

# VASCULAR HEALTH TOOLS & RESOURCES FOR PRIMARY CARE

Including Focus  
on Smoking  
Cessation

# FACULTY/PRESENTER DISCLOSURE

**Faculty:** Crystal Roach & Colleen Murphy

**Relationships with commercial interests:**

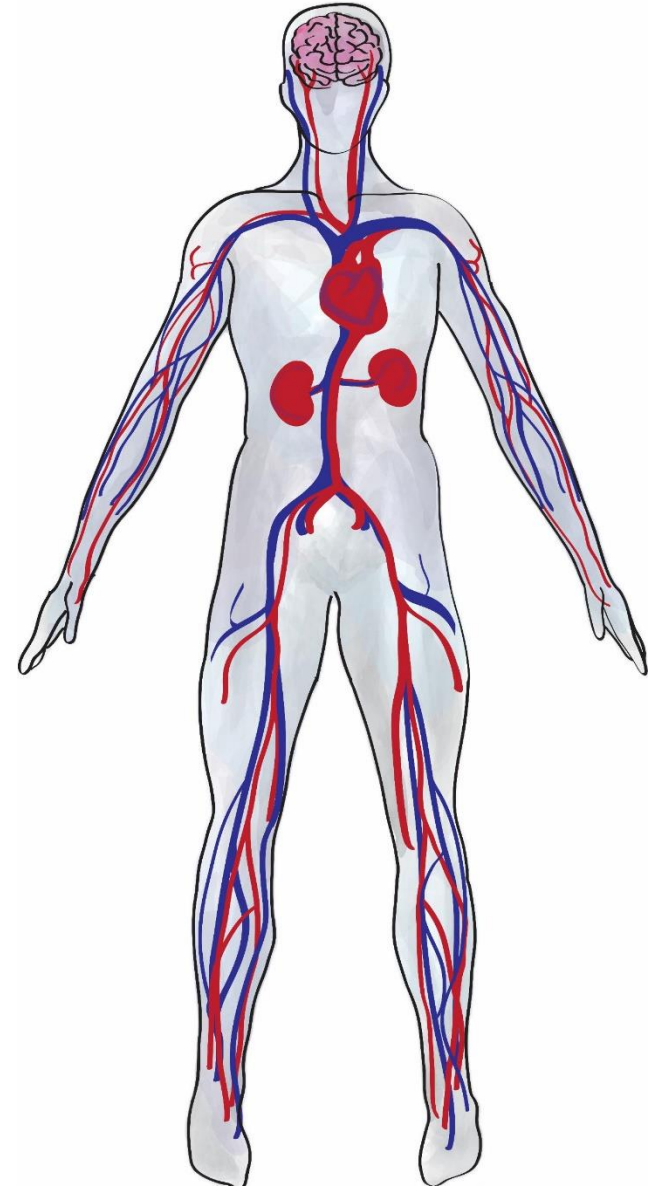
- **Grants/Research Support:** None
- **Speakers Bureau/Honoraria:** None
- **Consulting Fees:** None
- **Other:** None

