

Collaborative Nursing Model of Care - Cardiac Rehabilitation

Te Whanau O Waipareira Trust

And

Waitemata District Health Board

Salome Ravonokula and Julia Kingi

Margaret O'Sullivan

CND SMHOP

DRAFTED A PROPOSAL FOR A NURSE LED MODEL OF CARE IN
CARDIAC REHABILITATION

With the WDHB and Te Whanau O Waipareira Trust.

- ▶ Working in Collaboration for Whanau from Admission to Hospital to their home in the community
- ▶ Implementation of the Whanau ora approach
- ▶ Provision of a positive impact with immediate and longer term benefits

THE PILOT ENVISIGED TO MEET THE NEEDS OF **20 PATIENTS** FOLLOWING AN **ACUTE CARDIAC EVENT** AND TO FOLLOW THEM OVER A **3 MONTH PERIOD** PREDOMINANTLY FOCUSING ON **MAORI**.

About us...

The Pilot Nursing Team

Waipareira Trust Cardiac Rehabilitation

- ▶ Salome Ravonokula
- ▶ Julia Kingi

WDHB Cardiac Rehabilitation

- ▶ Heather Brannigan
- ▶ Jodene Hewlett

Our Purpose...

To offer a successful and cost effective method to effectively support self-care and improve psychological and social functioning following an acute cardiac event, as well as reducing non adherence to recommended life style changes and medications.

Waitemata DHB - Cardiac Rehabilitation

STAGE ONE

In Hospital

- ▶ On Admission
- ▶ Referral
- ▶ Information
- ▶ Education

STAGE TWO

Discharge Follow Up

- ▶ Shared Care Plan
- ▶ Physical Activity
- ▶ Cardiologist reviews client

STAGE THREE

Community

- ▶ GP and other Health Providers undertake Secondary Prevention measures in the care of the client

TE WHANAU O WAIPAREIRA TRUST

PHASE ONE

In Hospital

- ▶ Meet and Greet of Whanau
- ▶ Our role and responsibilities explained
- ▶ Establishing a rapport with the whanau member in hospital

PHASE TWO

Clinic

- ▶ Involvement in clinic appointments
- ▶ Participation in Educational sessions with the WDHB Team
- ▶ Involvement in the Exercise Programmes developed and provided by AUT (Exercise Physiologist/CR Physiotherapist)

PHASE THREE

Community

- ▶ Provide a free Mobile/Clinic nurse led service
- ▶ Assist in accessing Primary and Secondary Services
- ▶ Aid in health knowledge and literacy, medication education and in accessing other supports that may impact whanau overall wellness
- ▶ Encompassing Whanau Ora into a single shared care plan in all strengthening relationships in a collaborative manner all importantly seeing whanau as the centre of everything

THE JOURNEY

SUCCESSFUL WHANAU OUTCOME

HEMI (Pseudonym name)

Age 62

Smoker

Employed (working with Heavy machinery)

Not Physically active

▶ PHASE ONE

- ▶ SUFFERED A CARDIAC EVENT

PHASE TWO

- ▶ Attended Clinic
- ▶ Exercise Programme
- ▶ Health Education
- ▶ Quit Smoking Programme

▶ PHASE THREE

- ▶ Completed Pilot
- ▶ Returned to work, joined the gym
- ▶ Stopped smoking and is saving \$800 per month
- ▶ From own experience, giving education in workplace

TE WHANAU O WAIPAREIRA TRUST FUTURE...

- ▶ EXTENSION OF CARDIAC REHABILITATION PILOT
- ▶ DEVELOPMENT OF WAIPAREIRA TRUST NURSE TO BECOME A CNS
- ▶ STEPPINGSTONE FOR MORE COLLABORATIONS OF CONTRACTS WITHIN WAIPAREIRA WITH THE WDHB
 - ✓ Maori Mobile Nursing
 - ✓ Cancer Navigation
- ALL IMPORTANTLY - offering a more cohesive pathway for whanau from hospital to home giving the tools for which whanau can become more self sufficient with the Whanau ora approach - for it is about our whanau...