HeartSmart Program – 2012 Annual Activities

The HeartSmart Team is coordinated by Nanci Thurston, 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’ referrals 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 very successful Gulf of Thailand Bike Ride and HeartSmart Christmas Luncheon.

9. Coordinating volunteers, staff and managing the logistics of a busy administrative office throughout the year.
COMMENTARY ON 2012 DATA CHARTS

2012 HeartSmart Participants Age x Sex (N = 380)

During the 2012 calendar year 380 participants attended the HeartSmart program.

Male (78.9% of total) participants were most likely to be in the 60 – 69 Age Cohort as were the Female (21.1% of total) participants. The chart opposite reflects a similar distribution curve across Age Cohorts for both Males and Females.

2012 HeartSmart Participants x Procedure (N = 380)

In the 2012 year 5.5% (n=21) of HeartSmart participants required an Angiogram and subsequent Medical Management. The majority of participants required an invasive procedure in consequence of their cardiac event.

More than 80% of the participants had one of three procedures/surgery – PCI (184 or 48.4%); CAGS (87 or 22.9%) or AVR/MVR (46 or 12.1% of the total). This suggests the three areas where the benefits of Cardiac Rehabilitation should continue to be very strongly stressed to patients and their families.
2012 HeartSmart Program Participants Age x Sex

2012 HeartSmart Program Participants by Procedure (N=380)
COMMENTS ON 2012 DATA CHARTS

2012 Epworth Richmond Cardiac Patients Invited to HeartSmart x Home Locality (N=730)

During 2012 a total of 730 (up from 661 the previous year) Epworth Richmond patients who had angioplasty and stent procedure received a written invitation mailed to their home to participate in either the HeartSmart Program or be referred to another cardiac rehabilitation program closer to their home.

Of the invitations issued, approximately a third each went to patients who had either a ‘Local’ (35.3% n=258), ‘Wider Melbourne Metro’ (33.7% n=246) or ‘Regional’ (31.0% n=226) address. This suggests an evenly distributed ‘catchment area’ of patients living either ‘Locally’ (within 10Km) of an Epworth facility, in the wider Melbourne Metro area or Regionally in Victoria /Interstate.

2012 HeartSmart Participants x Home Locality

A clear perspective emerging from the 2012 ‘Home Locality’ data for the 380 people who enrolled in HeartSmart demonstrates that there is a limit to how far most people will travel post-discharge to attend a cardiac rehabilitation program. Almost two thirds (63.7% n=242) 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 at Box Hill.

Most other participants (31.3% n=119) came from the wider Melbourne Metro area with 5.0% (n=19 people in 2012) of all participants having registered by providing a ‘Regional’ (i.e. non-Melbourne Metro) home address. Anecdotal evidence suggests that these ‘Regional’ people were staying with family members in Melbourne during their recovery.
2012 Cardiac Patients Invited to HeartSmart x Home Locality (N=730)

- Live Local To Epworth: 35.3%
- Live Wider Melb Metro: 33.7%
- Live Regionally: 31.0%

2012 HeartSmart Participants x Home Locality (N=380)

- Live Local To Epworth: 63.7%
- Live Wider Melb Metro: 31.3%
- Live Regionally: 5.0%
COMMENTS ON 2012 DATA CHARTS

2012 HeartSmart Session Participation Rates

Epworth HealthCare offers 4 HeartSmart programs each week. The programs are scheduled as follows:

- 6 session program - Tuesday afternoons at Epworth Eastern (held at Whitehorse Fitness Centre in Box Hill)
- 6 session program – Wednesday & Thursday mornings at Epworth Richmond
- 3 session (Fast Track) program – Tuesday evenings at Epworth Richmond

Participation rates at each of the programs were consistent in 2012. The 3 Session Fast Track and Epworth Box Hill programs achieved a 91% and 80% completion rate respectively in 2012.

Of the 380 participants commencing the HeartSmart Programs in 2012, approximately 1 in 5 or 80 (21.1%) people elected to withdraw before they met the established criteria for having completed the program. “Program Completion” is defined as a participant having attended either 2 or 3 of the 3 sessions of the Fast Track Program or completing either 5 or 6 attendances at one of the 6 Session programs.

2012 HeartSmart Completion Rate (%)

The Bar Chart opposite shows percentage ‘completion rates’ for the HeartSmart programs offered by Epworth HealthCare.