# 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

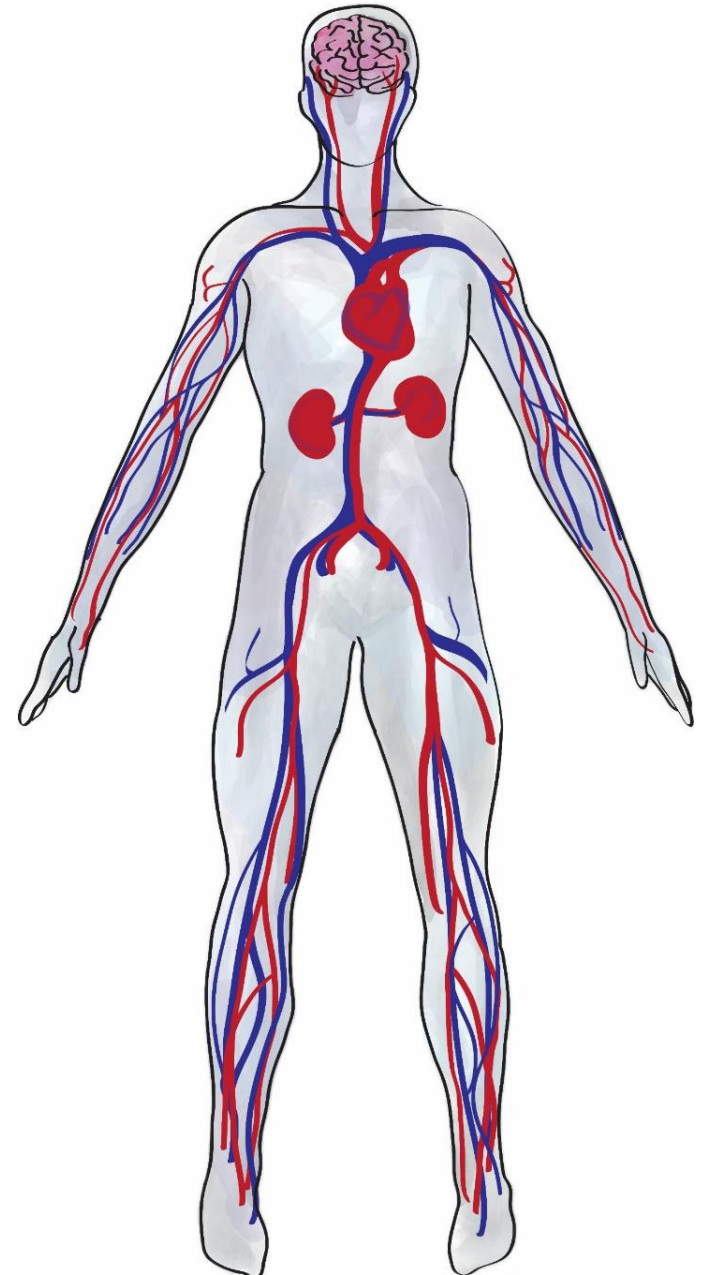
Dyslipidemia

Obesity

Tobacco Use

Unhealthy diet

Low physical activity



# GO-TO SOURCES



# VASCULAR HEALTH RESOURCES

## What's New?



2016

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

The screenshot shows the Canadian Cardiovascular Society website. The main heading is "Guideline Resources". Below it, there is a section titled "Click on the icons below to access our resources and learn more about our workshops and webinars." This section contains several icons representing different resources: Pocket Guides, Patient Education, Calculators and Tools, Heart Failure Guidelines, Guideline and Position Statement Library, and Webinars. A sidebar on the left contains a navigation menu with items like "About Guidelines", "Development Process", "Guidelines Library", "Guideline Resources", "Atrial Fibrillation Program", and "Heart Failure Program".

The screenshot shows the Health Canada website page for the "Eat Well and Be Active" educational toolkit. The page title is "Eat Well and Be Active Educational Toolkit". It includes a "Quick Links" section with "Canada's Food Guide" and "Tips to Get Active". There is a "Featured Tip" section with an image of a person dancing and the text: "Taking dance lessons can be a great way to increase your physical activity while socializing. For more ideas, read 6 Tips to Get Active online." At the bottom, there is an "Activity Plans" section with the text: "The activity plans are designed to help use the poster as an educational tool. Each activity plan has a set of learning objectives and specific activities (for children and adults) to achieve those learning objectives." Below this are two numbered items: "1. Benefits of Eating Well and Being Physically Active" and "2. Make Each Serving and All Physical Activity Count".



THE CANADIAN DIABETES EDUCATOR CERTIFICATION BOARD



Search

MYOC BLOG | MEMBERSHIP | SHOP | DONATE

ABOUT DIABETES | DIABETES & YOU | IN YOUR COMMUNITY | RESEARCH | HOW YOU CAN HELP | PUBLICATIONS & NEWSLETTERS | CLINICAL PRACTICE & EDUCATION

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.



Facebook | Twitter | YouTube | Instagram | Français | About OMSC | Contact | Login

### OTTAWA MODEL FOR SMOKING CESSATION

INPATIENT | OUTPATIENT | PRIMARY CARE

UOHI QUICK ACCESS

- About OMSC
- Products and Services
- Locations
- Ottawa Conference

#### PRIMARY CARE

#### Working Together to Help Patients Quit!

Partner log in

The Ottawa Model for Smoking Cessation (OMSC) is a simple, systematic approach for addressing tobacco use with smokers 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 permit best-possible patient program without noticeable impact on daily patient flow.

The OMSC 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 CSEF-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 professionals 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...

