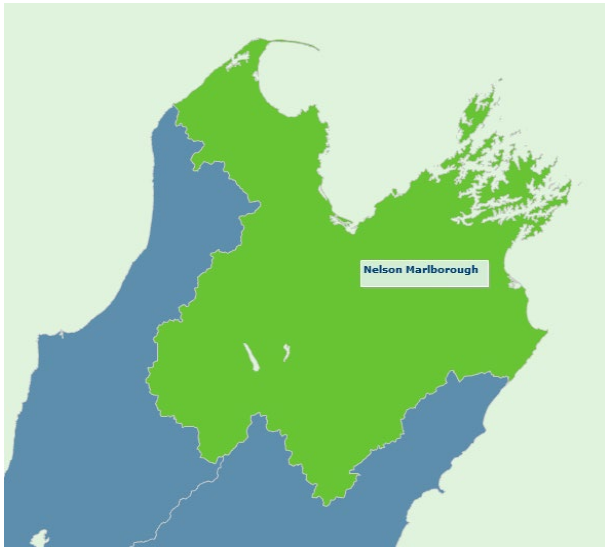


WHAKAKOTAHI

Living longer
and
feeling better
after
a heart attack



The TEAM

COMMUNITY

Consumer Rep,
Heart Foundation

PRIMARY

NBPH “Healthy Hearts” Coordinator,
Community Pharmacist,
3 GPs: Mapua Health Centre, Harley St
Medical, Tima Health Ltd

SECONDARY

Hospital Pharmacists,
Cardiologist,
Quality Improvement

Model for Improvement

What... improve post stent patients adherence to appropriate medications in the 12 months after their hospital discharge.

How... 100% medication adherence at 3 and 12 months post stent across 3 GP Practices in the region by December 2017.

What changes...

