

# VASCULAR HEALTH TOOLS & RESOURCES FOR PRIMARY CARE

With A Focus  
on Smoking  
Cessation

# FACULTY/PRESENTER DISCLOSURE

**Faculty:** Linda Hansen & Colleen Murphy

## **Relationships with commercial interests:**

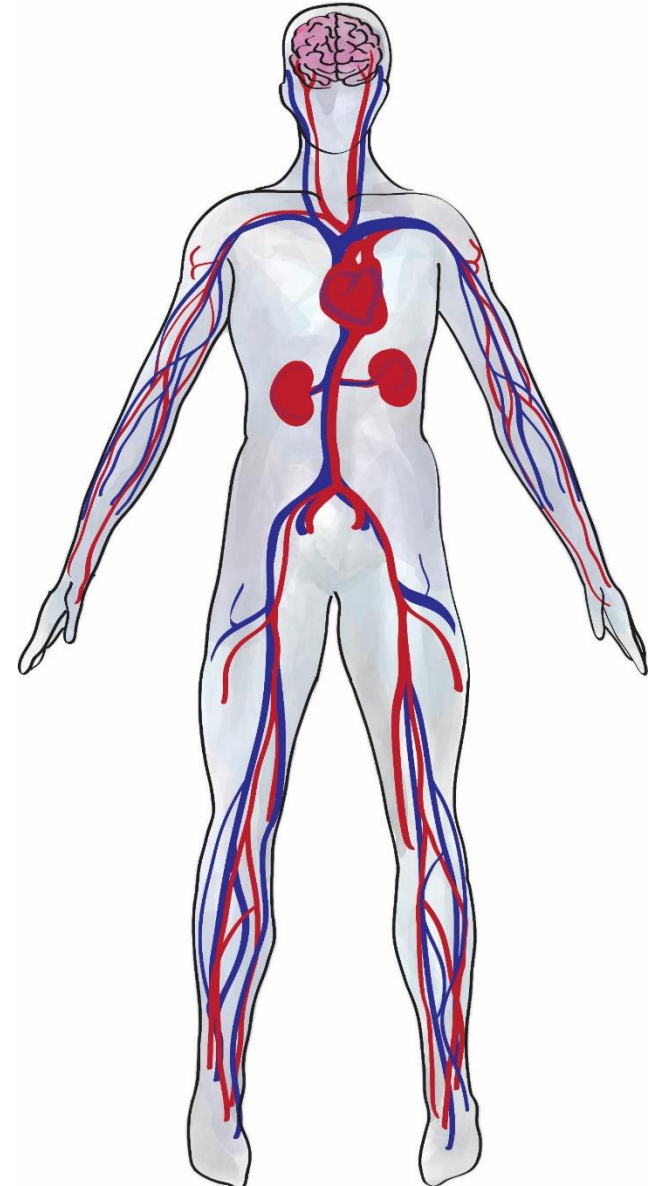
- **Grants/Research Support:** None
- **Speakers Bureau/Honoraria:** None
- **Consulting Fees:** None
- **Other:** None

# 2017 Vascular Health Resources



# OBJECTIVES

- Share common vascular health resources
- Describe current and potential future integrated vascular health resources



