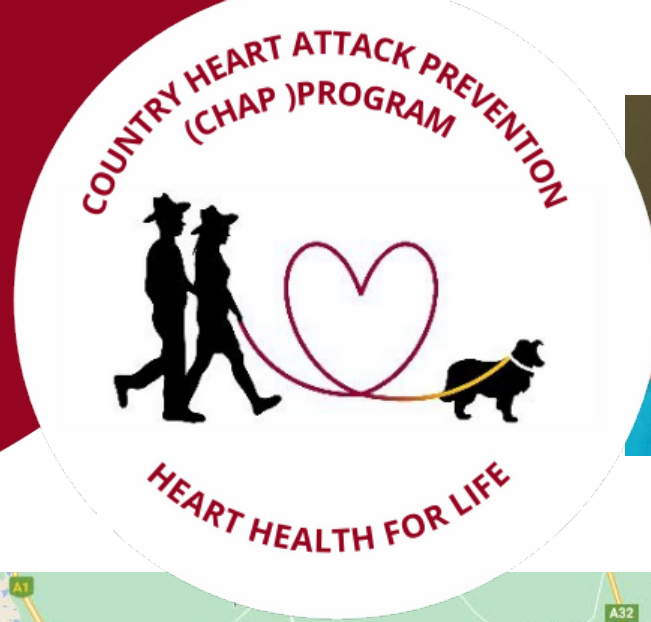


BHFLHN Inner North - Gawler and Barossa



WHERE ARE WE:

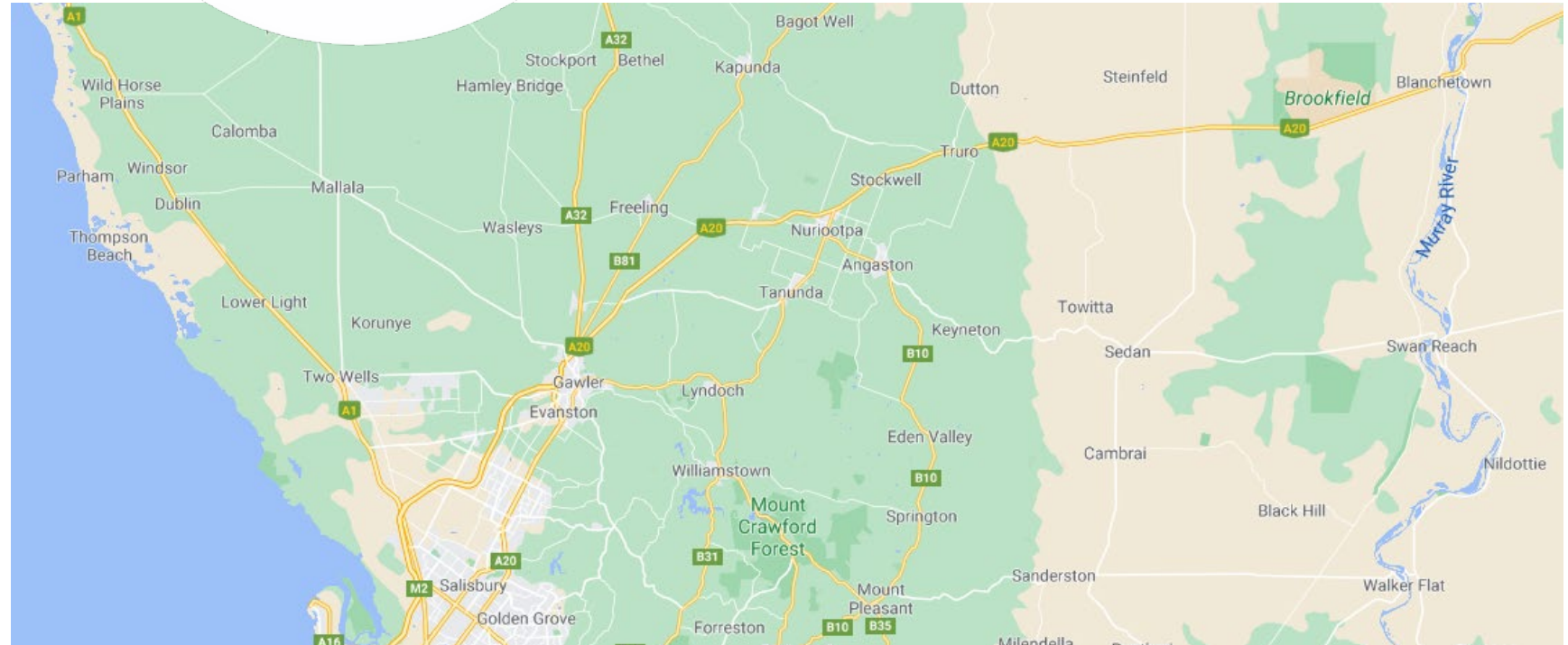
Gawler based at the Gawler Hospital
Barossa based at Angaston Hospital