1
Patient experiences & Cardiac Rehab Attendance

2
Improved discharge summary

3
Alerts to Community Pharmacies

4
GPs managing the discharge summary

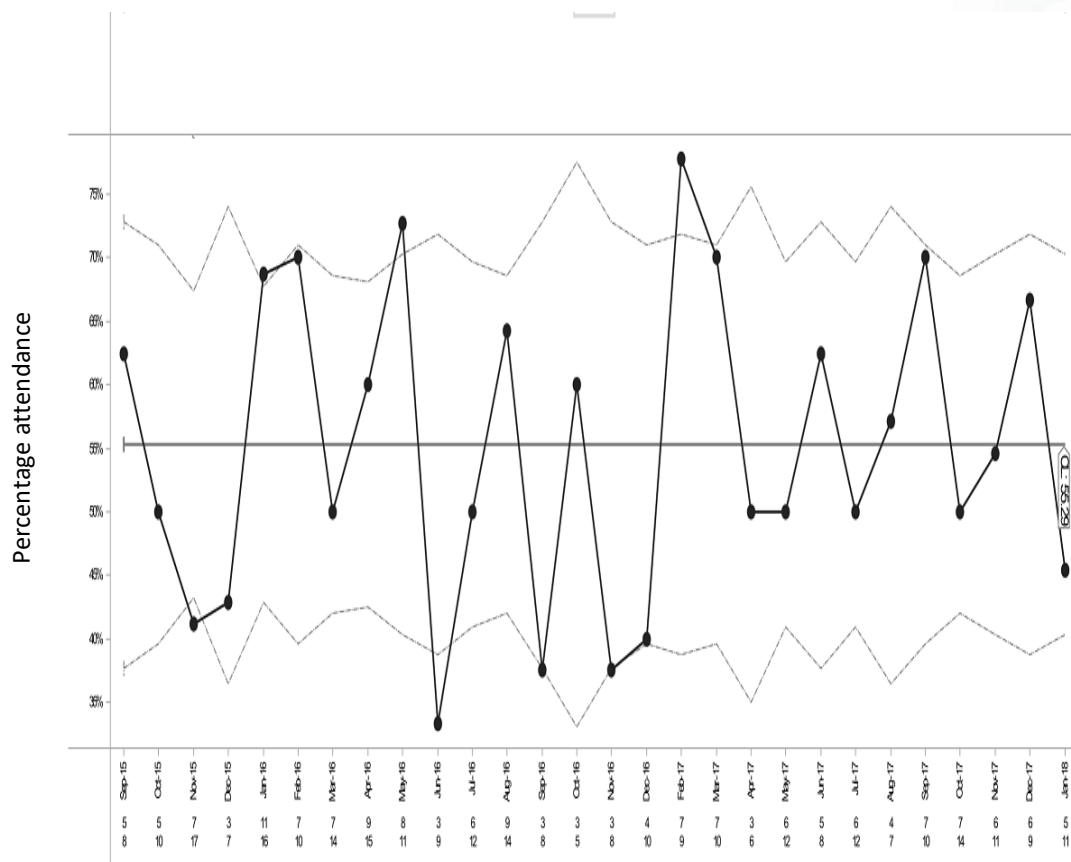


1 Patient Experiences and Cardiac Rehab

Percentage of referrals who attended Cardiac Rehab

Baseline Sept 2015 to Jan 2018

P Chart



Inconvenient - now back at work.

The time or day doesn't suit me. (rural patients especially)

I'm already doing things to stay healthy!

The Healthy Hearts Coordinator now encourages all staff involved in the patient journey to challenge these comments and find ways to help patients understand the benefits of attending sessions.

55% attendance

Generated by LifeQ



HEALTH QUALITY & SAFETY
COMMISSION NEW ZEALAND



Kupu Teaurangi Hauora o Aotearoa

HEALTH SYSTEM INNOVATION AND IMPROVEMENT

1 Patient Experiences and Cardiac Rehab

- Angina Action Plan on Yellow Card - ? fridge magnets

Date	Medication (Strength and Form)	Dosage	
	GTN spray	use ONE or TWO sprays under the tongue when needed for chest pain	

ANGINA ACTION PLAN

01

- ▶ Stop what you are doing and rest now
- ▶ Tell someone how you are feeling
- ▶ Take 1 puff of your GTN spray, or 1 tablet under your tongue

02

- ▶ After 5 mins if your symptoms have not been relieved, take 1 more puff of your GTN spray, or 1 more tablet under your tongue
- ▶ After another 5 mins, if your symptoms have not been relieved, repeat

03

- ▶ After another 5 minutes if you still have symptoms, treat it as a heart attack - dial 111 and ask for an ambulance
- ▶ Chew an aspirin unless advised not to

If your symptoms are relieved, you can resume your activities gently

IMPORTANT - if your angina becomes more frequent, severe, lasts longer or happens when you are doing very little or resting, see your doctor in the next 24 hours