# COMMON VASCULAR RISK FACTORS

Hypertension

Diabetes

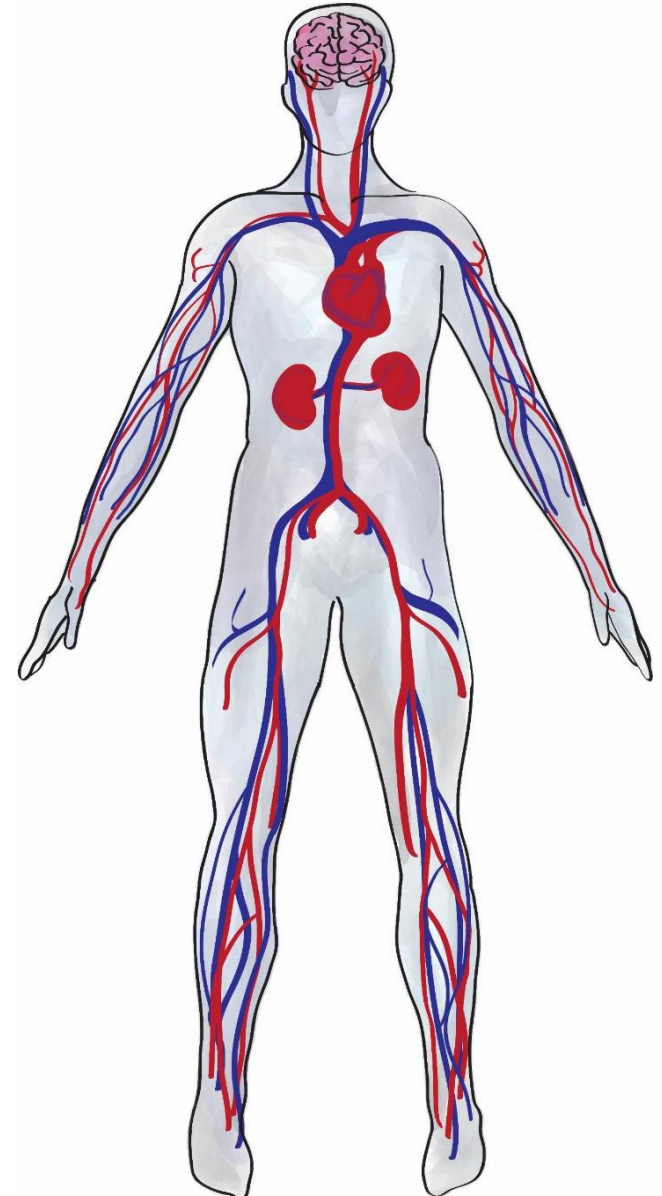
Dyslipidemia

Obesity

Tobacco Use

Unhealthy diet

Low physical activity



# GO-TO SOURCES



Health  
Canada

Santé  
Canada



Public Health  
Agency of Canada



# VASCULAR HEALTH RESOURCES

## What's New?



2016

### Hypertension Canada CHEP Guidelines for the Management of Hypertension



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Clinical Practice & Education > Professional Resources

### PROFESSIONAL RESOURCES

SHARE | PRINT

CLINICAL PRACTICE GUIDELINES  
PROFESSIONAL CONFERENCE & ANNUAL MEETINGS  
PROFESSIONAL RESOURCES

Diabetes Canada is helping you provide patient-centered diabetes care and chronic disease management.

Here you will find guideline-based point-of-care tools for you to use in practice, and information for your professional development and learning. Quickly access [fully searchable guidelines](#) and an [Executive Summary](#), plus [calculators](#), [case studies](#), [slides](#), and a full suite of [patient education tools](#), or find tools according to the list below.

- [Screening and Diagnosis](#) - Screen wisely, diagnose precisely.

Treating diabetes earlier is better. Identify your patients who are at risk of diabetes, or have diabetes and don't know about it. Use the interactive calculator and case studies to appropriately screen and diagnose.



### OTTAWA MODEL FOR SMOKING CESSATION

> About OMSG  
> Products and Services  
> Education  
> Ottawa Conference

INPATIENT | OUTPATIENT | PRIMARY CARE

UOM QUICK ACCESS  
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### PRIMARY CARE

#### Working Together to Help Patients Quit!

The Ottawa Model for Smoking Cessation (OMSG) is a simple, systematic approach for addressing tobacco use with patients and for supporting successful quitting using the best available evidence-based treatments. Originally developed for use in the hospital settings, it has since been adapted for application in primary care settings, and emphasizes interdisciplinary collaboration to promote best-practice delivery of the program without unnecessary impact on daily patient flow.

The OMSG is based on a 3 A's approach to smoking cessation: ASK, ADVISE, ACT.