Order Promotional Materials | About Us | Contact Us | Newsletter Sign-Up | Français

**EatRight Ontario**

Call A Dietitian | Email A Dietitian | Browse by Topic | Search

## 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.**

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

BMI Weight Analyzer | Food Search | Activity S

## Food Search

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

white bread

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

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

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

BMI Weight Analyzer | Food Search

## Food Search

Bread, white (includes soft crumbs), commercial

Amount	% Daily Value	
<b>Nutrition Facts</b>		
Per 1 slice(s) (35g)		
<b>Calories</b> 93		
<b>Total Fat</b> 1.2 g	2 %	Vegetables and Fruit - 0
Saturated Fat 0.3 g	1 %	Grain Products - 1
<b>Cholesterol</b> 0 mg	0 %	Milk and Alternatives - 0
<b>Sodium</b> 238 mg	10 %	Meat and Alternatives - 0
<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 | slice(s) (35g)





# **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.

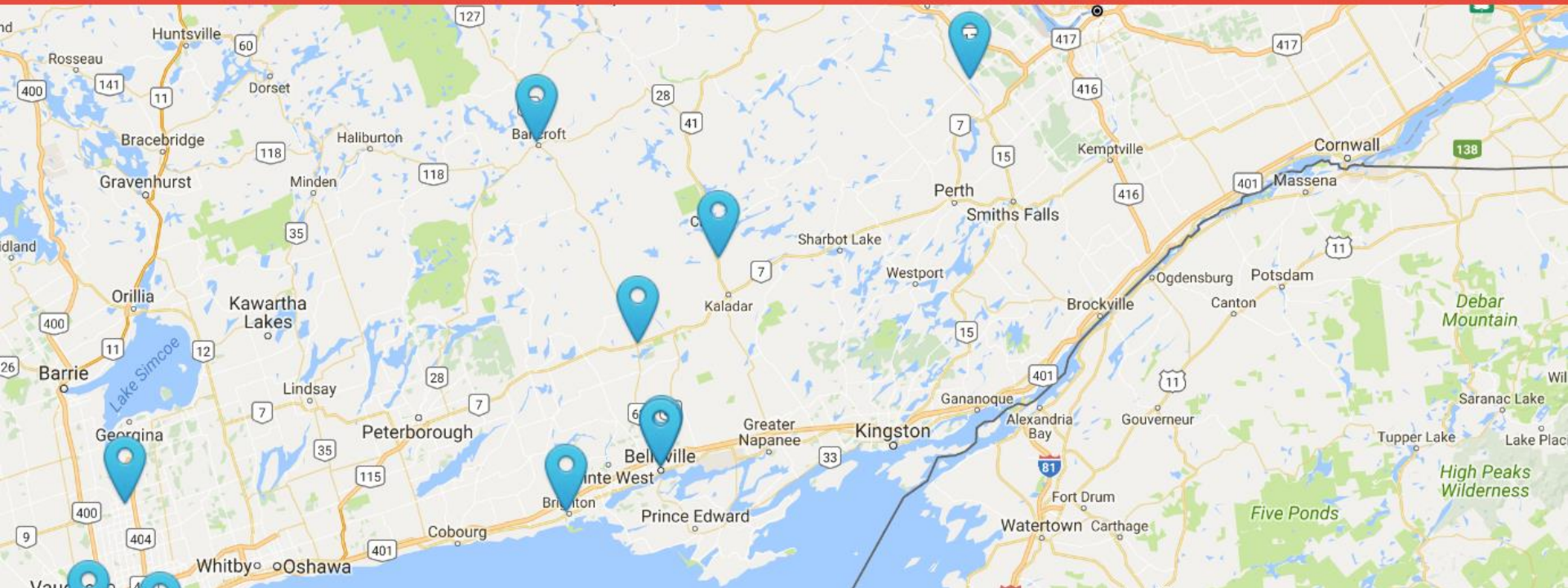
**Correspondence to:** Peter Liu, pliu@ottawaheart.ca

CMAJ 2014, DOI:10.1503

# HYPERTENSION MANAGEMENT PROGRAM (HMP)

## 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**



- South East
  - Leeds & Grenville
  - Lanark
  - Frontenac & Kingston
  - Lennox & Addington
  - Hastings
  - Prince Edward
  - Northumberland
- HEALTH SERVICES
  - HEALTH CAREERS
  - HEALTH NEWS
  - 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](#)



▶ [Find services in other areas](#)

### Services by Location

[Search by Location](#)

### Services Listed Alphabetically

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)



