



THE CHAMPLAIN  
CARDIOVASCULAR DISEASE  
PREVENTION NETWORK

# *The Navigator*

*Issue 2: April 2008*

## INTRODUCTION

Welcome to this edition of *The Navigator*, the Champlain Cardiovascular Disease Prevention Network (CCPN)'s e-bulletin.

*The Navigator* will guide you through the latest news about the Network, its partners, and the progress of its initiatives. Visit [www.ccpnetwork.ca](http://www.ccpnetwork.ca) for more information.

## NETWORK NEWS

### **Healthy Active Living and Obesity Research Group Joins CCPN**

The CCPN is delighted to welcome the Healthy Active Living & Obesity (HALO) Research Group as its newest partner.

Housed at the CHEO Research Institute and led by Dr. Mark Tremblay, the HALO Research Group's vision is to provide national leadership and research excellence in healthy active living for the prevention and treatment of obesity in children and youth. HALO's expertise in program development and evaluation will make a significant contribution to the work of the Champlain Healthy School-aged Children committee, particularly in addressing the issue of childhood overweight/ obesity.

HALO recently entered into strategic alliances with Active Healthy Kids Canada and ParticipACTION in which HALO will serve as the Strategic Research/ Knowledge Partner.

Dr. Mark Tremblay, Dr. Kristi Adamo, and Dr. Rachel Colley are members of the HALO team who will be providing input and leadership to CCPN activities. Welcome!

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### **CCPN Smoking Cessation Initiative Selected as Ministry of Health Chronic Disease Prevention and Management Success Story**

The Champlain Hospital-based Smoking Cessation Network has been selected as one of seven success stories being featured by the Ministry of Health and Long-Term Care as demonstrating leadership in chronic disease prevention and management (CDPM).

The Ministry narrowed its selection from 20 submissions from across Ontario. The successful applicants are representative of patient-centeredness, a broad range of chronic diseases, a variety of settings and geographic areas, and alignment with the provincial CDPM Framework, including demonstrating system change and integration. The CDPM stories will be featured on the Ministry Web site where the Ministry

hopes they will act as a catalyst for change. The stories are the first of many successful CDPM stories to be showcased from across Ontario.

Since April 2007, the Champlain Hospital-based Smoking Cessation Network has delivered treatment to more than 5,000 smokers in the Champlain District.

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### **CCPN Says Farewell to Dr. Higginson**

It is with regret that we bid farewell to Dr. Lyall Higginson, Cardiologist, former Chief of Cardiology at the University of Ottawa Heart Institute (UOHI), and Chair of the CCPN Knowledge Translation Expert Panel. After more than 30 years of service at the UOHI, Dr. Higginson left Ottawa in December to pursue new opportunities as Medical Director, Heart Health Program with the Vancouver Island Health Authority in Victoria, BC.

Dr. Higginson played an important leadership role in the establishment of the CCPN and development of its five-year strategy. His contributions have been of central importance to the work of the Knowledge Translation Expert Panel in particular, as the Panel planned for implementation of the IDOCC, the Get with the Guidelines, and the Hospital-based Smoking Cessation initiatives. Dr. Higginson was also Chair of the Champlain Primary Care CVD Prevention & Management Guideline development team.

Dr. Andrew Pipe, CCPN Chair, expressed his appreciation for Dr. Higginson's contributions to the Network. "Lyall's expertise as a clinician and his charisma as a colleague are unparalleled. He will be sadly missed."



*Dr. Higginson addresses the crowd at the University of Ottawa Heart Institute "farewell" party in December.*

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### **Policy & Environment Expert Panel Poised for Action**

With a new Panel Chair and a reconstituted membership in place, the CCPN Policy and Environment Expert Panel is poised to play a role in shaping public policy and healthy environments for Champlain residents.

The Policy and Environment Expert Panel was established to strengthen the focus on policy and environmental supports for CVD prevention as part of the Champlain CVD Prevention Strategy. Under the direction of new Chair Johanne Levesque, the Panel gathered in January to begin discussions on how best to advance its mandate. Initial areas of interest include supporting healthy school environments (internal and external) as well as supporting healthy communities (as it relates to suburban design and land development). A work plan for 2008-09 is being developed and will be brought forward to the CCPN Executive in the coming weeks.