### Exercise is Medicine Canada (EIMC)

Exercise is Medicine Canada (EIMC) is a CSFP-hosted initiative to promote physical activity, health promotion and wellness. EIMC is supported by an Advisory Council with representatives from the primary healthcare and exercise professional organizations. The Council meets annually to guide the strategic direction and activities of the EIMC program.

We encourage you to join the Exercise is Medicine Canada (EIMC) Professional Network. The EIMC Professional Network brings together regulated health care professions and EIMC Recognized Exercise Professionals as part of the movement to change the way healthcare is delivered and chronic disease is prevented and managed in Canada.



# VASCULAR HEALTH RESOURCES CONT'D...

## About EatRight Ontario

### What is EatRight Ontario?

EatRight Ontario (ERO) is a free service that connects residents of Ontario to the trusted advice of a Registered Dietitian to help you make healthier food choices and answer your nutrition questions.


Whether you are a parent, consumer, health professional or community leader, here are the three easy ways to reach a Registered Dietitian:

1. Call this toll-free number: **1-877-510-510-2A FREE**
2. Email the [Email a Dietitian](#) service
3. Use this website to read healthy eating articles, watch videos, find recipes and explore interactive tools to help you with menu planning and portion sizes and setting goals

### EatRight Ontario Dietitians Are:


- ✓ Qualified, registered professionals
- ✓ Up-to-date with the latest information
- ✓ Friendly and ready to help

Find out the [difference between a Registered Dietitian and a nutritionist](#).


 **eaTracker.ca**  
Brought to you by Dietitians of Canada

[Get The App](#)

[BMI Weight Analyzer](#) | [Food Search](#) | [Activity S](#)


 *Food Search*

Use this tool to look up a food and see the nutrition facts.




*Your Results* Displaying 7 results for **white bread**

<a href="#">Bread, calorie-reduced, white</a>	Cal: 48 Fat: 0.6
<a href="#">Bread, pita, white</a>	Cal: 96 Fat: 0.4
<a href="#">Bread, white (includes soft crumbs), commercial</a>	Cal: 93 Fat: 1.2
<a href="#">Bread, white, commercial, (includes soft crumbs), low salt</a>	Cal: 67 Fat: 0.9
<a href="#">Bread, white, homemade w/ 2% milk</a>	Cal: 120 Fat: 2.4
<a href="#">Bread, white, homemade w/ nonfat dry milk</a>	Cal: 121 Fat: 1.1


 **eaTracker.ca**  
Brought to you by Dietitians of Canada


[BMI Weight Analyzer](#) | [Food Search](#)


 *Food Search*


[Bread, white \(includes soft crumbs\), commercial](#)


Nutrition Facts	
Per 1 slice(s) (35g)	
Amount	% Daily Value
<b>Calories</b> 93	
<b>Total Fat</b> 1.2 g	2 %
Saturated Fat 0.3 g	1 %
<b>Cholesterol</b> 0 mg	0 %
<b>Sodium</b> 238 mg	10 %
<b>Carbohydrates</b> 17.7 g	6 %
Total Dietary Fibre 0.8 g	3 %
Total Sugar 1.5 g	
<b>Protein</b> 2.7 g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	5 %
Iron	9 %

1  

 Vegetables and Fruit - 0

 Grain Products - 1

 Milk and Alternatives - 0

 Meat and Alternatives - 0





# **INTEGRATED VASCULAR HEALTH**

## For Practitioners

[Alcohol Consumption](#)[Allergies](#)[Athletic Performance](#)[Canadian Cardiovascular Harmonized National Guidelines Endeavour \(C-CHANGE\) Guideline](#)[Canadian Task Force on Preventive Health Care \(CTFPHC\)](#)[Cancer](#)[Diabetes](#)[Healthy Eating](#)[Heart Disease and Stroke](#)[High Blood Cholesterol](#)[High Blood Pressure](#)[Immunization](#)[Infant Feeding](#)[Kidney Disease](#)[Mental Health Conditions](#)[Nutrition](#)[Obesity](#)[Paediatric](#)[Physical Activity](#)[Pregnancy](#)[Respiratory Diseases](#)[Smoking cessation](#)

