



In alliance with



Cleveland Clinic

Heart, Vascular and Thoracic Institute

2019-2020

PARKVIEW HEART INSTITUTE
CARDIOLOGY AND CARDIOVASCULAR SURGERY
OUTCOMES



WELCOME TO THE 2019-2020 PARKVIEW HEART INSTITUTE OUTCOMES BOOK

Measuring and understanding outcomes of medical treatments promotes quality improvement. Created by Parkview Heart Institute and Cleveland Clinic, this publication is designed for the physician audience and contains a summary of surgical and medical treatments, with data on patient volumes and outcomes as well as a review of new technologies and innovations.



CLEVELAND CLINIC'S SYDELL AND ARNOLD MILLER FAMILY HEART, VASCULAR & THORACIC INSTITUTE CHAIRMAN'S LETTER

We are proud to present the 2019-2020 outcomes from the cardiology and cardiac surgery programs at Parkview Heart Institute, which has an ongoing collaborative relationship with Cleveland Clinic's Miller Family Heart, Vascular & Thoracic Institute to promote best practices and optimal quality in cardiovascular caregiving.

This overview of outcomes, volumes and quality metrics reflects some of the fruits of that collaboration, which involves members of the Parkview heart and vascular team and ranges from physicians and other healthcare providers to administrative personnel. It refers to national benchmarks established by the American College of Cardiology and Society of Thoracic Surgeons and stems from our shared commitment to give every patient the best possible outcome and experience. We believe that transparency around clinical outcomes is essential to improving quality and efficiency as we all continue to move toward ever more value-based care delivery.

Cleveland Clinic's Heart, Vascular & Thoracic Institute is gratified by the success of our collaborations with our affiliate and alliance members like Parkview Heart Institute. Our goal is to develop relationships with providers nationwide to enhance the quality and value of cardiovascular care in our communities. We welcome your comments and feedback, and we thank you for your interest.

Sincerely,



Lars G. Svensson, MD, PhD
Chairman, Sydell and Arnold Miller Family
Heart, Vascular & Thoracic Institute
Cleveland Clinic



WELCOME LETTER FROM PARKVIEW HEART INSTITUTE PRESIDENT

I am pleased to present this outcomes data and summary information from Parkview Heart Institute. Our physicians and staff have created a culture of knowledge sharing, research, intellectual curiosity and dedication to the art of practicing cardiovascular medicine that continues to set new quality benchmarks for our patients under an institute model. Our organizational model now supports 18 multidisciplinary medical and surgical specialty clinics with a governance that encourages Parkview Heart Institute to swiftly embrace the opportunities created in today's healthcare environment in a patient-centric fashion. The rapid and thoughtful integration of virtual care platforms and optimization of influence of the electronic medical record on care delivery have been a focus for our team and offer exciting potential.

Our strong alliance with Cleveland Clinic's Sydell and Arnold Miller Family Heart, Vascular & Thoracic Institute offers access to best-practice models of care at the clinical and administrative levels. Our physicians and staff integrate directly with their highly esteemed experts, advancing direct patient care through second opinions, application of the most advanced treatments, shared care models and research opportunities. These clinical interfaces along with the efficient development of advanced care designs speak to the success of such a powerful alliance as it relates to care delivery and cultural advancement.

We present the following information with great pride as a representation of our steadfast commitment to the delivery of high-quality, progressive and efficient care to every patient, every day. We are truly grateful for the trust our patients place in us and continue to evolve in a manner to benefit their health.

Sincerely,



Roy W. Robertson, MD, FACC, FSCAI
President, Parkview Heart Institute



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ADVANCING PROVIDER INTEGRATION

Advancing Provider Integration

When Parkview Heart Institute relocated from the original near-central Fort Wayne campus to Parkview Regional Medical Center (PRMC) in 2012, the milestone event brought together diverse care teams and several specialty centers in one location. This move created a new synergy among providers and new opportunities for collaboration, as well as an enhanced patient experience.

A culture of innovation had long been a trademark of Parkview Physicians Group – Cardiology and Parkview Physicians Group – Cardiovascular Surgery, paving the way for unprecedented cardiovascular care in northeast Indiana. These teams also introduced the area’s first cardiac research center, the first cardiac rehabilitation center and – with the relocation to PRMC – the region’s first hybrid procedure labs for complex procedures requiring highly integrated teams of providers.

