



AHRQ's Initiative To Increase Use of Cardiac Rehabilitation



Affinity Group:

## *Improving Support for Women that Need Cardiac Rehabilitation*

Hicham Skali, MD, MSc  
Haley Stolp, MPH

March 25, 2021



# Welcome and TAKEheart Update

- ❖ We are continuing to prepare for TAKEheart training activities to resume in May 2021; staying in close contact with hospitals to adjust timing accordingly.
- ❖ In preparation, several re-start activities are in progress:
  - Check-in calls with Partner Hospitals are ongoing. Provide times for a call if you haven't already
  - Peer action groups are being reassigned to group similar hospitals with each other.
- ❖ Affinity groups on priority topics are ongoing; events are open to anyone but participants are encouraged to join the TAKEheart Learning Community at: <https://takeheart.ahrq.gov/join-takeheart>
- ❖ TAKEheart website includes updated information and links to COVID-19 resources (<https://takeheart.ahrq.gov/coronavirus>)

# Today's Event

- ❖ Background: TAKEheart affinity groups provide forums for participants to learn from and share with each other on priority topics. Everyone **LEARNS**, everyone **SHARES**, everyone **SUPPORTS**.
- ❖ Purpose of Today's Call:
  - ❖ Continue process of learning and sharing with each other
  - ❖ Focus of today's conversation: **Explore how CR programs can better support women eligible for CR**
- ❖ Format: Moderated panel discussion using the chat and polling features to dialogue with participants and allow peer-to-peer sharing

# Today's Panel



## Co-Moderators



### **Hicham Skali, MD, MSc**

TAKEheart Principal Investigator, Associate Director of the Cardiac Rehabilitation Program at Brigham and Women's Hospital, Division of Cardiovascular Medicine

### **Haley Stolp, MPH**

IHRC, Inc., Million Hearts<sup>®</sup>,  
Division for Heart Disease and Stroke Prevention,  
Centers for Disease Control and Prevention

#### **Panelists:**

**Annie DeVelasco, RN**, WomenHeart Champion, Cardiac Rehabilitation Graduate

**Janna Myrick**, Cardiac Rehabilitation Graduate, Entrepreneur, Grandmother

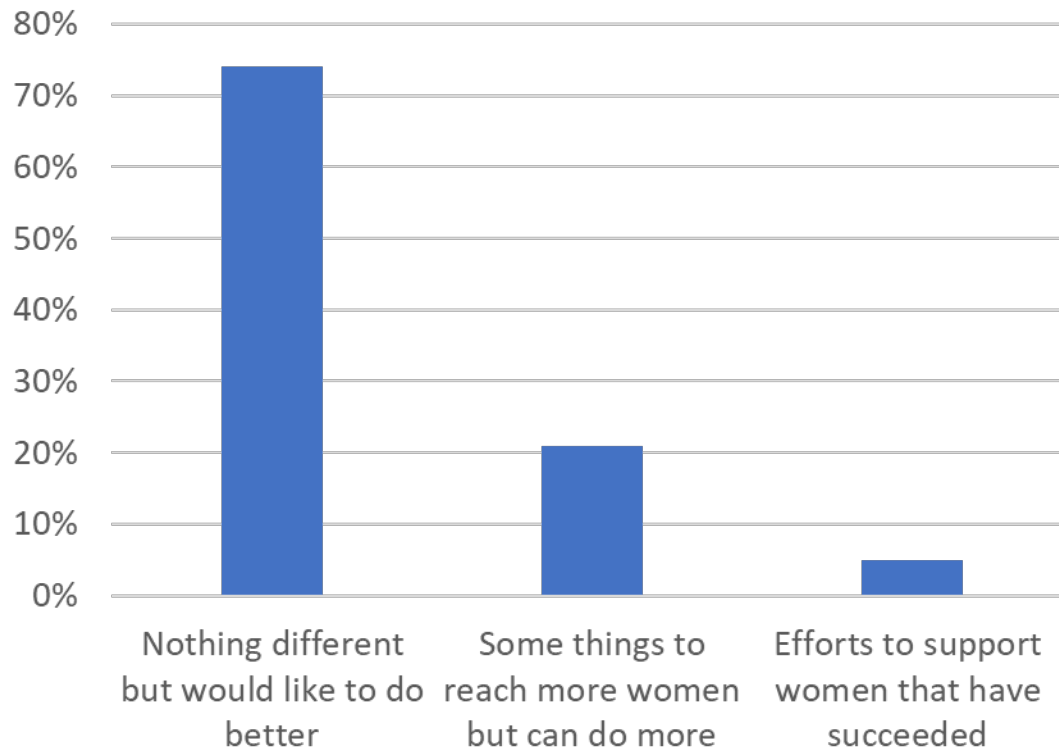
# Goals of Today's Discussion



*Better understand the needs of **women** who are eligible for CR, and how they can be more effectively **supported***

# What CR Programs are Currently Doing

Registrants' CR Activities to Support Women



Most CR Programs recognize the need to better support women but only a minority are taking action to address their needs.