**Empowering  
Canadians to  
take hold of their  
health**

## Find the prevention information you need

Search for:

**Search**

[Resources/Tools](#) | [Video](#) | [Surveys](#)

## Popular links

[Alcohol](#) [Allergies](#) [Athletic Performance](#) [Cardiovascular](#)  
[Cancer](#) [Diabetes](#) [Healthy Eating](#) [Stroke](#) [High blood](#)  
[Pressure](#) [Cholesterol](#) [Kidney Disease](#) [Mental Health](#)  
[Nutrition](#) [Obesity](#) [Paediatric](#) [Physical Activity](#)  
[Pregnancy](#) [Respiratory Diseases](#) [Smoking](#) [Healthy](#)

# VASCULAR HEALTH PRIMARY CARE

## QUALITY IMPROVEMENT TOOLKIT

### BACKGROUND

Decreasing the vascular disease burden and improving vascular health could be realized in Ontario with focused efforts on primary care. Ontario's [Vascular Health Primary Care Work Group \(PCWG\)](#) was established in 2012 to improve quality and access to a continuum of vascular health services for primary care. The PCWG reflects comprehensive representation of primary care stakeholders, including patient advisors, committed to developing the following three practical resources:

1. Vascular Health Assessment and Support Tool (VHAST)
2. **Vascular Health Quality Improvement (QI) Toolkit**
3. Vascular Health Medical Directives Repository ...that collectively aim to:
  - facilitate adoption of best practices at the point of care
  - enhance capacity for more patient-centred QI plans and initiatives
  - standardize quality elements for relevant monitoring of outcomes and performance

# Canadian Cardiovascular Harmonized National Guidelines Endeavour (C-CHANGE): 2014 update

Sheldon W. Tobe MD, James A. Stone MD PhD, Kimberly M. Walker MPH, Todd Anderson MD, Onil Bhattacharyya MD PhD, Alice Y.Y. Cheng MD, Jean Gregoire MD, Gord Gubitz MD, Mary L'Abbé PhD, David C.W. Lau MD, Lawrence A. Leiter MD, Paul Oh MD, Raj Padwal MD, Luc Poirier MSc, Peter Selby MD, Mark Tremblay PhD, Richard A. Ward MD, Diane Hua MPH, Peter P. Liu MD; for the C-CHANGE Initiative\*

In Canada, the multiple chronic conditions and cardiovascular risk factors of our aging population continue to challenge health care providers and burden health systems. Cardiovascular disease is a major contributor to chronic illness, with four in five Canadians having at least one risk factor for cardiovascular disease and 16% having three or more risk factors.<sup>1</sup> In their first-line role, primary care practitioners bear a substantial proportion of the responsibility and patient care load associated with managing risk factors for cardiovascular disease.

Clinical practice guidelines can assist health

tions or a sufficient number of guideline groups have updated their recommendations.

The 2011 C-CHANGE guideline provided specific recommendations for screening, diagnostic and risk-stratification strategies, treatment targets, health-behaviour recommendations and pharmacologic treatments. Challenges in updating the C-CHANGE guideline include the varying time frames of updates and different grading schemes used by each guideline group.

The opportunity presented by the C-CHANGE process includes both the harmonization of overlapping clinical practice recommendations from

**Competing interests:** See end of article.

This article has been peer reviewed.

