

Investing in Regional Cardiovascular Rehabilitation and Secondary Prevention Services

Supporting High Risk Patients to Improve Their Vascular Health

NEWS

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Ontario is investing in a regional cardiovascular rehabilitation and secondary prevention service serving the Central East Local Health Integration Network (Central East LHIN) for those who are at high risk to improve their vascular health.

A LHIN-wide investment of **\$1 million** has been provided to Rouge Valley Health System. Under its leadership, new sites will be established to expand cardiovascular rehabilitation and secondary prevention services to patients across the Central East LHIN diverse geography.

Cardiovascular rehabilitation and secondary prevention is an evidence based strategy. The regional approach to comprehensive care is provided via a centralized, integrated referral process and standardized 6 month service. The service includes education, self-management training and exercise for patients with vascular disease including those with heart attack, angina, congestive heart failure, stroke, peripheral vascular disease, diabetes and chronic renal disease.

At today's announcement, held at the recently established program site at the Pickering Soccer Centre, Pickering-Scarborough East MPP Tracy MacCharles also announced the establishment of new sites in Cobourg, Peterborough and Campbellford. MPP MacCharles also confirmed the expansion of services already in place in Scarborough, Ajax, Whitby, Port Perry, Oshawa and Lindsay providing improved access to these important services to the residents of the Central East LHIN.

Putting patients first and providing services closer to home is an integral part of Ontario's Patients First: Action Plan for Health Care.

QUOTES

"Today's announcement is a true testament to the importance of collaboration and partnerships in health care. Working with the City of Pickering and the Pickering Soccer Club, Rouge Valley Health System has established a program that will provide appropriate space and a comfortable setting year round for those patients within the Central East LHIN who are working to prevent a secondary vascular event."

- Tracy MacCharles, MPP Pickering-Scarborough East

“Investing in a regional system of cardiovascular rehabilitation and secondary prevention services will improve access to an essential service here in Durham Region and across the LHIN. This service will improve the health of high risk patients and significantly reduce the risk of death or hospitalization for residents of the Central East LHIN.

- Dr. Joe Ricci, Vascular Health Physician Lead, Central East LHIN and Director of Cardiac Care, Rouge Valley Health System

“The Central East LHIN had set a goal in its 2013-16 Integrated Health Service Plan to continue to improve the vascular health of residents so they spend 25,000 more days at home in their communities by 2016. With the support of the government of Ontario and through the outstanding collaboration between so many partners demonstrated by the investment announced today, we will reach and in fact exceed that goal.”

- Deborah Hammons, Chief Executive Officer, Central East LHIN

QUICK FACTS

- The Central East LHIN is currently implementing its third [Integrated Health Service Plan](#), setting out a shared goal for the local health care system to help Central East LHIN residents spend more time in their homes and their communities.
- As the designated cardiac centre for the Scarborough-Durham area, Rouge Valley's [cardiac care program](#) is home to the most comprehensive range of cardiac services across the region.

LEARN MORE

- [Patients First: Action Plan for Health Care.](#)

For more information:

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