Heart To Heart Nelson And Marlborough

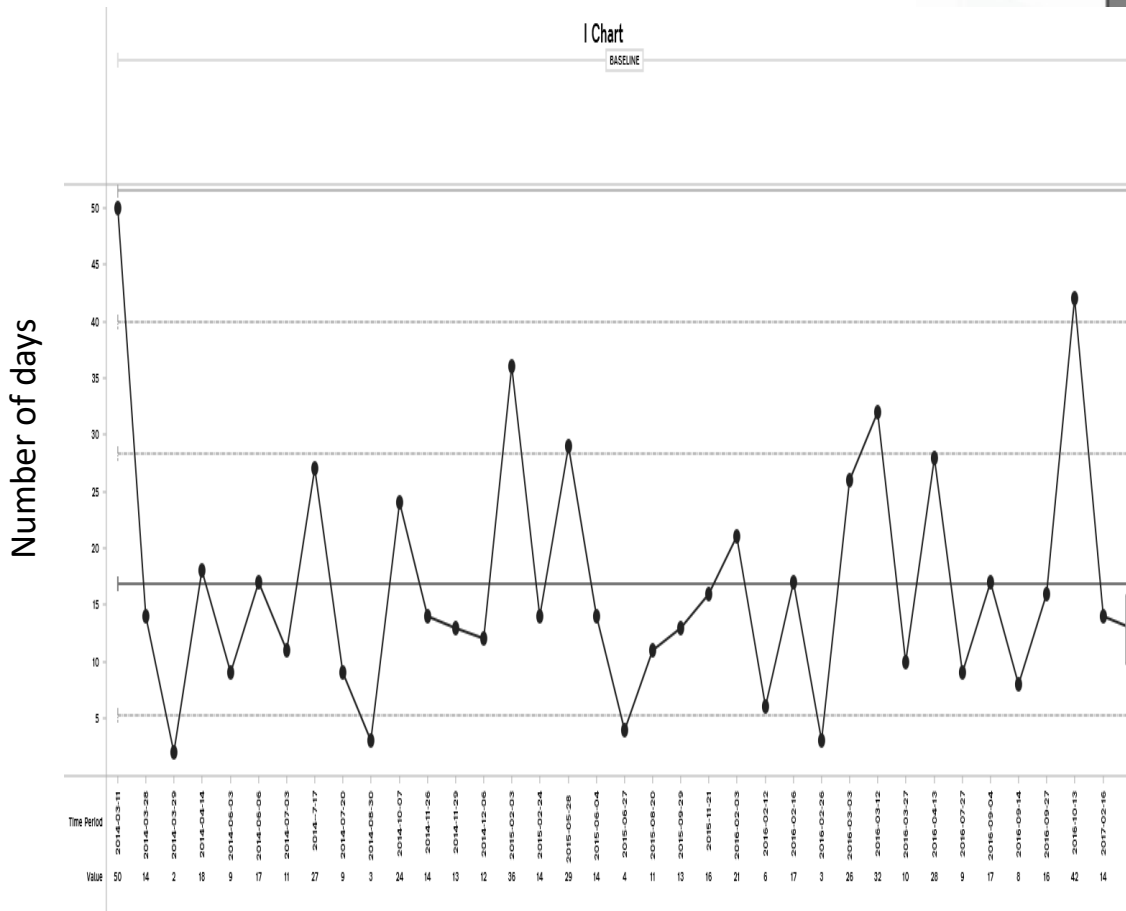
This is a public community forum established to provide a place for those who have been affected by heart disease to connect

Specialty Cardiac Nurses: Sarah Dixon & Nicola Eddington pH. (03) 5461836 Healthy Hearts Programme, Community Education Co-ordinator: Bee Williamson pH. (03) 543 7836

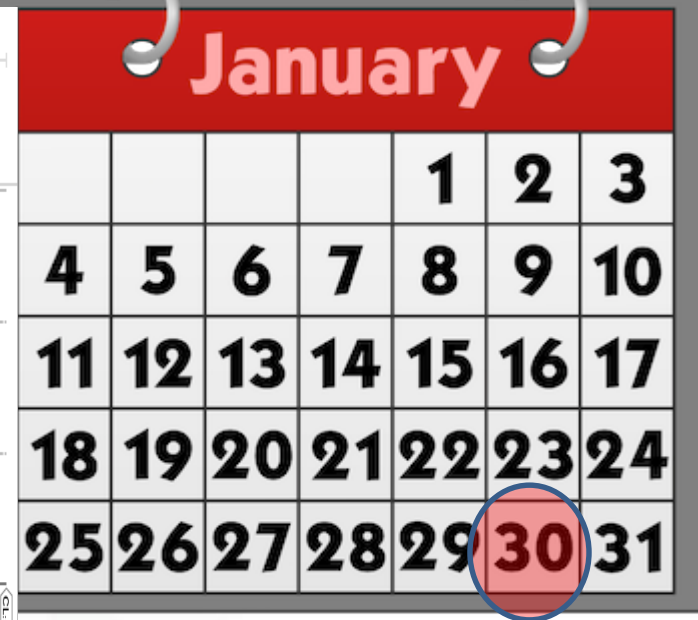
- Ask-Tell-Ask for Health Professionals
- How to include the patient's main support person

2 Improved discharge summaries

First GP consult within 30 days
 Baseline March 2014 – March 2017



Target is 30 days or less



Median is
 16 days
 But...