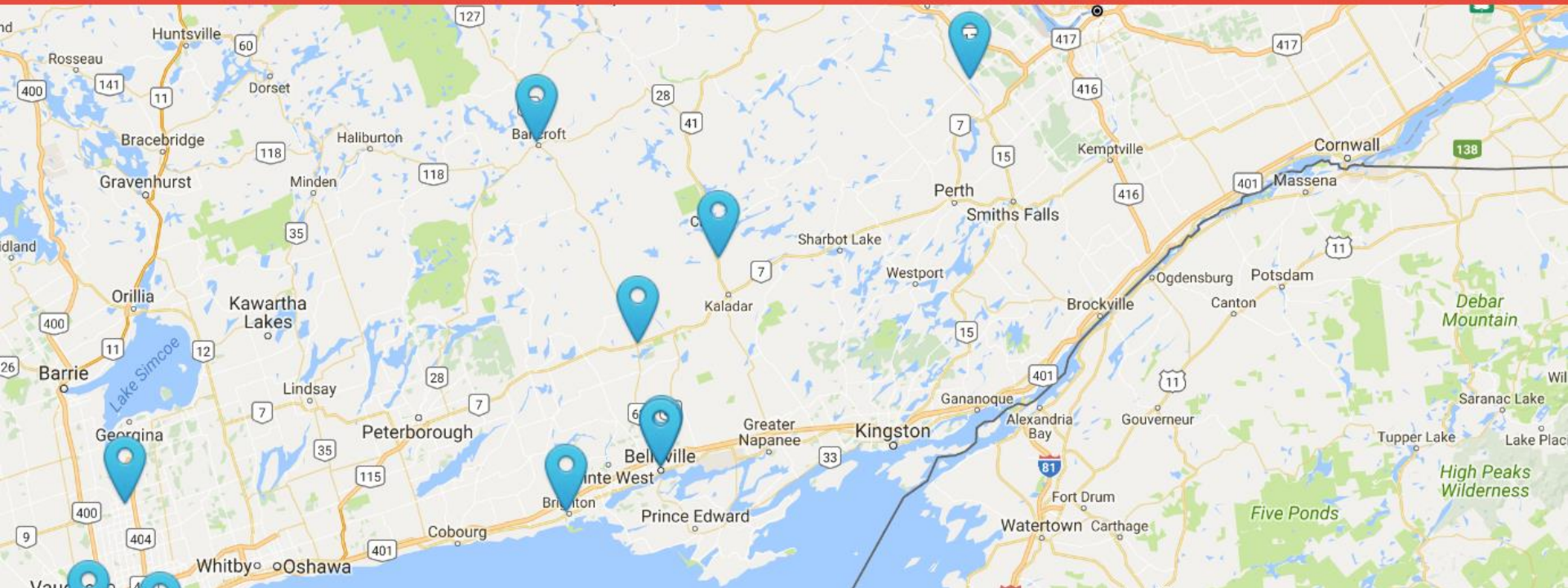
\*The complete list of members of the C-CHANGE Initiative and contributors to C-CHANGE appears at the end of the article.

**Correspondence to:** Peter Liu, [pliu@ottawaheart.ca](mailto:pliu@ottawaheart.ca)

*CMAJ* 2014. DOI:10.1503

## HMP and AHMP Sites

Below is a list of current HMP and AHMP sites. You can use the controls on the map to zoom, rotate or perform other actions. Click on the pushpins for more information on each site.





**SEO Health  
Collaborative**



Search



South East

Leeds & Grenville

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Frontenac & Kingston

Lennox & Addington

Hastings

Prince Edward

Northumberland

HEALTH SERVICES

HEALTH CAREERS

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HEALTH EVENTS

HEALTH LIBRARY

## HEALTH SERVICES FOR SOUTH EAST

March 2, 2016

### Health Care Options

- ▶ [Health Care Facilities](#)
- ▶ [Health Care Professions](#)
- ▶ [Home and Community Care](#)
- ▶ [Public Health](#)

### Health Topics

- ▶ [Abuse and Sexual Assault](#)
- ▶ [Addictions](#)
- ▶ [Diseases and Conditions](#)
- ▶ [End-of-Life Care](#)
- ▶ [Environmental and Workplace Health](#)
- ▶ [Mental Health](#)
- ▶ [People with Disabilities](#)
- ▶ [Residential Care](#)
- ▶ [Sexual and Reproductive Health](#)