Numeric 2012 ‘completion rates’ were:-

<table>
<thead>
<tr>
<th>Program</th>
<th>Completion Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Epworth Box Hill (6 Sessions)</td>
<td>72 of 90 (80.0%)</td>
</tr>
<tr>
<td>Fast Track (3 Session Program)</td>
<td>90 of 99 (90.9%)</td>
</tr>
<tr>
<td>Wednesday Richmond (6 Sessions)</td>
<td>70 of 101 (69.3%)</td>
</tr>
<tr>
<td>Thursday Richmond (6 Sessions)</td>
<td>68 of 90 (75.6%)</td>
</tr>
</tbody>
</table>
2012 HeartSmart Session Participation Rates (%)

- EPWORTH BOX HILL
- FAST TRACK TUESDAY EVENING
- RICHMOND WEDNESDAY
- RICHMOND THURSDAY

<table>
<thead>
<tr>
<th>Event</th>
<th>Participation Rate (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>EPWORTH BOX HILL</td>
<td>80.0%</td>
</tr>
<tr>
<td>FAST TRACK TUESDAY EVENING</td>
<td>90.9%</td>
</tr>
<tr>
<td>RICHMOND WEDNESDAY</td>
<td>69.3%</td>
</tr>
<tr>
<td>RICHMOND THURSDAY</td>
<td>75.6%</td>
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2012 HeartSmart Program Completion Rate (%) (N=380)

<table>
<thead>
<tr>
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<tr>
<td>EPWORTH BOX HILL</td>
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COMMENTS ON 2012 DATA CHARTS

2012 Summary Data for the 958 Cardiac Patients who did NOT Participate in the HeartSmart Program

PATIENT’S GENDER:
In addition to the 380 HeartSmart participants in 2012, the HeartSmart Coordinator had telephone contact with a further 958 patients (682 Males & 276 Females) who were referred to HeartSmart after having a cardiac event.

REFERRAL ACTIVITY OUTCOMES:
The 958 Epworth HealthCare patients who DID NOT enroll in a HeartSmart program either Declined (n=351) to participate or were successfully Referred (n=607) to a 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 third (351 or 36.6%) of the 958 Non-HeartSmart patients either specifically declined or ignored Epworth’s invitation to participate in a cardiac rehabilitation program. This suggests the need for a strengthened focus on encouraging patients to undertake cardiac rehabilitation program. However in fact the real number who ‘declined’ would have been somewhat less than reported as the 2012 figure also included those who had previously undertaken cardiac rehabilitation and opted not to repeat the program. Our data recording procedure has been improved for 2013 to enable more accurate classification of reasons for non-participation.

HOME LOCATION:
An analysis of NON-HeartSmart participants’ home location showed that 229 (23.9%) lived within a reasonable (approx 10Km) of an Epworth facility. A further 330 (34.4%) live in the wider Melbourne Metropolitan area while the remainder (399 or 41.6%) live either in Regional Victoria or Interstate. It would be beneficial to consider what more might be done to encourage a greater portion of those 229 ‘local’ residents to enroll in the Epworth HeartSmart Program in future.
2012 Summary Data for the 958 Cardiac Patients Who DID NOT Participate in the HeartSmart Program

### PATIENT’S GENDER

<table>
<thead>
<tr>
<th>Gender</th>
<th>Number</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Males</td>
<td>682</td>
<td>71.2%</td>
</tr>
<tr>
<td>Females</td>
<td>276</td>
<td>28.8%</td>
</tr>
<tr>
<td><strong>TOTALS</strong></td>
<td><strong>958</strong></td>
<td><strong>100%</strong></td>
</tr>
</tbody>
</table>

### REFERRAL OUTCOMES

<table>
<thead>
<tr>
<th>Outcome</th>
<th>Number</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Referred Elsewhere</td>
<td>607</td>
<td>63.4%</td>
</tr>
<tr>
<td>Declined to Participate</td>
<td>351</td>
<td>36.6%</td>
</tr>
<tr>
<td>Missing Data</td>
<td>0</td>
<td>0.0%</td>
</tr>
<tr>
<td><strong>TOTALS</strong></td>
<td><strong>958</strong></td>
<td><strong>100%</strong></td>
</tr>
</tbody>
</table>