This propensity for innovation and a higher level of care team integration was immediately beneficial to area patients seeking cardiovascular care at Parkview. The hybrid procedure labs allowed subspecialty teams to work side by side to perform cardiac ablation locally for AFib patients and the first aortic valve replacement in Indiana using transcatheter aortic valve replacement (TAVR), the only treatment option for a non-arrested heart for moderate to severe aortic stenosis.

This advanced team integration supports a commitment to quality improvement and optimal outcomes for cardiovascular care within the communities served by Parkview.

Recognition of Quality

Parkview Heart Institute strives to provide excellent care for every person, every day. That means we never stop growing as providers, as care teams and as an institute. Together, we are on a continuous journey toward improvement.

As the region’s largest group of cardiologists and cardiothoracic surgeons, we understand our role in keeping our community heart-healthy and thriving. Together we have reached for and achieved accreditation in areas of high impact for our communities.

HeartCare Center National Distinction of Excellence

American College of Cardiology Heart Failure Accreditation

American College of Cardiology Electrophysiology Accreditation

American College of Cardiology Atrial Fibrillation Accreditation

Center of Excellence in Robotic Surgery by the Surgical Review Corporation (SRC)

Extracorporeal Life Support Organization: Pathway to Excellence, Silver Level



CARDIOVASCULAR SUBSPECIALTY CLINICS

The Clinic Care Team Model: Truly Patient-Centered Care

Within the healthcare industry, the leading focus continues to be on the development of prevention strategies that aim to:

- Support patients' pursuit of health and well-being
- Reduce patients' risks for advancing heart disease in general, as well as specific conditions such as heart attack, heart failure and stroke
- Increase patients' compliance with provider interventions
- Contain healthcare costs by reducing readmission rates

To achieve these aspirations for the communities throughout northeast Indiana, northwest Ohio and south-central Michigan, Parkview Heart Institute remains dedicated to developing outpatient clinics that meet the needs of referring physicians and our community, in conjunction with Parkview Physicians Group – Cardiology and Parkview Physicians Group – Cardiovascular Surgery.

In these clinics, physicians and other members of the care team address a broad range of cardiovascular conditions for referred patients.

AFib Clinic

The AFib Clinic at Parkview Heart Institute provides care to patients diagnosed with atrial fibrillation.

- Coordinated care by the AFib Clinic team, beginning with an evaluation by a heart rhythm specialist and other members of the clinic team in order to identify the best treatment plan
- Specialized treatments, all in one convenient location
- Patient education about medications, dietary considerations, smoking cessation and physical activities to strengthen heart function

Cardio-Oncology Clinic

The Cardio-Oncology Clinic at Parkview Heart Institute was created in collaboration with the Parkview Cancer Institute for surveillance and treatment of cancer patients who have heart disease, or those without heart disease who may receive chemotherapy or radiation that may damage the heart.

All patients referred to the Cardio-Oncology Clinic will be evaluated and managed by our team of specialized care providers.

CARDIOVASCULAR SUBSPECIALTY CLINICS

Cardiovascular Genetics Clinic

The Cardiovascular Genetics Clinic at Parkview Heart Institute specializes in caring for patients at high risk for or with diagnoses of hereditary heart conditions. Research indicates that 1 in 250 people have a genetic change that may lead to early-onset cardiovascular disease.

After patients see a cardiologist in the clinic for an initial assessment, they are referred to a genetic counselor for a phone consultation. Informed DNA, a national provider of genetic counseling services, will contact the patient within a week from the time the referral is received to schedule a virtual appointment.

In addition to translating technical and complicated medical information into practical language, the genetic counselor will indicate whether a patient's family members would benefit from a consult within the clinic too.

The following heart diseases can be hereditary:

- Brugada syndrome
- Long QT syndrome
- Arrhythmogenic right ventricular dysplasia
- Dilated cardiomyopathy (DCM)
- Hypertrophic cardiomyopathy (HCM)
- Restrictive cardiomyopathy
- Muscular dystrophy
- Heart defect at birth
- Aortic aneurysm, dilation or dissection in more than one family member
- Sudden cardiac arrest/death in more than one family member

Heart Failure Clinic

The Heart Failure Clinic at Parkview Heart Institute provides care to patients diagnosed with heart failure.

- Specialized care by the Heart Failure Clinic team
- Assistance in monitoring of symptoms
- Easy access to medications, if needed; follow-up appointments; cardiology testing and services in an outpatient setting
- Education about medications, dietary considerations, smoking cessation and physical activities to strengthen heart function
- Specialized treatment and rehabilitation, all in one convenient location

Hypertension Clinic

The Hypertension Clinic at Parkview Heart Institute provides care to patients diagnosed with hypertension.