OUR ADDRESS:

Gawler 21 Hutchison Street Gawler
Barossa 29 North Street Angaston

OUR CR NURSES:

Simone Atkinson 0.8 FTE Gawler
Caroline Wilksch 0.8 FTE Barossa
Jessica Mitchell 0.2 FTE (backfill)
Rosemary Nathan (backfill)



BHFLHN Inner North - Gawler and Barossa WHO WE ARE



TYPE OF HEALTH PROFESSIONALS

AT OUR SITE:

Gawler - Physiotherapy support for exercise and education

Barossa - PT only for exercise (Physiotherapy still in negotiation)

Both sites utilise Dietician, Mental Health Worker, BLS Instructor and Pharmacist for education and referral for 1:1 as needed

SERVICES WE PROVIDE ON SITE:

Group based or 1:1 CR exercise and education, maintenance programs

Community Heart Failure Support Program

Wirrkarta Yarta Aboriginal and Torres Strait Islander Wellbeing Program

Virtual Clinical Care (in collaboration with RSS)



Winner SA Regional Awards BCIC 2014



Jessica Michell Young Achievers Award 2014



BHFLHN Inner North - Gawler and Barossa

WHAT WE DO



OUR PROGRAM FORMATS:

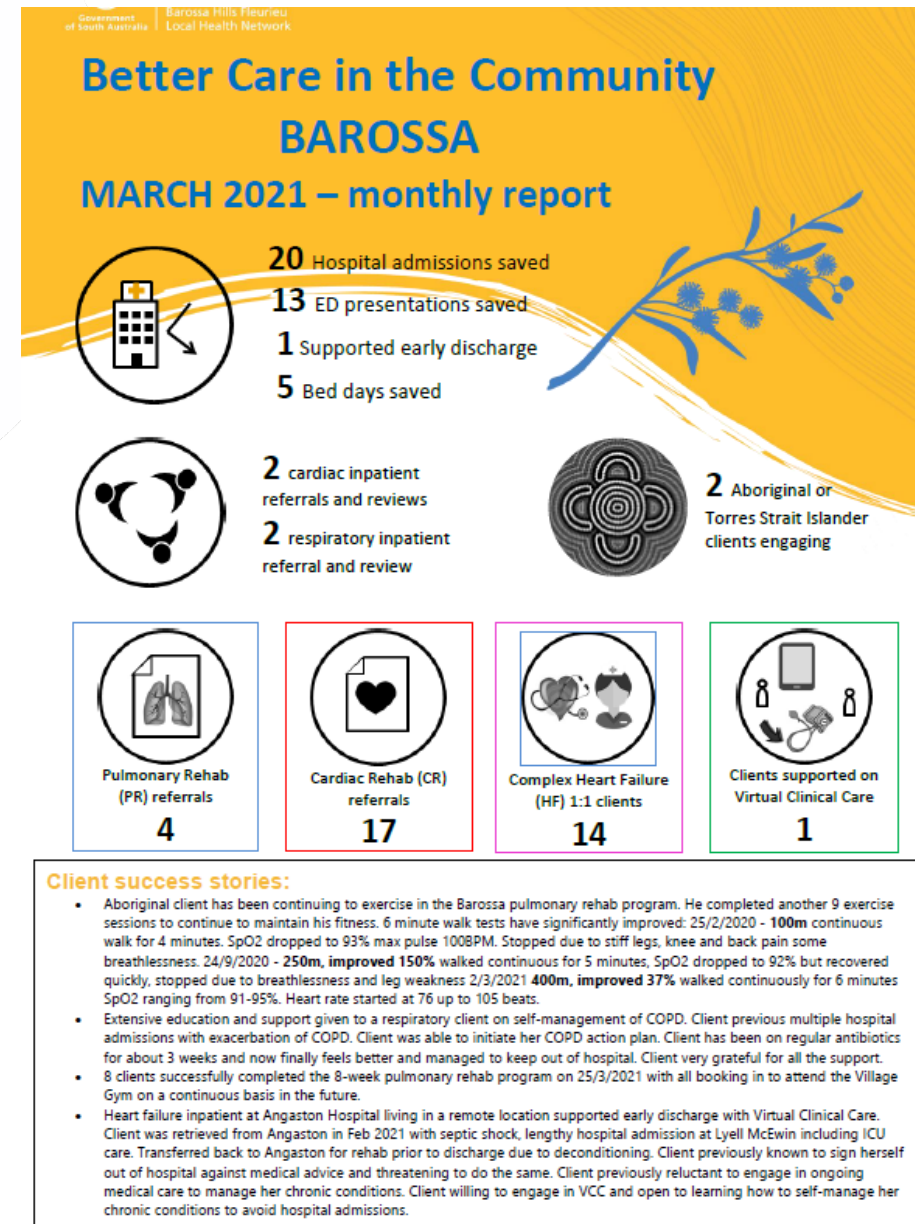
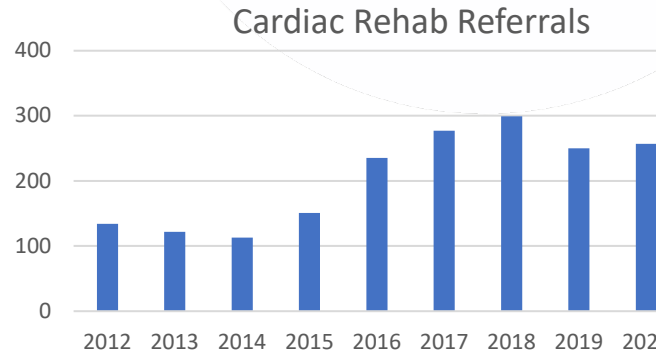
Group based face to face