HEALTH QUALITY & SAFETY
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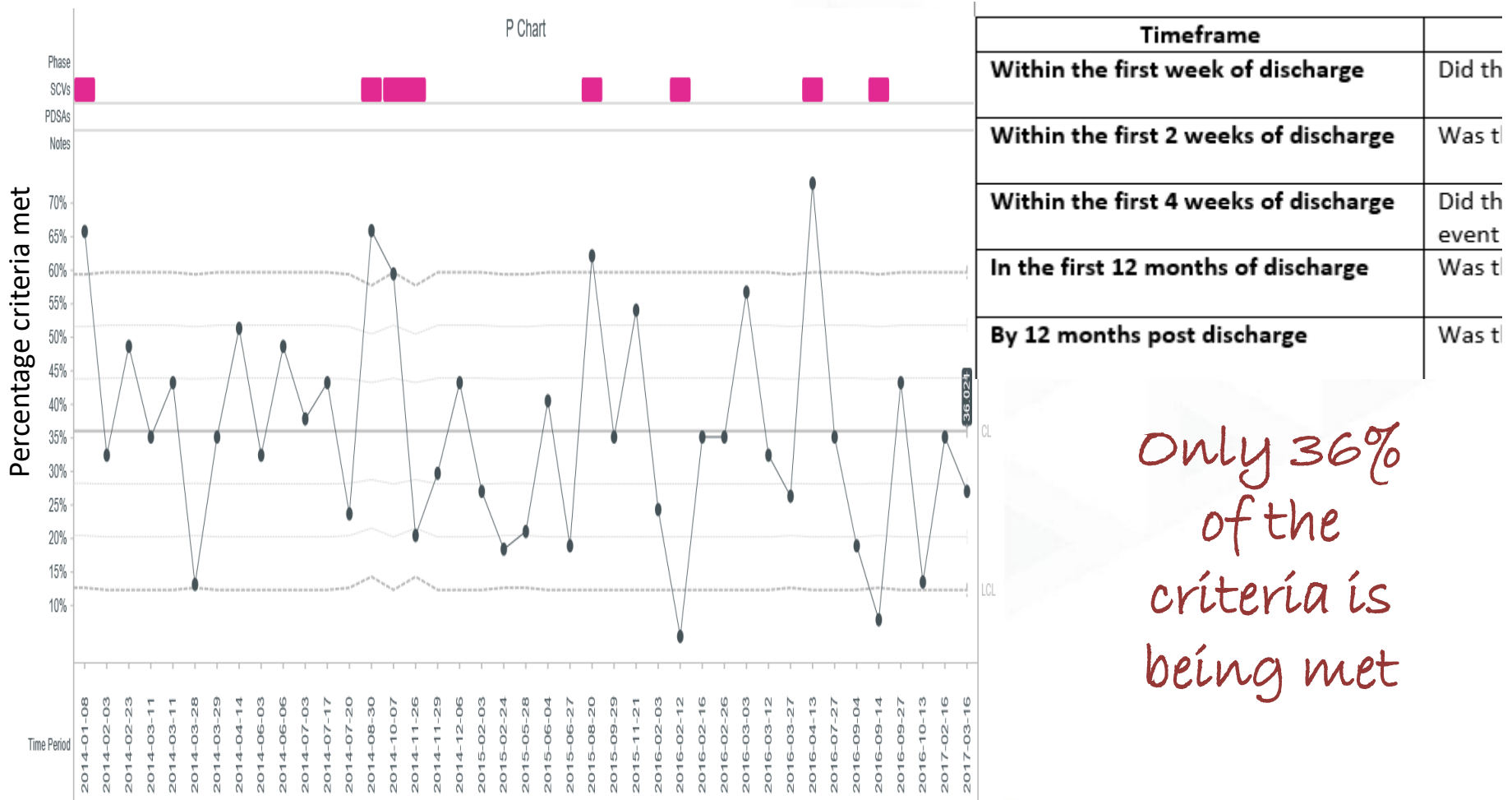