- Coordinated care by the Hypertension Clinic team, beginning with an evaluation by a cardiologist, pharmacist and other members of the clinic team in order to identify the best treatment plan
- Specialized treatments, all in one convenient location
- Patient education about high blood pressure, medications, dietary considerations, smoking cessation and physical activities to reduce blood pressure

Lipid Clinic

The Lipid Clinic at Parkview Heart Institute provides care to patients with abnormal blood cholesterol levels.

- Specialized care by the Lipid Clinic team
- Assistance in monitoring of symptoms
- Easy access to medications, if needed; follow-up appointments; cardiology testing and services in an outpatient setting

- Patient education about medications, dietary considerations, smoking cessation and physical activities to strengthen heart function
- Specialized treatment and rehabilitation, all in one convenient location

Pulmonary Hypertension Clinic

The Pulmonary Hypertension Clinic at Parkview Heart Institute provides care to patients who have pulmonary hypertension.

- Coordinated care by the Pulmonary Hypertension Clinic team, beginning with a thorough assessment, followed by additional testing as appropriate, education and support
- Specialized treatments, all in one convenient location
- Patient education about medications, dietary considerations and physical activities to best manage symptoms

Valve Clinic

The Valve Clinic at Parkview Heart Institute provides care to patients diagnosed with heart valve disease, including aortic valve stenosis (AVS) and mitral valve regurgitation (MVR).

Patients may expect:

- Answers. Patients attend a class before the initial consultation to learn about the process and ask treatment questions.
- A comprehensive approach that allows the patient to meet with a cardiologist and a cardiovascular surgeon in one visit.
- Personalized care. At a biweekly case review, the team will discuss evaluation, medical images and testing results in order to identify the best treatment plan.
- Easy access to all treatment options currently available for heart valve disease.

- Advanced diagnostic capability, treatment and recovery options, all in one convenient location.
- Patient education about medications, dietary considerations, smoking cessation and physical activities.

Vascular Clinic

The Vascular Clinic at Parkview Heart Institute provides care to patients with a diagnosis – or suspected diagnosis – of vascular disease.

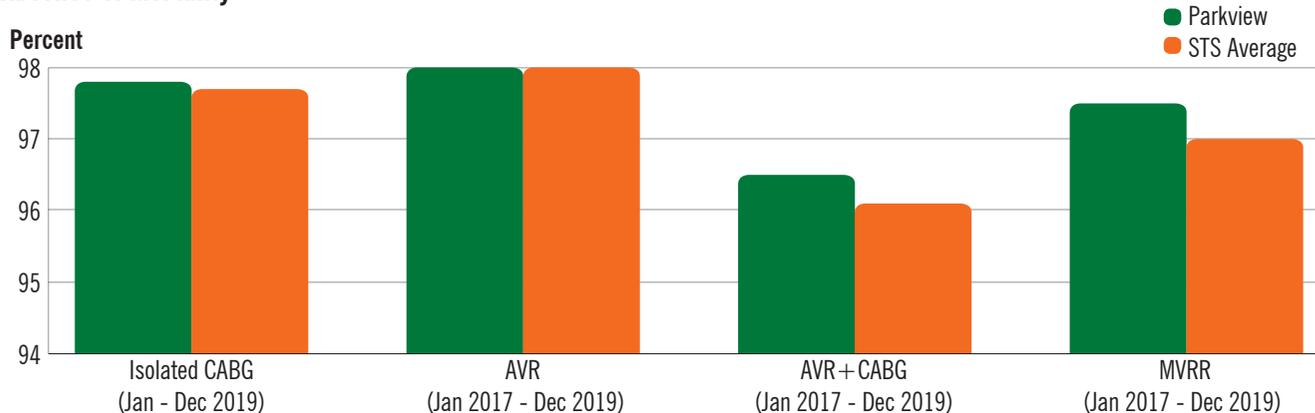
Patients may expect:

- Coordinated care, beginning with an evaluation by an interventional cardiologist. At a biweekly case review, results of this evaluation will then be discussed with a cardiovascular surgeon and other members of the clinic team to identify the best treatment.
- Specialized treatments and recovery options, all in one convenient location.
- Patient education about medications, dietary considerations, smoking cessation and physical activities to strengthen heart function.