1:1 face to face, virtual or phone

Centred based or home based service

CHARACTERISTICS OF OUR PATIENTS:

- Wide range of cardiac conditions
- Definitely more complex
- Many clients stay with the service longer than the standard program of 7 – 8 weeks



BHFLHN

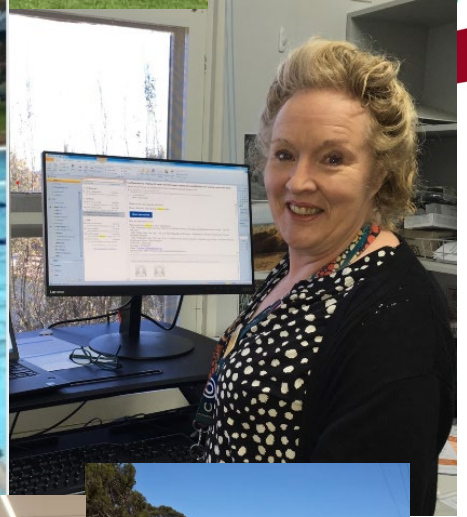
Inner North - Gawler and Barossa

Client centred service - flexible and responsive to clients needs

Direct connections with acute sector focused on hospital avoidance and supported early discharge

Strong connections with the Aboriginal Health Service and local Aboriginal and Torres Strait Islander Community

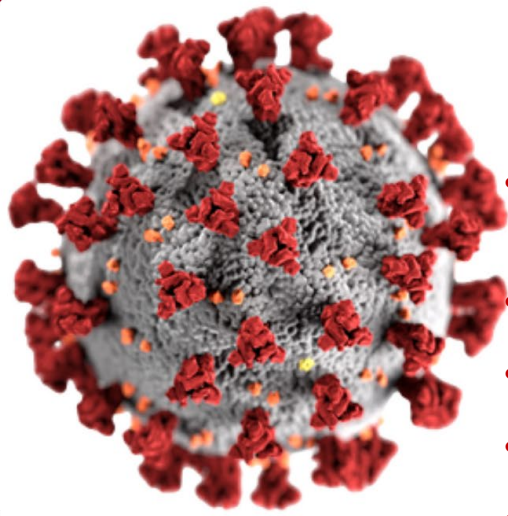
'Think outside the square'



BHFLHN Inner North - Gawler and Barossa

COVID19

*"Just what I
needed when I
needed it most"*



SILVER LININGS

- More confidence to offer different modes of delivery for CR
- Greater flexibility around times CR can be offered
- Clients able to work at their own pace
- Able to individualise and target education
- 1:1 client contacts have more structure and purpose

HOW DID YOUR SERVICE SURVIVE THROUGH THE COVID LOCKDOWNS?