### HOME LOCATION

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<thead>
<tr>
<th>Location</th>
<th>Number</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Live Local To Epworth</td>
<td>229</td>
<td>23.9%</td>
</tr>
<tr>
<td>Live Wider Melbourne Metro Area</td>
<td>330</td>
<td>34.4%</td>
</tr>
<tr>
<td>Live Regionally / Interstate</td>
<td>399</td>
<td>41.6%</td>
</tr>
<tr>
<td><strong>TOTALS</strong></td>
<td><strong>958</strong></td>
<td><strong>100%</strong></td>
</tr>
</tbody>
</table>
 COMMENTS ON 2012 DATA CHARTS

2012 Treatments Received by HeartSmart compared with NON-HeartSmart Participants (%)

It is instructive to compare the preferences for cardiac rehabilitation treatment received by both the HeartSmart and NON-HeartSmart participants during 2012.

The data shows that a greater percentage of the patients who had been diagnosed / treated for AMI, Angiogram, MVR or CAGS were MORE likely to be referred elsewhere than to participate in the Epworth HealthCare HeartSmart Program. A greater percentage of those patients who had either PCI or AVR were MORE likely to participate in our HeartSmart Cardiac Rehabilitation Program.

The chart opposite shows that of the 1338 (958 + 380) patients who were considered for as being eligible / in need of cardiac rehab, the majority had either been treated with PCI or had undergone CAGS.

Geographic distribution by treatment has not been compiled in the 2012 Activity report.

Diagnosis / Treatments Received by NON-HeartSmart Program Patients During 2012 (N= 958)

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=607) or who Declined to Participate (n=351) in the HeartSmart Program at Epworth HealthCare during 2012.
Treatment Received by NON-HeartSmart v's HeartSmart Participants - 2012 (%)

- **Missing Data**: 0.0%
- **PCI**: 10.0%
- **Other Procedure**: 20.0%
- **MVR**: 30.0%
- **Core Valve**: 40.0%
- **CAGS**: 50.0%
- **AVR**: 60.0%
- **Angiogram**: 70.0%
- **AMI**: 80.0%

Referred Patients (Non-HeartSmart) and HeartSmart Participants

Diagnosis/Treatment Received By NON-HeartSmart Program Patients - 2012 (N=958)

- **AMI**: 39
- **Angiogram**: 92
- **AVR**: 63
- **CAGS**: 235
- **CORE VALVE**: 13
- **MVR**: 68
- **Other Procedure**: 34
- **PCI**: 371
- **Missing Data**: 43
COMMENTARY ON 2012 DATA CHARTS

2012 Treatment Received by NON-HeartSmart Patients by Referral Activity Outcome (N=958)

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 AMI and Angiogram patients’ were more likely to be successfully referred to a cardiac rehabilitation facility than not.

This result for CAGS patients in particular reflect a high willingness to be referred elsewhere, as do the data for AVR and MVR procedures. However patients who had undergone a PCI were almost as likely to decline referral, as they were to accept it. Overall these data reflect positively on the energies and efforts of the HeartSmart Co-ordinator in effecting these outcomes given that each referral, regardless of outcome, consumes at least 15 minutes for each individual. This represents more than 240 hours of administrative work during the year.

Age of NON-HeartSmart Patients by Referral Activity Outcome in 2012 (N=958)

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

One minor exception is people in the 90 plus age cohort, but given the ratio of Referred to Declined as 5:7 for the 12 people in total, this is not a concern.

For the patients aged 50 or more there is a clearly marked preference for them to be ‘Referred’ than to Decline our invitation to be followed up by cardiac rehabilitation providers other than HeartSmart. The graph curve suggests that age is not a significant determining factor in post cardiac episode patients being unwilling to undertake rehabilitation following their discharge from Epworth HealthCare.
OVERALL SUMMARY OF HEARTSMART’S
2012 CARDIAC REHABILITATION ACTIVITIES

The summary on the opposite page shows the HeartSmart Team’s achievements during 2012.

A small team of dedicated volunteers, who contribute their time to support Nanci Thurston (HeartSmart Coordinator), provide their energy and skills each week to operate and promote the HeartSmart Program. This volunteer support is crucial to the successful operation of the program. These efforts, combined with Nanci’s capable leadership, have ensured the positive outcomes the HeartSmart Program has achieved during 2012 which in turn has contributed to Epworth HealthCare.