# Overview of Today's Discussion

Are women underrepresented in CR?

Why do fewer women start CR?

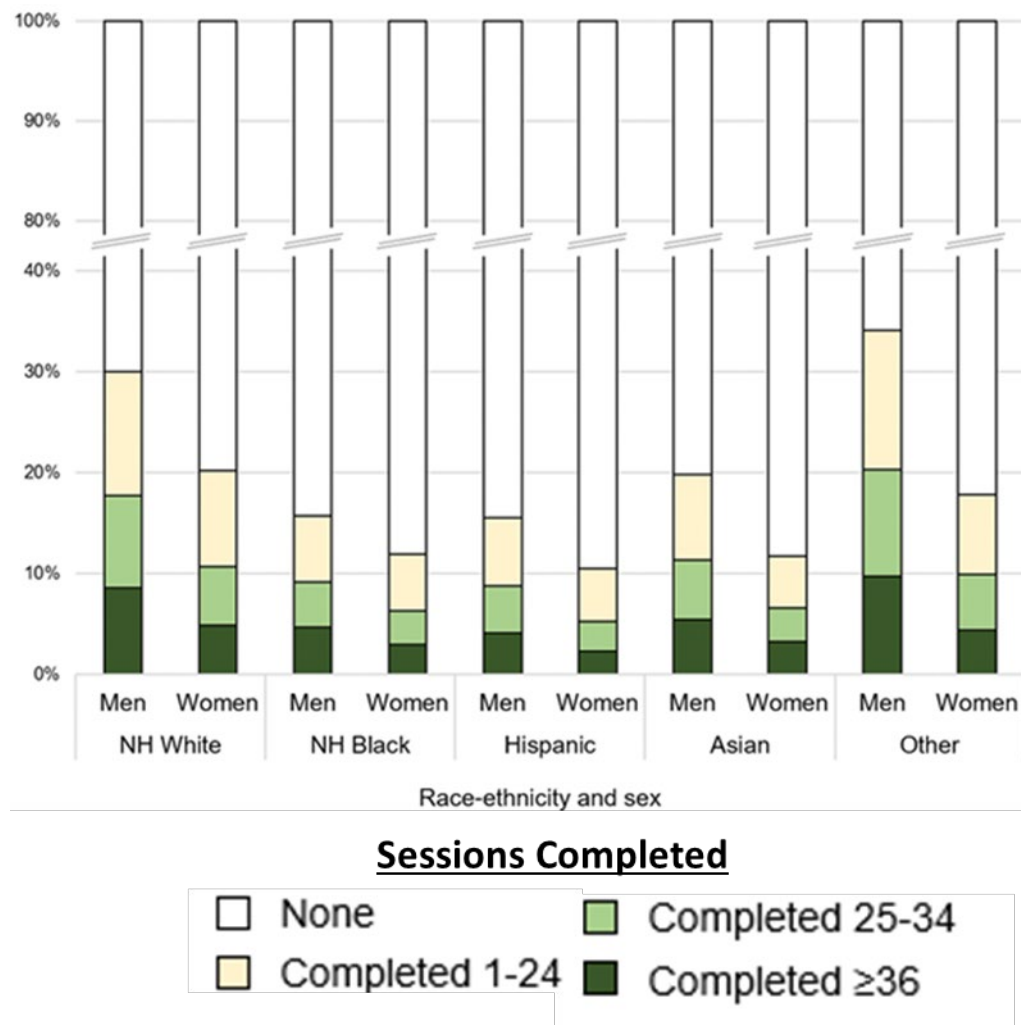
Why do fewer women successfully complete CR?

What are the highest priority interventions panelists recommend?

# Are Women Underrepresented in CR?

## A research-based perspective:

- Different presentation of cardiac conditions in women vs. men
- Number of women eligible for CR is growing
- Percent of eligible women that start or finish CR is much lower than for men
- Largest gaps are for women of color and women with lower incomes



Ritchey MD et al. *Circ Cardiovasc Qual Outcomes*. 2020;13(1):e005902.



# Are Women Underrepresented in CR?

- An experience-based perspective:
  - Challenges to starting CR



**Annie**  
Heart Attack Survivor  
Cardiac Rehabilitation Graduate

“Cardiac rehabilitation (CR) is much more than ‘exercise.’ It is a way to **reclaim confidence and embrace the ‘new you.’** Through careful monitoring, I was able to progress . . . and get stronger without fear.”