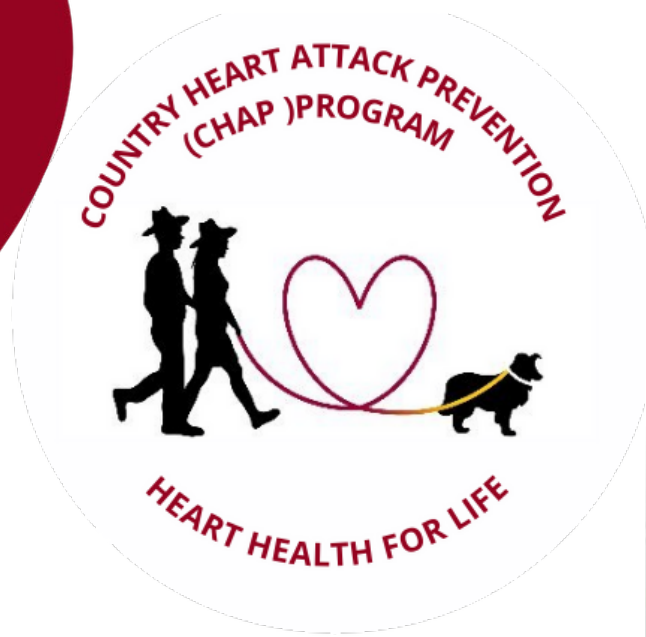
- March 2020 client's started 'voting with their feet'
- Rapid shut down of group programs by mid March
- Within a week CR alternative program delivery was implemented - 1:1 phone or 1:1 virtual
- Barossa COVID outbreak added another layer of anxiety for clients and personally. Visiting Cardiology services stopped, Barossa clients not allowed to access face to face services, several Barossa clients had a delay to accessing emergency Cardiology care
- Heart failure clients assisted to develop self isolation and symptom monitoring plans
- Uptake of VCC increased especially for Aboriginal clients

*"I'm a very busy person like most
people but I would highly
recommend participating in the
cardiac rehab program to give you a
better understanding of heart
health and your future risks"*

**Best thing has been
access to 'Healthdirect'
virtual platform**

**Amazing education
opportunities via ZOOM**

The CHAP Project Pharmacy Corner with Lemlem



TODAY'S TOPIC: Introducing myself and coming CPD topics

Questions or ideas for topics?

Email me at: Lemlem.gebremichael@flinders.edu.au



Introduction

- Bachelor of Pharmacy (Bpharm) degree- Addis Ababa University, Ethiopia (2006)
- Master of Science in clinical pharmacology- Addis Ababa University, Ethiopia (2011)
- PhD- University of South Australia, School of Pharmacy and medical Sciences (2020)
 - Assessing pattern and appropriate medication prescriptions in older Australians admitted to hospitals



The CHAP Project Pharmacy Corner



- Medication education and review segment is about topics relevant to you; cardiac nurses and health professionals engaging with patients in cardiac rehabilitation programs
- Effective pharmacotherapies for smoking cessation
 - Nicotine Replacement Therapy (NRT)
 - Patches, gums, inhaler, spray, lozenges
 - Bupropion
 - Varenicline

CPD pharmacy topics for 2021

Medication education and review topics

July	How important is duration when prescribing beta-blockers after acute MI
August	What is NEW about the new SGLT2 inhibitor, Sotagliflozin?
September	What does the evidence say about the role of Myotrope therapy in HF patients with reduced ejection fraction?
October	Adverse effects of the new primary CVD prevention polypill could limit its clinical use
November	Can Type 2 diabetes medications help people lose weight?
December	Can oral anticoagulants be used to treat patients with bioprosthetic valve and AF

CPD pharmacy topics for 2022

Medication education and review topics

The MAGICAL "triple pill" effectively controls high blood pressure

does Morphine, Oxygen, Nitrates and Aspirin 'MONA' treatment has clinical applicability to treat acute coronary syndrome at present?