### Your Health

- ▶ [Aboriginal](#)
- ▶ [Children and Parenting](#)
- ▶ [Men](#)
- ▶ [Seniors](#)
- ▶ [Women](#)
- ▶ [Youth](#)

### Making Choices

- ▶ [Basic Needs and Social Supports](#)
- ▶ [Blood, Organ and Tissue Donations](#)
- ▶ [Health Coverage and Care Planning](#)
- ▶ [Healthy Living](#)
- ▶ [Information Services](#)
- ▶ [Legal Services](#)

### Services by Location

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### Services Listed Alphabetically

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## NEWS

Tuesday February 23, 2016  
[2016 KFL&A Family Advocacy Award winner announced](#)

Tuesday February 23, 2016  
[Brockville General Hospital Cardiovascular Program](#)

Tuesday February 23, 2016  
[Chief Medical Officer of Health on Zika Virus](#)

## EVENTS

Wednesday March 2, 2016  
[50+ Senior Centre - Stitches, Mahjong, VON Falls Prevention - Belleville](#)

Wednesday March 2, 2016  
[VON Canada's SMART Exercise Program - The Royal RH - Kingston](#)

Wednesday March 2, 2016  
[VON Canada's SMART Exercise Program - Knights of Columbus -](#)

## CAREERS

Monday February 29, 2016  
[Registered Nurse \(RN/RPN\)](#)

Monday February 29, 2016  
[Registered Practical Nurse](#)

Monday February 29, 2016  
[Personal Support Worker](#)

[More Careers...](#)



▶ [Find services in other areas](#)



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**Vascular Health  
Resources**

**Stroke Resources**

# Vascular Health Resources

The goal of this initiative is to provide a user-friendly online resource for health professionals and health care consumers in their efforts to improve vascular health and system navigation.

**Vascular diseases** is a term for a wide range of diseases that affect the vascular or blood vessel systems of your body. They can include certain heart diseases such as coronary artery disease, kidney disease, stroke, diabetes and dementia. These diseases are different but are linked by common risk factors such as hypertension, physical inactivity and poor nutrition. This directory helps users navigate the services available for reducing their risk, managing vascular diseases, and living with the disease.

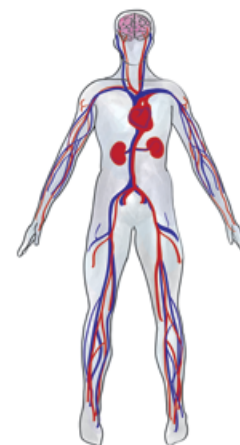
Tell us what you think.  
Your feedback will be used to improve the site.



**Vascular Health Promotion**  
Reducing Risk

**Managing Vascular Disease**  
Assessment, Treatment and Secondary Prevention

**Living with Vascular Disease**  
Support Services







# Vascular Health Promotion

## Reducing Risk

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Tell us what you think.  
Your feedback will be used to improve the site.



### Lifestyle Programs

[Alcohol and Drug](#)  
[Cholesterol](#)  
[Child and Youth Community Health Care Programs](#)  
[Complementary and Alternative Medicine](#)  
[Community Food Programs](#)  
[Diet, Nutrition and Weight Control](#)  
[Fitness Centres and Programs](#)  
[Fitness Centres and Programs for Seniors](#)  
[Sleep and Wake Disorders \(Sleep Apnea\)](#)  
[Stress \(Reduction\)](#)  
[Smoking Cessation](#)  
[Walking Groups](#)  
[Yoga](#)

### Dental

[Dental Clinics \(Low-cost\)](#)  
[Dental Services \(In-home\)](#)  
[Dental Hygiene Clinics](#)

### Self Management

[Self Management Support Programs](#)