Please join us in welcoming the following Policy and Environment Panel members to the CCPN:

- Johanne Levesque, Ambire Inc. (Chair)
- Aaron Burry, City of Ottawa
- Tim Chadder, Ontario Professional Planners Institute
- Lise Dubois, University of Ottawa
- Lorne Keon, Eastern Ontario Catholic Curriculum Cooperative
- Tony Pacheco, National Capital YMCA-YWCA
- Stephen Samis, Heart and Stroke Foundation of Canada

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### **Update on CCPN Investment Strategy**

With the start of a new fiscal year, the CCPN remains diligent in its efforts to secure the resources required to implement its five-year CVD prevention strategy.

We are pleased to announce our success in acquiring \$600,000 over two years from the Champlain Local Health Integration Network (LHIN) to support the rollout of the Improved Delivery of Cardiovascular Care (IDOCC) initiative. Funds have also been secured by the Department of Family Medicine at the University of Ottawa which has ensured adequate resources are in place to support rollout of IDOCC's first two phases in the Champlain District.

Additionally, the Champlain Healthy School-aged Children committee secured \$25,000 from the Heart and Stroke Foundation of Ontario's Community Advocacy Fund in support of developing a policy framework targeting physical activity and healthy eating across the nine Champlain District school boards.

The CCPN Business Plan remains in the hands of the Ministry of Health and Long-Term Care (MOHTLC) with a request for approximately \$9.2 million over 5 years.

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### **CCPN in the Media**

The CCPN was officially launched to local, regional, and national media on January 9<sup>th</sup> as an initial step in promoting the CCPN's work to the surrounding health community and beyond. (read more)

The news release positioned the CCPN as a model CVD prevention strategy. The announcement generated stories in print, web, and television media, reaching a total audience of over 1 million.

To view these stories, please refer to the News section of the CCPN website.

## **OUR INITIATIVES**

The CCPN is currently leading the implementation of six large-scale Priority Initiatives in the Champlain District. To find out more, visit [www.ccpnetwork.ca/priorities/index\\_e.php](http://www.ccpnetwork.ca/priorities/index_e.php).

### **IDOCC Initiative Gathers Momentum**

With outreach facilitators trained and in place, the Improved Delivery of Cardiovascular Care (IDOCC) Initiative has begun working with the Champlain District primary care community.

The primary care community is a key partner for the prevention and management of cardiovascular disease (CVD). The goal of the IDOCC Initiative is to create a network of primary care practices in the Champlain District dedicated to delivering evidence-based practice for secondary prevention and management of heart disease, stroke, and diabetes and their associated risk factors.

The Initiative, which is rolling out in the first of three phases, will engage physicians from Ottawa-West, Ottawa-Downtown, and parts of the Eastern Counties. Thirty primary care practices and more than 60 physicians are currently enrolled in the program. Facilitators started working with practices in early March.

Facilitation visits include the following components:

*Audit and Feedback:* This component aims to raise awareness about the current care delivery performance patterns in the practices, identify areas that need improvement, and motivate providers to change.

*Consensus Building:* This involves facilitators helping practices, in alignment with each practice's readiness to change, with identification of opportunities for improvement and selecting appropriate strategies to address them.

*CDPM System Tools and Processes:* This relates to working with the practices to assist in implementation of the Champlain CVD Prevention and Management Guideline into the daily routines of practices.

For more information about the IDOCC initiative, please contact Jo-Anne Dusseault, Project Manager, at [jdusseau@scohs.on.ca](mailto:jdusseau@scohs.on.ca) or 613-562-4262 x1440.

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### **Update on Healthy School-aged Children Initiative and Strategy**

Since co-hosting the Champlain Summit with the Heart and Stroke Foundation of Ontario (HSFO) this past October, the Champlain Healthy School-aged Children committee has developed its strategy and is finalizing its action plan for 2008-09.

The Champlain Healthy School-aged Children Strategy envisions healthy eating and physical activity to be part of our children and youth's daily habits within the Champlain District.

The strategy identifies four areas of action: developing school-based policies in such areas as physical activity, nutrition guidelines, and fundraising; creating a regional communications campaign to promote healthy eating and physical activity; establishing an evaluation system for tracking and reporting on progress; and, facilitating opportunities for skills development among teachers, parents, children, and youth.

The committee was successful in securing funding from the HSFO Community Advocacy Fund to support the development of a Champlain-wide policy framework for the nine school boards. A Project Coordinator is being hired, and an Advisory Committee with cross representation from education, public health, and policy settings is being established to support this work.

