

## **New Regional Cardiovascular Rehabilitation and Secondary Prevention Services to open in Trent Hills**

**Supporting High Risk Patients to Improve Their Vascular Health**

**NEWS**

**July 20, 2015**

Hastings Field House in the Municipality of Trent Hills will be the latest site to be opened as the Central East LHIN's regional Cardiovascular Rehabilitation and Secondary Prevention (CRSP) program continues to expand to serve patients across the LHIN's diverse geography.

Rouge Valley Health System, the regional lead for the CRSP program, has already established community-based sites in Scarborough, Ajax, Whitby, Bowmanville, Port Perry, Oshawa, Lindsay, Pickering and Cobourg and a new site in Peterborough is scheduled to open later this summer.

Opening on August 30<sup>th</sup> and available to patients being discharged from the hospital or referred by their local primary health care provider or specialist, the six month program will include education, self-management training and exercise for people with vascular disease including those with heart attack, angina, congestive heart failure, stroke, peripheral vascular disease, diabetes and chronic renal disease.

Since the launch of the regional program in 2012, the number of patients participating in the program has continued to increase leading to reduced risk of hospitalization and the need for clinical interventions, and an overall improvement in patients' blood pressure, level of fitness, smoking cessation and quality of life. Close to 95% of the patients have had access to a site less than 30 minutes from their home and over 90% have waited less than four weeks to join the program.

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

### **QUOTES**

"These new services build on a burgeoning program of health care innovation in Ontario's central-east region. The addition of cardiovascular services at Hastings Field House will ensure that patients with vascular disease can reap the benefits of comprehensive care that is not only easily accessible but also patient-centred, with a focus on patient awareness and involvement."

- Dr. Eric Hoskins, Minister of Health and Long-Term Care

"I would like to congratulate all the partners for their dedication and commitment as this new program gets underway. The Hastings Field House in the Municipality of Trent Hills is an ideal location for this type of program. This brand new multi-functional facility, complete with walking track, will provide a comfortable setting year round for local residents who are working to prevent a secondary vascular event."

- Lou Rinaldi, MPP, Northumberland – Quinte West

“It’s evident that providing a regional system of cardiovascular rehabilitation and secondary prevention services here in Trent Hills and across the LHIN improves access to an essential service. We have seen that the service improves the health of high risk patients and significantly reduces their risk of death or hospitalization.”

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

“As a Rural Health Hub serving Trent Hills and surrounding areas, Campbellford Memorial Hospital is well-positioned to work with our Regional Cardiac Care Program partners at Rouge Valley to support the implementation of the Cardiovascular Rehabilitation and Secondary Prevention Program. We are committed to ensuring its success as we collectively work to improve the health of our residents. This includes ensuring local patients are aware of and referred to the program, while supporting program participants with stress testing to determine their fitness level. This is an exciting day for the residents of Trent Hills as we continue to improve access to health care services closer to home. We are truly thankful for the investment in enhanced health care the Ministry of Health and Long-Term Care and the Central East LHIN are making in our community today.”

- Brad Hilker, President and Chief Executive Officer, Campbellford Memorial Hospital

“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. The development and expansion of the Central East LHIN’s Regional Cardiovascular Rehabilitation and Secondary Prevention Program is a clear demonstration of how that goal is being achieved. With the ongoing financial support of the government of Ontario and through the outstanding collaboration between so many partners demonstrated by the opening of this next site, we are improving people’s vascular health and helping them to live healthier lives.”

- 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.

### LEARN MORE

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

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