### Mental Health

[Community Mental Health Programs](#)  
[Counselling - Personal, Family and Couple](#)  
[Mental Health for Seniors](#)  
[Mental Health Hospital Programs](#)  
[Mental Health Services for Children and Youth](#)  
[Meditation](#)  
[Mindfulness](#)  
[Psychologists](#)  
[Child Psychologists](#)

### Aboriginal

[Aboriginal Children](#)  
[Aboriginal Health Centres and Programs](#)

### General Wellness Programs

[Chronic Disease Prevention](#)  
[Heart Health Programs](#)  
[Stroke Prevention Clinics](#)

## Health Care Providers

### Brief Action Planning

### Choices and Changes

### Professional Development Opportunities

- Webinars

### Find A Workshop

### Become A Facilitator

### Host A Workshop At Your Organization



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[Home](#) » [Health Care Providers](#) » [Brief Action Planning](#)

## Brief Action Planning

### Brief Action Planning: Clinician Influence and Patient Action Workshop

Efforts are needed to assist and empower patients to actively self-manage health behaviours that influence chronic illness outcomes. By providing self-management support, patients can experience fewer symptoms, improved quality of life and lower use of health care resources.

Brief Action Planning addresses many of the barriers providers have cited to providing self-management support. It can be used routinely by both individual providers and health care teams to facilitate patient-centered goal setting, action planning and to build self-efficacy in chronic disease management and prevention

The core skills of BAP can be learned by anyone interested in supporting others to make change. It is a highly structured, stepped-care, self-management support technique grounded in principles and practice of Motivational Interviewing and behaviour change theory and research.

### Course Overview

Brief Action Planning uses a 7.5 hour long workshop format to provide health care providers with an opportunity to learn specific, brief and efficient communication strategies and skills that can be utilized in the setting of brief medical office visits.

# SAMPLE OF LOCAL VASCULAR SUPPORTS

<b>Global Risk Reduction</b>	Upper Canada FHT
<b>Heart Health</b>	Rideau CHS Pharmasave, Brockville
<b>Stroke Prevention Clinic</b>	PSFDH-Perth Site; BGH
<b>Cardiac Rehabilitation</b>	BGH
<b>Diabetes Education</b>	Rideau Valley Diabetes Services-Smiths Falls & Brockville Country Roads CHC Athens FHT (+Cholesterol Class) Leeds and Grenville Community FHT Dr. Conway Diabetes Clinic
<b>Eating Well &amp; Being Active</b>	Healthy You: Country Roads CHC & Rideau CHS Country Roads CHC-e.g., What's Cooking in Westport Rideau Valley Diabetes Services Bayshore Home Health-Dietitian Services
<b>Oral Health</b>	Country Roads CHC & Rideau CHS Low Cost Dental Clinic
<b>Stress-Mindfulness</b>	Country Roads CHC; Balanced Living: Upper Canada FHT



## Primary Care Hypertension / Smoking Updates

Registration is now open for Brockville March 31 and  
Belleville May 10 2017.

[Learn More](#)

[Home](#) > [Best Practice & Education](#) > [Prevention & Vascular Health](#)

## Prevention & Vascular Health

- ▶ [General](#)
- ▶ [Atrial Fibrillation](#)
- ▶ [Blood Pressure](#)
- ▶ [Vascular Health Resources](#)
- ▶ [Aboriginal Health](#)
- ▶ [Healthy Living](#)
- ▶ [Self-Management Resources](#)

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[Community & Long Term Care](#)  
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[Patient Education](#)  
[Links](#)

### Upcoming Events

March 31, 2017

[Primary Care Hypertension /  
Smoking Update: Opportunities to  
Improve Your Practice - Brockville,  
March 31, 2017 - Do Not Miss Dr.  
Andrew Pipe!](#)

# RESOURCES & CONTACT INFO

<https://www.strokenetworkseo.ca/>

<http://www.southeasthealthline.ca/>

<http://ontariostrokenetwork.ca/>

For more information, contact

[StrokeNetworkSEO@kgh.kari.net](mailto:StrokeNetworkSEO@kgh.kari.net)