For more information about this initiative, please contact Laurie Dojeiji, CCPN Coordinator, at [ldojeiji@ottawaheart.ca](mailto:ldojeiji@ottawaheart.ca) or 613-798-5555 x18836.

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### **Champlain Healthy Living & Risk Factor Management Strategy is Taking Shape**

The Champlain Healthy Living & Risk Factor Management Strategy is one of three CCPN Priority Initiatives scheduled for launch in 2008-09. Its aim is to empower individuals with the knowledge and skills required for healthy living, risk factor and disease management.

The project reached a key milestone in April as the preferred focus of the health communications campaign was narrowed from a potential seven CVD risk factors to one: healthy blood pressure. Based on this decision, the Communications & Marketing Panel will now assemble a project management team to finalize the work plan that will see the creation of a communications campaign for the Champlain District. This work plan will then be brought forward to the CCPN Executive for final approval. Target launch for the campaign is early 2009.

For more information about this initiative, please contact Danielle Côté, CCPN Communications Specialist, at [dcote@ottawaheart.ca](mailto:dcote@ottawaheart.ca) or 613-798-5555 x17611.

## OUR TEAM

### Meet our two new Expert Panel Chairs

Welcome to our newest CCPN Expert Panel Chairs: Dr. Bill Williams and Johanne Levesque.

Dr. Bill Williams is a cardiologist at the University of Ottawa Heart Institute and an Associate Professor at the University of Ottawa. Dr. Williams received his Medical Degrees from McGill University and completed his Fellowship in Internal Medicine and Cardiology with the Royal College of Physicians and Surgeons of Canada in 1975. His clinical responsibilities include acute cardiac care and coronary angioplasty. In his role as Chair of the Knowledge Translation Expert Panel, Dr. Williams will provide leadership and oversight to the CCPN's work in transforming the practices of health professionals across the Champlain District to ensure the timely uptake of evidence-based practices for cardiovascular disease prevention.

Johanne Levesque is the President and Principal Consultant of Ambire Inc. Her areas of expertise include facilitation, strategy development, leadership, change, collaborative relationships and planning. With a Bachelor of Science in Nursing and a Masters in Public Administration, Johanne brings with her a wealth of experience in public health, policy analysis, strategic writing and strategy development. We are delighted to have Johanne guiding the work of our newly reconstituted Policy & Environment Expert Panel.

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### Welcome Stella Muthuri

Please join us in welcoming Stella Muthuri to our CCPN team.

Stella joins us in the role of CCPN Surveillance Coordinator. Working with Dr. Wielgosz and the CCPN Monitoring & Surveillance Expert Panel, Stella will be responsible for implementation of the CVD risk factor and health behaviours survey being conducted in collaboration with McMaster University.

Stella can be reached at 613-798-5555 x17797 or via email at [smuthuri@ottawaheart.ca](mailto:smuthuri@ottawaheart.ca). Welcome Stella!



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### It's a Girl!

Congratulations to Dr. Clare Liddy, Co-lead of the IDOCC Initiative, who gave birth to a beautiful baby girl on February 22. Baby Parisa weighed in at 6 lb, 9 oz. Our best wishes go out to Dr. Liddy and her family on the new arrival.

## CONTACT US

Current and past issues of *The Navigator* will be available on the CCPN website [www.ccpnetwork.ca](http://www.ccpnetwork.ca).

Your comments and suggestions are always welcome. Please write to us at [ccpn@ottawaheart.ca](mailto:ccpn@ottawaheart.ca). We look forward to hearing from you!

### **CCPN Partner Organizations**

Champlain Local Health Integration Network  
Champlain Regional Stroke Centre  
City of Ottawa Public Health Unit  
Department of Family Medicine, University of Ottawa  
Eastern Ontario Community Primary Health Care Network  
Eastern Ontario Health Unit  
Élisabeth Bruyère Research Institute  
Healthy Active Living & Obesity Research Group, CHEO  
Heart and Stroke Foundation of Ontario  
Institute of Population Health, University of Ottawa  
Leeds, Grenville & Lanark District Health Unit  
Renfrew County & District Health Unit  
The Ottawa Hospital  
University of Ottawa Heart Institute

### **CCPN Founding Industry Partner**

Pfizer Canada Inc.

### **Funding Support**

Health Canada's Federal Tobacco Control Strategy  
Ontario Ministry of Health Promotion