**Need Help finding health & support services?**  
Call CCAC 310-2222

### 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...](#)

- Follow @SEhealthline
- Follow @SEhealthlineHPE
- Follow @healthlineKFLA
- Follow @SEhealthlineLLG

**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.

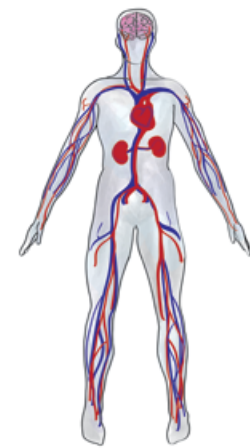
**Vascular diseases** is a term for a wide range of diseases that affect the vascular or blood vessel systems of your body. They can include certain heart diseases such as coronary artery disease, kidney disease, stroke, diabetes and dementia. These diseases are different but are linked by common risk 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

[Back](#)[Home](#)

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



Share this



Print

[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>Vascular Program</b>	Gateway CHC
<b>Blood Pressure Clinic</b>	Prince Edward FHT
<b>Heart Health</b>	Bancroft FHT North Hastings FHT
<b>INR Clinic</b>	Queen's FHT-Belleville-Quinte Site Belleville NP-Led Clinic Brighton Quinte West FHT
<b>Heart Function Clinic</b>	Prince Edward FHT
<b>Stroke Prevention Clinic</b>	QHC-Belleville Site
<b>Cardiac Rehabilitation</b>	Prince Edward FHT; North Hastings Cardiac Rehab
<b>Diabetes Education/Services</b>	MBQ Community Well Being Centre-Tyendinaga Prince Edward FHT Belleville Quinte West CHC Brighton Quinte West FHT Central Hastings FHT North Hastings FHT Belleville NP- Led Clinic Gateway CHC

# SAMPLE OF LOCAL VASCULAR SUPPORTS

<b>Eating Well &amp; Being Active</b>	Grocery Store Tours-PE FHT Craving Change- BQWCHC, BQW FHT , Queen's FHT-BQ Healthy You Weight Management-North Hastings FHT Healthy Nutrition Program & Healthy Heart Eating-BQWFHT Community Kitchen and Community Garden- Gateway CHC Tyendingaga Fitness Resource Centre NHFP Trek N Track, VON SMART, Hiking Club- North Hastings FHT Urban Poling-BQWCHC, Gateway CHC
<b>Oral Health</b>	Gateway CHC Low Cost Dental Clinic
<b>Stress Management Good Minds</b>	Belleville Quinte West CHC MBQ Community Well Being Centre –Tyendingaga
<b>Memory Clinic</b>	Queen's FHT-Belleville-Quinte Site



## Prevention & Vascular Health

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

### In This Section

- [Education Opportunities](#)
- [Presentations](#)
- [Guidelines & Recommendations](#)
- [Prevention & Vascular Health](#)
- [Hyperacute](#)
- [Acute](#)
- [Rehabilitation](#)
- [Community & Long Term Care](#)
- [Survivor Stories](#)
- [Interprofessional Collaboration](#)
- [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!](#)

# Primary Care Hypertension / Smoking Updates

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

[Learn More](#)



# 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)

# Vascular Health Tools and Resources

Where can your clients access support?



# Smoking Cessation Resources

Provincial Campaigns/Programs

Social Media Support

Local Supports



# Provincial Campaigns/Programs



**9x MORE LIKELY TO  
QUIT SMOKING**  
IF YOU STAY SMOKE-FREE FOR 1 WEEK\*

**FIRST  
WEEK  
CHALLENGE**

**CONTEST**

**QUIT FOR ONE WEEK  
FOR A CHANCE TO  
WIN \$500!**

\*Tønnesen P, et al. European Respiratory Journal. 1999, 12:238-246a

# Social Media Supports

SHL Text Support



- Text iQUIT to 123456

*smokefreemen.com*



**DON'T** QUIT QUITTING.CA



SHL Online



**smokefree**women

# Local Quit Supports

## QHC Ottawa Model for Smoking Cessation



## CAMH STOP programs provided by:

- Belleville and Quinte West CHC
- Queen's FHT
- Prince Edward FHT
- Gateway CHC
- Bancroft FHT
- NP Led Clinic of Belleville
- Brighton Quinte West FHT



## Hastings and Prince Edward Public Health

- WeCanQuit drop in cessation clinics
- WeCanQuit prenatal initiative
- STOP On the Road
- Local Cessation Networking CoP