What is Takotsubo cardiomyopathy and how to treat?

Important tips to safe prescription of novel oral anticoagulants

Pros and cons of weight loss medications on the cardiovascular system

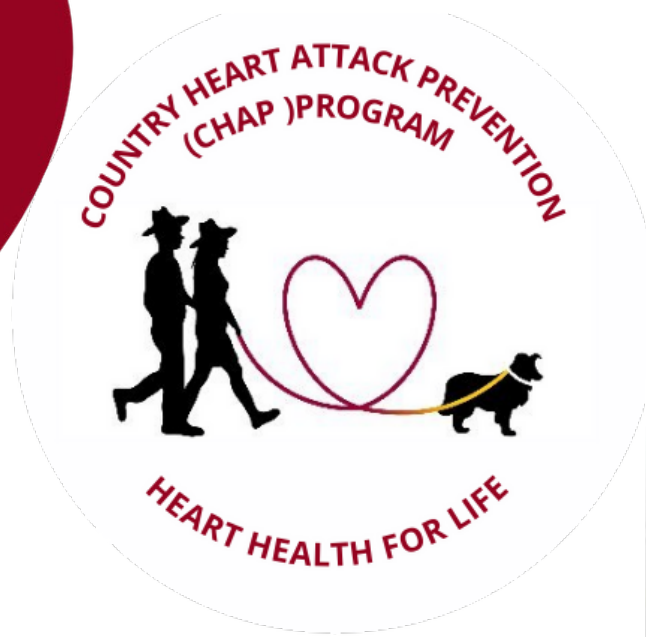
All about the two new non-statin drugs for cholesterol lowering

Is dual therapy, ticagrelor and aspirin, more effective for patients undergoing CABG than single aspirin therapy

Re-thinking the old beliefs of estrogen benefits the cardiovascular system

Depression treatment and cardiovascular diseases

The CHAP Project Pharmacy Corner with Lemlem



TODAY'S TOPIC: Introducing myself and coming CPD topics

Questions or ideas for topics?

Email me at: Lemlem.gebremichael@flinders.edu.au



Introduction

- Bachelor of Pharmacy (Bpharm) degree- Addis Ababa University, Ethiopia (2006)
- Master of Science in clinical pharmacology- Addis Ababa University, Ethiopia (2011)
- PhD- University of South Australia, School of Pharmacy and medical Sciences (2020)
 - Assessing pattern and appropriate medication prescriptions in older Australians admitted to hospitals



The CHAP Project Pharmacy Corner



- Medication education and review segment is about topics relevant to you; cardiac nurses and health professionals engaging with patients in cardiac rehabilitation programs
- Effective pharmacotherapies for smoking cessation
 - Nicotine Replacement Therapy (NRT)
 - Patches, gums, inhaler, spray, lozenges
 - Bupropion
 - Varenicline

CPD pharmacy topics for 2021

Medication education and review topics

July	How important is duration when prescribing beta-blockers after acute MI
August	What is NEW about the new SGLT2 inhibitor, Sotagliflozin?
September	What does the evidence say about the role of Myotrope therapy in HF patients with reduced ejection fraction?
October	Adverse effects of the new primary CVD prevention polypill could limit its clinical use
November	Can Type 2 diabetes medications help people lose weight?
December	Can oral anticoagulants be used to treat patients with bioprosthetic valve and AF

CPD pharmacy topics for 2022

Medication education and review topics

The MAGICAL "triple pill" effectively controls high blood pressure

does Morphine, Oxygen, Nitrates and Aspirin 'MONA' treatment has clinical applicability to treat acute coronary syndrome at present?

What is Takotsubo cardiomyopathy and how to treat?

Important tips to safe prescription of novel oral anticoagulants

Pros and cons of weight loss medications on the cardiovascular system

All about the two new non-statin drugs for cholesterol lowering

Is dual therapy, ticagrelor and aspirin, more effective for patients undergoing CABG than single aspirin therapy

Re-thinking the old beliefs of estrogen benefits the cardiovascular system

Depression treatment and cardiovascular diseases