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OVERALL SUMMARY OF HEARTSMART’S 2012 CARDIAC REHABILITATION ACTIVITIES

OVERALL SUMMARY OF PATIENT ACTIVITY

<table>
<thead>
<tr>
<th>Description</th>
<th>No.</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Commenced / Completed HeartSmart Program</td>
<td>380</td>
<td>28.4%</td>
</tr>
<tr>
<td>Referred To Another Facility for Rehabilitation</td>
<td>607</td>
<td>45.4%</td>
</tr>
<tr>
<td>Patient Declined / Ignored Invitation to Rehab.</td>
<td>351</td>
<td>26.2%</td>
</tr>
<tr>
<td>Missing Data</td>
<td>0</td>
<td>0.0%</td>
</tr>
</tbody>
</table>

TOTALS FOR 2012 1338 100.0%

SUMMARY OF HEARTSMART 2012 ACTIVITY
(N = 1338 Patients)

- Commenced / Completed HeartSmart (n=380): 28.4%
- Referred To Another Facility for Rehabilitation (n=607): 45.4%
- Declined / Ignored Invitation to Rehabilitation (n=351): 26.2%

Report compiled by: Ross Baxter – HeartSmart Team Volunteer – March 2013
Mobile Contact: 0439 336 043
Epworth’s HeartSmart program, the first in Victoria, began in 1993 with a total of 161 participants for the year. Numbers declined for four years as alternative programs commenced at other sites around the state. Numbers began recovering from 1998 onwards and have continued to grow over time. The Epworth Eastern Program commenced in 2005 and has continued to contribute steadily to HeartSmart’s contribution to cardiac rehabilitation.
OTHER HEARTSMART ACTIVITIES
HELD DURING THE YEAR

For further information:
Information and booking sessions will be
solicited for all these initiatives in writing.
Epworth Medical Foundation
Jarmie Froidevaux
03 9426 6311
jarme@epworth.org.au
HeartSmart
Nanu Thurston
03 9446 6132
NanuThurston@epworth.org.au
Travel Company:
Raw Travel
03 8741 4848
www.rawtravel.com

A not-for-profit health care group
Excellence, everywhere, every day.

Parts of theライダーライン were tough and challenging
but none of us would change a thing because
it was just a once in a lifetime experience.
Rene Land – Challenger 2011

Epworth Medical Foundation
80 Bridge Road
Richmond VIC 3121 Australia
Phone 03 9426 6132
Fax 03 9427 9236
Email enqinfo@epworth.org.au
www.epworth.org.au
AAR 07 420 444 00

In support of Epworth HealthCare incorporating
Epworth Eastern, Epworth Freemasons,
Epworth Rehabilitation and Epworth Richmond.

All proceeds from the Mekong Cycling Challenge
will be donated to continue services at Epworth,
including HeartSmart a rehabilitation program
for cardiac patients designed to improve lifestyle
and minimize risk factors through diet, exercise and
stress management.

(Mekong Cycling Challenge images by NAM TAYLOR)

Your support saves lives.

Mekong Cycling Challenge

HEART SMART

Reunion & Christmas Lunch
Our 11th Reunion Lunch!

Each year 180 patients gather
at Leonda By the Yarra for the
Reunion & Christmas Lunch
to celebrate life & support
HeartSmart.

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Some Comments by HeartSmart Participants...

- "... it would have been very easy for me to fall back into my old routine without it."
- "Well balanced and informative and conducted in a supportive and pleasant environment."
- "I thought "heart attack = invalid". The program dispelled that fear and now looking forward to an active future."
- "A good blend of staff presentations together with "rubbing shoulders" with other ex-patients."
- "Delivery in lay terms made for easy digestion. Cheery, smiling positive attitudes expressed by the tutors was a tonic in itself."

Success of the HeartSmart Program is evident from the level of support of past patients.

- In 2007 we received donations to the program in excess of $35,000
- Mike Smith a past HS participant wrote a book about his Cardiac Event "Downsize Me" and acknowledges the HeartSmart Program and how it helped him.
- February 2010, Cambodia Cycling Challenge raised $30,000 for the HeartSmart Program.
- February 2011, Vietnam to Cambodia Cycling Challenge raised $53,000 for the HeartSmart Program.
- February 2012, Laos to Cambodia Cycling Challenge raised $27,000 for the HeartSmart Program.