



THE CHAMPLAIN
CARDIOVASCULAR DISEASE
PREVENTION NETWORK

THE NAVIGATOR

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 the [CCPN website](#).

The CCPN is currently leading the implementation of six large-scale priority initiatives in the Champlain region. To find out more, visit the [Priority Initiatives](#) page of the CCPN website.



THE NAVIGATOR

Six New Family Health Teams in Champlain Partner with the Ottawa Model for Smoking Cessation in Primary Care

A pilot project of the Ottawa Model for Smoking Cessation (OMSC) in primary care was conducted in January 2009 – March 2010 in eight practices in the Champlain LHIN.

The 2010-11 CCPN Operating Plan identified the expansion of the primary care arm of the OMSC to Family Health Teams (FHT) in the Champlain region as one of our priority actions. The expansion of the program has been made possible through collaboration between the University of Ottawa Heart Institute, the Heart and Stroke Foundation of Ontario, and Pfizer Canada.

All FHTs in the Champlain region were invited to become involved as a partner in the OMSC expansion program in September 2010. A total of six FHTs applied and have begun working with the OMSC team in implementing the program.

- Petawawa Centennial FHT
- West End Family Care Clinic FHT
- Family First FHT
- Lower Outaouais FHT
- Connexion FHT
- Riverside FHT

The expansion program will launch a second call for partner sites in the winter of 2011 to additional clinics.

For more information about the OMSC expansion into primary care, please visit www.ottawamodel.ca.

Champlain Healthy Schools 2020 Launched! More than 425 Champions participate in workshops to address healthy nutrition environments

This fall, as part of the work of the **Champlain Declaration: Healthy Schools 2020**, the CCPN, public health, and the nine Champlain school boards are co-hosting workshops which focus on creating healthy school nutrition environments. A committee comprised of health partners and volunteers from the school community led the planning of these workshops throughout the summer months. The workshops focus on healthy lunch programs and food service contracts, healthy fundraising, and healthy classroom rewards.

To date, these dynamic half-day workshops have reached over 425 principals, parents, school board staff, and teachers. They serve to inspire schools to begin to make changes to their current school nutrition environment and support their implementation of the Ministry of Education's School Food and Beverage Policy. Every participant receives a kit folder of nutrition resources and tools which they can share with their school community.

Each workshop is kicked off by a video that was created over the summer months with the help of our partners. [Click here](#) to watch the Healthy Schools 2020 video.

The Champlain Healthy School-aged Children Initiative is made possible through funding from the Ontario Ministry of Health Promotion, the Heart and Stroke Foundation of Ontario, and the Société Santé en français.



THE NAVIGATOR

NETWORK NEWS

Congratulations to Dr. Clare Liddy on her appointment as the **Primary Care Lead** for the **Diabetes Regional Coordinating Centre!**

Dr. Liddy is currently the co-lead on the IDOCC project for the CCPN which is one of the largest primary health care quality improvement initiatives in Canada. Dr. Liddy has a wealth of expertise in the area of chronic disease management and prevention and will be instrumental in engaging primary care physicians to adopt evidence-based diabetes management practices.

Dr. Liddy will continue to direct the IDOCC program along with her new role at the Diabetes Coordinating Centre.

Stand up
to Diabetes

Faisons face
au diabète

Get with the Guidelines Next Steps: The Heart Failure Pathway and GAP Tool

The regional implementation of the Heart Failure GAP tool initiative is launching this fall. Riding on the success of the Acute Coronary Syndrome (ACS) GAP program, this initiative aims to facilitate the uptake of best practices for patients with heart failure in our region.

Heart Failure is a complex clinical syndrome in which the heart cannot pump enough blood to meet the needs of the body. It is a common manifestation of the latter stages of many forms of cardiovascular diseases and, as such, it is the only major cardiovascular disorder that is increasing in both incidence and prevalence in our population.

This fact is well recognized by the hospitals throughout the Champlain Local Health Integration Network (LHIN) and all have formally committed to partner with the University of Ottawa Heart Institute (UOHI) in implementing the Heart Failure GAP tool within their institutions.

The regional implementation of the Heart Failure GAP tool initiative will follow a similar pattern to the regional ACS program; specifically, the implementation process will include baseline practice assessment, customization of tools, education, and post-implementation assessment of uptake. 11 hospitals have already met with the UOHI team and are currently well into developing their action plans.

The Champlain LHIN recently posted their Integrated Health Services Plan 2010 – 2013. This plan outlines 3 strategic priorities: improve the health of Champlain residents, improve their experience with the health system, and improve the performance of an accountable and sustainable health system¹. The Heart Failure GAP initiative supports these priorities and is another example of how the CCPN is advancing its mission to use unified and evidence-based approaches to reduce the burden of cardiovascular disease.

For more information about the Heart Failure Initiative, please contact Lorraine Montoya, Regional Program Educator at lmontoya@ottawaheart.ca or 613-798-5555 ext. 15450.

¹ Champlain LHIN (2009). Transforming Health Care: One Person at a Time Integrated Health Service Plan 2010 – 2013; Ottawa, ON.

THE NAVIGATOR

CONTACT US

Current and past issues of *The Navigator* are available on the [CCPN website](#).

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

CCPN Partner Organizations

Champlain Local Health Integration Network
Champlain Regional Stroke Program
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 and Obesity Research Group, CHEO
Heart and Stroke Foundation of Ontario
Institute of Population Health, University of Ottawa
Leeds, Grenville and Lanark District Health Unit
Ottawa Public Health
Renfrew County and District Health Unit
The Ottawa Hospital
University of Ottawa Heart Institute

CCPN Founding Industry Partner

Pfizer Canada Inc.

Funding Support

Champlain Local Health Integration Network
Ontario Ministry of Health and Long-Term Care
Ontario Ministry of Health Promotion
Public Health Agency of Canada

OUR GOAL

To save 10,000 lives from premature death of heart disease and stroke by 2020