach Facilitation Network
2. Hospital-based Smoking Cessation Network
3. Champlain Get with the Guidelines Program
4. CVD Communication & Education Strategy
5. Champlain 'Sentinel Population' Cohort
6. Champlain Healthy Schools Initiative

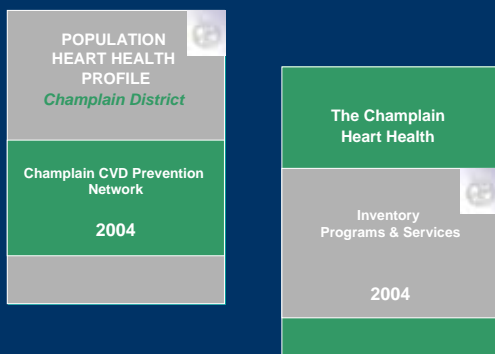
Indicators of Success

- Impact on Population Health
 - Reduced prevalence of CVD and risk factors
 - Reduced CVD morbidity & mortality
 - Reduction in CVD disparity gap
- Increase in Evidence-based Practice
 - In all community and professional settings
- Improved Cost Effectiveness
 - Resource leveraging (\$ / capita)
- Model for Ontario/Canada
 - A "Living Laboratory"

Lessons Learned from the Champlain Project:

- Programs can be managed, people are lead
- Local data drives decisions
- "That sounds logical..."
- Policy is spelled with two P's
- Reach for the Top
- Good things happen if you don't need to take the credit

Local Data drives decisions....



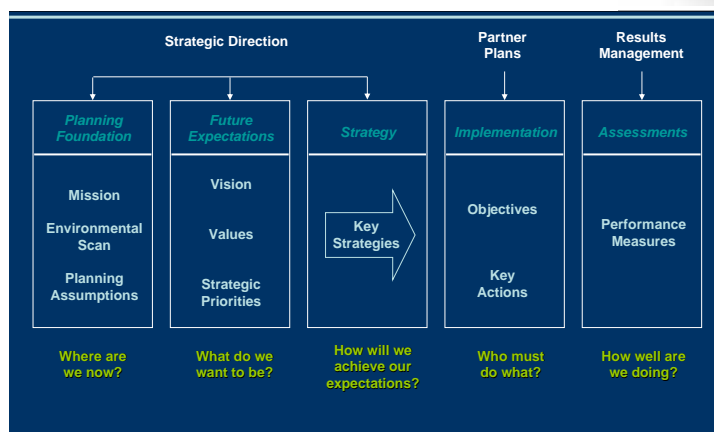
Champlain Chronic Disease Risk Factor Profile

Area	Hyper-tension	Diabetes	Over-weight (BMI>25)	Obesity (BMI>30)	Smoke	Physical Inactivity	< 5 serv. F & V
Canada	14.4	4.6	33.3	14.8	23.0	47.3	55.2
Ontario	14.7	4.6	33.3	14.8	22.1	47.3	55.3
Champlain	14.0	6.0	36.6	14.3	21.2	43.9	54.8
Eastern Ontario	17.1	5.4	40.9	18.8	31.6	48.7	55.6
Renfrew County	16.9	5.5	36.6	18.4	27.5	47.0	58.1
LG&L	15.5	5.1	35.6	18.1	27.2	46.0	57.2
City of Ottawa	12.3	4.6	35.6	12.8	19.7	42.4	54.1

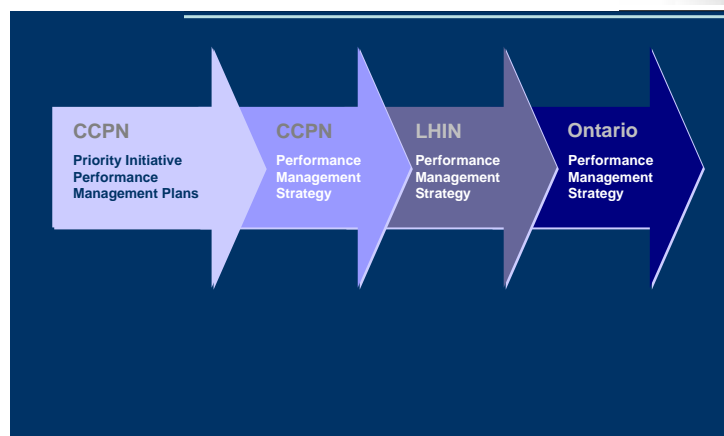
Prevalence of CVD risk factors (%) in Canada, Ontario, and Champlain
Source: Statistics Canada's health indicators data (2003)

“That Sounds Logical...”

Developing the CCPN: An Integrated Planning Process



CCPN Performance Management: Linking Actions to Outcomes



Policy is spelled with two
“P’s”

Big “P” and little “p”

Big “P”

- Federal / Provincial Policy

Little “p”

- Local policy
- Organizational policy
- Practice policy

Champlain Hospital-based Smoking Cessation Network

- **Federal / Provincial Policy**
 - Smoking ban (Smoke free Ontario)
- **Organizational Policy**
 - Smoke free hospitals
 - Institutional policy
 - “All smokers admitted to the UOHI will be identified, and offered assistance with quitting”
- **Practice policy**
 - Identification of smoking status on admission forms
 - Nursing Care Maps – minimal intervention counseling
 - Standard orders for NRT

Reach for the Top:

$$\text{IMPACT} = \text{REACH} \times \text{EFFECTIVENESS}$$

Where to From Here?

- Strategic Plan Created
- Priority Initiatives Established
- Governance Model Established
- Performance Management Plan Established
- Business Plan (2007-2011) Prepared
- Modeling Expected Impact & Target Setting
- Rollout of Priority Initiatives
- Expansion of Partnerships
- Performance Management & Planning

Keys to Successful Implementation

- Mobilization of Community Partners
- Visionaries & Champions
- Shared Leadership & Accountability
- Comprehensive Planning Process
- Action-oriented
- Partnership with Health Care & Public Health
- Risk, Creativity, Innovation, Perseverance

**“Don’t let the pursuit of
perfection get in the way of
pretty darn good”**

Obstacles ?

- Ignorance
- Indifference
- Intransigence
- Inertia

Opportunities ?

- Enhanced Effectiveness
- Improved Outcomes
- A regional approach
- Synergies & Economies

Some Final Thoughts...

- Don’t get sidetracked
- Engage political commitment early
- Secure resources quickly
- Begin by doing a few things very well
- Seek formal relationships with other agencies/organizations
- Think outside the box...and build new boxes!



- Build Strategic Partnerships
- Invest in relationships
- Develop shared vision & goals
- Accept responsibility to do more
- Look beyond your “scope”
- Take on quick wins first
- Take some risks
- Share in the success (or failure)
- And don't give up.....

Acknowledgements



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