

LEADING TELEHEALTH

Wimmera Cancer Telehealthcare Project



PURPOSE

- Develop new models of care utilising Telehealth to enable service access and equity for rural patients
- Support staff to provide innovative community focused cardiac rehabilitation via Telehealth
- 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
- Produced a toolkit to assist others implement their own programs

WHY?

- Improve cardiac rehabilitation options and uptake across the Wimmera
- Enable service access and equity for rural patients

PARTNERS

- Edenhope & District Memorial Hospital
- Rural Northwest Health
- West Wimmera Health Service
- Ballarat Oncology
- Haematology Services
- Peter McCallum Cancer Centre

'There is no doubt that virtually all remote participants were provided with enhanced tools and understanding to better manage their own health and well-being'

OUTCOMES

- 30 remote patients completed the 8 week program via videoconference from July 2015 – July 2016
- **30 x 8 via videoconference for remote patients = 240 patient contacts = \$23,700 in savings**
- 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 in the same room. This allows remote community members to access a high quality, best practice program, close to home, with improved peer support
- **The model won the Australian Cardiac Rehabilitation Association's 2016 Scientific Meeting Clinical Prize**
- The Cancer Council of Victoria have adopted the Hub & Spoke Model and used our toolkit to develop their Telehealth for Supportive Survivorship Care program