Kupu Teurangi Hauora o Aotearoa

HEALTH SYSTEM INNOVATION AND IMPROVEMENT

2 Improved discharge summaries

LV Function Audit criteria met Baseline Jan 2014 – March 2017

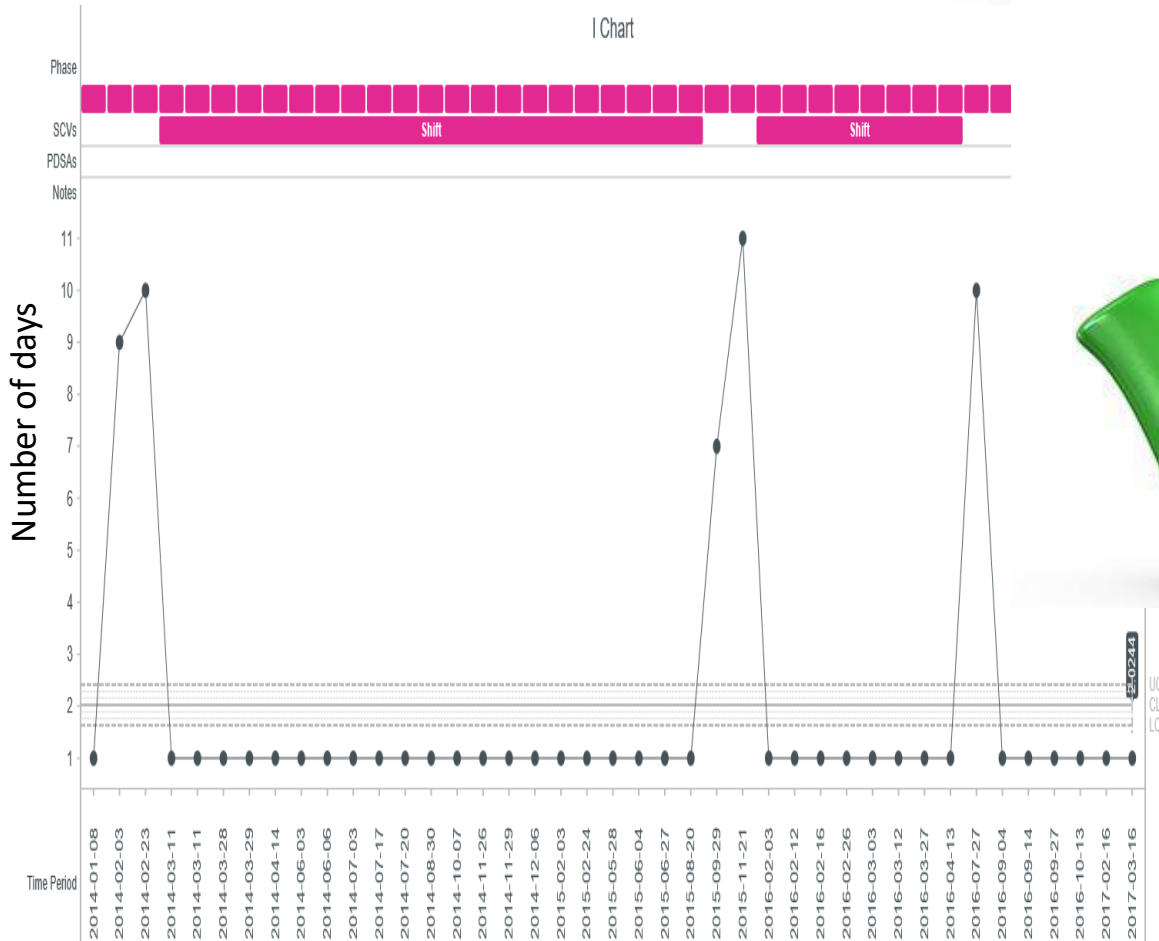


Only 36%
of the
criteria is
being met



4 GPs managing the discharge summary

Days to receive the discharge summary at the GP Practice
 Baseline Jan 2014 – March 2017



GPs have
 timely receipt
 the discharge
 summary
 But...

Key Successes

- Better Cardiac Rehab attendance
- Patients experiences → change ideas
- Community pharmacists working in partnership
- Discharge summary better for patients and GPs
- Support GPs to follow the DS



Medicines
for heart
failure

Change Package and Spread

Goodfellow Symposium primary health care professionals,
urgent care, specialists and other relevant professionals

National Rural Health Conference

NZ Hospital Pharmacists Association Conference

Abstract for Cardiology Society Australia NZ

Abstract for Conference for General Practice

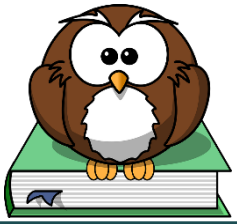
Film the presentation

Change Package in creation



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Wisdoms

- ☹️ Marlborough and Te Piki Oranga
- 😊 Collect data
- 😊 Listen to consumers
- 😊 Enlist others help
- 😊 Don't underestimate how much has been achieved





The end is just the beginning