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| Project                 | Name:   | <b>Cardiac Rehabilitation – Wimmera Hub &amp; Spoke Model</b>   |
|                         | Lead agency:  | Wimmera Health Care Group   |
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|                         | <p>The Wimmera Hub &amp; Spoke Cardiac Rehabilitation Model of Care utilises existing telehealth facilities in out-lying communities to link patients to the education component of the WHCG cardiac rehabilitation program, with physical activities supported by allied health and nursing staff at remote locations.</p> <p>The project is an initiative of the Wimmera Southern Mallee Health Alliance with funding sourced from the Victorian Department of Health &amp; Human Services.</p> |   |
| Wimmera PCP role:       | Project management and sourcing funds from DHHS on behalf of the Wimmera Southern Mallee Health Alliance.   |   |
| Objectives              | Improve cardiac rehabilitation <b>options and uptake across the Wimmera</b>   |   |
|                         | Support staff across the Wimmera to provide innovative community focused cardiac rehabilitation via <b>telehealth</b>   |   |
|                         | A multidisciplinary team based at WHCG Horsham, Western Victoria (the `Hub`), provides the education component of Cardiac Rehab via telehealth, with outlying health services, Rural Northwest Health and West Wimmera Health Services ( the `Spokes`) providing the physical activity component.   |   |
|                         | Produce a Toolkit to assist others implement their own programs   |   |
|                         | Staff were trained to use videoconferencing effectively with groups so that all patients could be `virtually` brought together to learn and interact as if they were all in the same room. This allows remote community members to access a high quality, best practice program, close to home, with improved peer support.   |   |
| Status:                 | <input checked="" type="checkbox"/> Business as usual<br><input type="checkbox"/> Incomplete<br><input type="checkbox"/> Complete<br><input type="checkbox"/> Follow-up activities identified (new template)  |   |
| Governance              | An MoU exists between all Wimmera Southern Mallee Health Alliance partners for this model of care.  |   |
| Infrastructure/software | Wall mounted screen & VC hardware at WHCG, RNH & WWHS   |   |
| Clinician Engagement    | <p>This program is now ongoing “business as usual”</p> <p>All Hub and Spoke site staff meet bi-annually to make changes &amp; improvements as required</p>  |   |
| Consumer Engagement     | Participants at HUB site and spokes site  |   |

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| Adaptability to other areas of service delivery | <p>The Cancer Council of Victoria have adopted the Hub &amp; Spoke Model and used our Toolkit to develop their Telehealth for Supportive Survivorship Care program.</p> <p>Looking to utilise the approach for Pulmonary rehabilitation programs</p>   |
| Evaluations                                     | <p>RMIT evaluation of the model undertaken 2016</p> <p>Work presented at:</p> <ul style="list-style-type: none"> <li>• Australian Cardiac Rehabilitation Association’s Annual Scientific Meeting</li> <li>• Australian Disease Management Association National Conference 2016</li> <li>• Australian Rural Health Conference 2017</li> </ul> |
| Learnings & new activities                      | <p>The model won the Australian Cardiac Rehabilitation Association’s 2016 Scientific Meeting Clinical Prize</p> <p>The model is currently being adapted for the Cancer Council’s “Wellness and Life After Cancer” program with great results in the trial period.</p>  |

Last updated: 14-05-18