



AHRQ's Initiative To Increase Use of Cardiac Rehabilitation



## ***Affinity Group: Emerging Strategies for Supporting Cardiac Rehabilitation Patients between Onsite Visits***

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# Welcome and Background

## Welcome and greetings from TAKEheart, AHRQ and CDC

### Update on status of TAKEheart:

- ❖ August assessment of the readiness of cohort 1 programs to resume automatic referral implementation training
- ❖ Ongoing offerings of affinity group sessions on priority topics for the learning community. Events are open to anyone but participants are encouraged to join the TAKEheart Learning Community at: <https://takeheart.ahrq.gov/join-takeheart>
- ❖ TAKEheart website remains available with added information and links to COVID-19 resources (<https://takeheart.ahrq.gov/coronavirus>)

# Today's Event

- ❖ Background: TAKEheart affinity groups (AG) 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: share strategies related to how CR programs are supporting patients in-between less frequent onsite visits
- ❖ Format: Moderated panel discussion using the chat and polling features to dialogue with participants and allow peer-to-peer

# Today's Experts



## Moderator

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

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

## Panelists

**Randal Thomas, MD**, Medical Director for the  
Mayo Clinic Cardiac Rehabilitation Program

**Jessi Hyduk, RN, RCEP**, Cardiopulmonary Rehab  
Supervisor, Saint Joseph Regional Medical Center,  
South Bend, IN

**Laura N Vaughn, BS**, McLaren Greater  
Lansing Cardiac Rehabilitation, Lansing, MI

**Tricia McNair**, Cardiac Rehabilitation Graduate

**Karen Lui, RN, MS, MAACVPR GRQ, LLC**,  
Regulatory Analyst

# Audience Question 1

**Question 1: What best describes the current status of your hospital's CR program?**

Please select your answer here



Remember to click **SUBMIT** when complete

# Audience Question 2

**Question 2: Looking ahead, how likely is it that your program may need to reduce your level of onsite operations at some point before the end of the year due to a resurgence of COVID-19 in your area?**

Please select your answer here



Remember to click **SUBMIT** when complete

# Audience Question 3

**Question 3: Many CR programs are seeing their patients onsite less frequently. Which best describes any changes your program has made in the frequency with which you see patients?**

Please select your answers here



Remember to click **SUBMIT** when complete

# Today's Discussion Categories

## ❖ Adjustments based on reduction of in-person CR program visits

### Potential Changes in Medicare Billability

- Proposed Billability changes
- Timing and duration of changes

### Changes in Unit Capacity

- Reduced capacity
- Impacts on how often patients visit
- Criteria for which patients to prioritize

### Changes in Between-Visit Patient Support

- Support for patients between sessions
- Adjustments of equipment, home-based activities and communication
- Support of physical, behavioral/mental, and social needs

### Changes in Onsite Patient Experience

- Adjusting programs to less frequency
- Priority focus for in-person time
- Adjustments to monitoring

### Lessons Learned and Emerging Challenges



# Potential Changes in Medicare Billability\*

- ❖ **What changes is Medicare considering?**
- ❖ **When might CMS make the proposed changes and would they be permanent or temporary?**
- ❖ **How can I provide CMS with input or suggestions related to the proposed changes?**

Proposed Rule and Opportunity for Comment:

<https://www.federalregister.gov/documents/2020/08/12/2020-17086/medicare-program-hospital-outpatient-prospective-payment-and-ambulatory-surgical-center-payment>

AACVPR Summary:

<https://aacvpr.informz.net/informzdataservice/onlineversion/pub/bWFpbGluZ0luc3RhbmNISWQ9MzA0MzQzNQ==>

\*The TAKEheart program is not advocating for or against these changes but we are encouraging interested persons to express their views to CMS to support CMS efforts to make informed rule-making decisions.

# Changes in Panelist Unit Capacity

## CR Program Overview:

- ❖ How much has your program reduced capacity?
- ❖ How are you prioritizing which CR patients to see in available slots based on potential patient benefits and risks?
- ❖ How frequently are you now seeing your CR patients onsite?

❖ Patient Perspective: What can CR programs say or do to reassure patients concerned about resuming onsite cardiac rehabilitation?

# Changes in Onsite Patient Experience

- ❖ For CR patients who are having less frequent in-person visits, how have you adjusted your onsite program?
  - ❖ Adjustments to time allotted for instruction vs. physical rehabilitation activities
  - ❖ Adjustments to monitoring
  - ❖ Increased onsite instruction for home-based activities
- ❖ Patient Perspective: If your onsite CR was available less frequently, what would your top priorities be for the uses of onsite time?

# Changes to Patient Support between Visits

- ❖ **What types of adjustments or added support are you making to help CR patients between their onsite visits?**
- ❖ **Have you adjusted your support for their physical or behavioral/mental health needs? How are you helping patients to receive social support from peers?**
- ❖ **Patient Perspective: Which of the changes that have been mentioned or which other changes should CR programs be prioritizing to best support patients between onsite visits?**

# Lessons Learned

- ❖ **What lessons have you learned or challenges are you experiencing in supporting patients with more time between onsite visits?**

# Resources Mentioned in Today's Event

- ❖ Proposed Federal Rule and Opportunity for Comment:  
<https://www.federalregister.gov/documents/2020/08/12/2020-17086/medicare-program-hospital-outpatient-prospective-payment-and-ambulatory-surgical-center-payment>
- ❖ The Body Coach TV on YouTube- Joe Wick  
<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>
- ❖ Strength Workout For Seniors - An Introduction To Weights For Seniors  
<https://www.youtube.com/watch?v=Wa8Fk8TaXPk>
- ❖ 10 Minute Core Strengthening Workout For Seniors  
<https://www.youtube.com/watch?v=6Ts-deSDnRM>
- ❖ YMCA Health and Fitness Videos on Demand  
<https://ymca360.org/on-demand/category/20>
- ❖ Refer to Diabetes Education at YMCA  
<https://www.mssny.org/Documents/Enews/2015/January/Jan%2023/AMA%20guide-to-refer-Medicare-patients-to-the-ymca-diabetes-prevention-program.pdf>

# Audience Question 4

**Question 4: What issues do you think will be the most challenging for your program over the next 3-6 months that you would like us to consider discussing in a future affinity group?**

Please select your answers here



Remember to click **SUBMIT** when complete

# Affinity Group Wrap-Up

## ❖ Next call:

- ❖ Wednesday, September 16<sup>th</sup> at 12:00pm EDT
- ❖ Topic: [TBD]
- ❖ 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.