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**Janna**  
Coronary Artery Bypass Graft Surgery Patient  
Cardiac Rehabilitation Graduate

“As women we really need to talk about what’s going on with our bodies. The women in my **cardiac rehab program** talk. We let each other know how we’re doing. And it’s very good to know **you’re not alone.**”

Million Hearts®  
#CRSavesLives

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- An experience-based perspective:
  - Challenges to completing CR

# Polling Question 1

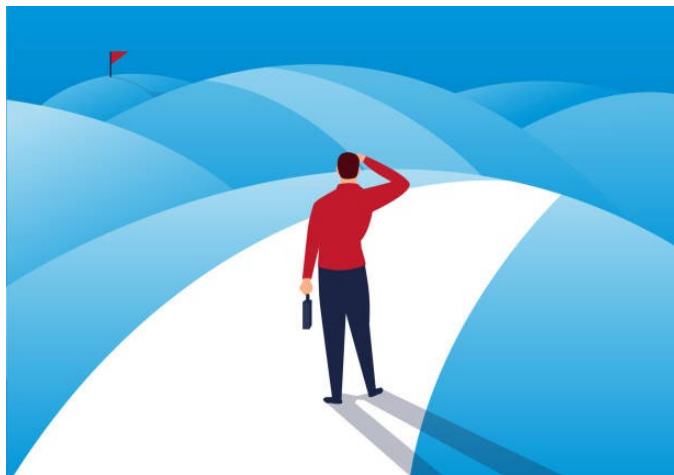
***Based on women eligible for CR in your community, what are the top two reasons women do not **start** CR?***

Please select your answers here



Remember to click **SUBMIT** when complete

# Why Do Fewer Women Start CR and What Can be Done to Change This?



## ***Patient Factors***

- What are they?
- How can they be addressed?



## ***Clinician & Health System Factors***

- What are they?
- How can they be addressed?

# Polling Question 2

***Based on women eligible for CR in your community, what are the top two reasons women do not successfully **complete** CR?***

Please select your answers here



Remember to click **SUBMIT** when complete

# Solutions that Help Women Complete CR

- Lessons learned as a CR program nurse
  - Value of family and peer support
  - Other lesson
- Lessons learned as a CR program patient
  - The importance of a positive, up-beat environment
  - Other lesson

# High priority interventions to Better Support Women



Leveraging Data



Enhancing social support



Adjusting outreach and recruitment strategies



Introducing hybrid CR option



Others

# Relevant Resources

- ❖ **WOMENHEART:** <https://www.womenheart.org/>
- ❖ **Mended Hearts:** <https://mendedhearts.org/>
- ❖ **Million Hearts®/AACVPR Cardiac Rehabilitation Change Package:**  
[https://millionhearts.hhs.gov/files/Cardiac\\_Rehab\\_Change\\_Pkg.pdf](https://millionhearts.hhs.gov/files/Cardiac_Rehab_Change_Pkg.pdf)
- ❖ **Million Hearts® Outpatient Cardiac Rehabilitation Use Surveillance Methodology:** <https://millionhearts.hhs.gov/files/Cardiac-Rehab-Use-Surveillance-Guidance.pdf>
- ❖ **Million Hearts® infographic:**  
[https://millionhearts.hhs.gov/files/Cardiac\\_Rehab\\_Infographic-508.pdf](https://millionhearts.hhs.gov/files/Cardiac_Rehab_Infographic-508.pdf)
- ❖ **Myocardial infarction in the absence of obstructive coronary artery disease (MINOCA) citations**
  - <https://www.ahajournals.org/doi/pdf/10.1161/JAHA.118.009174>
  - <https://www.clinicalkey.com#!/content/playContent/1-s2.0-S0167527320308068?returnurl=null&referrer=null>
- ❖ **Presentation: Addressing CR Disparities Among African American Women in Baltimore by Akiba Drew, MPH – Please request by email, TAKEheart@abtassoc.com**

# Polling Question 3

*Of the topics listed below for future Affinity Group sessions, which two would be most useful to you?*

Please select your answers here



Remember to click **SUBMIT** when complete



# Affinity Group Wrap-Up

- ❖ **Next call:** Will occur in May on a topic to be determined
- ❖ **Continue discussions** of key topics with peers at: <https://takeheart.ahrq.gov/collaboration>
- ❖ **Today's slides** and an event summary will be emailed to event participants and posted online at: <https://takeheart.ahrq.gov>
- ❖ Please **complete the popup feedback questions** so we can see what worked well and where we can improve.