For more clinics and detailed information about them, visit parkview.com/heartspecialtyclinics.

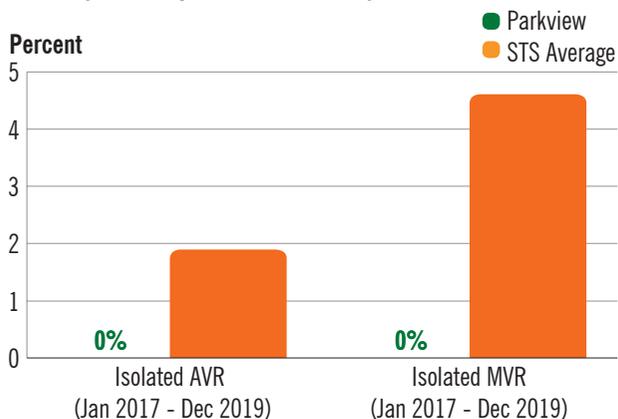
SOCIETY OF THORACIC SURGEONS QUALITY DATA

Absence of Mortality



Source: STS December 2019 Report

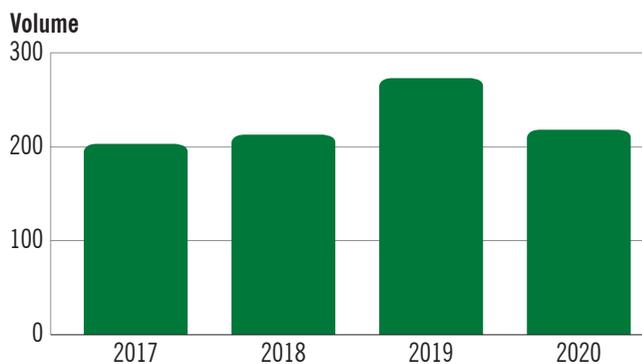
Risk-Adjusted Operative Mortality



Source: STS December 2019 Report

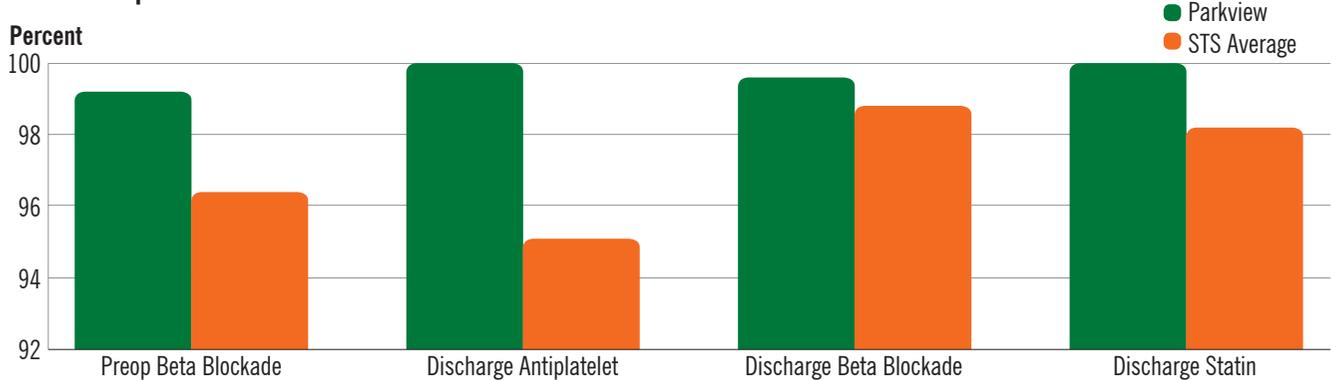
CABG = Coronary Artery Bypass Grafting, AVR = Aortic Valve Replacement, MVRR = Mitral Valve Replacement/Repair, MVR = Mitral Valve Replacement

Isolated CABG Volume



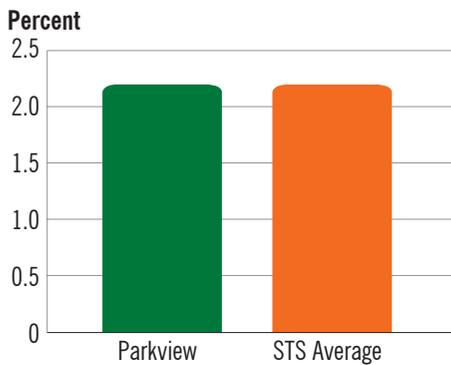
Source: ARMUS database

CABG Perioperative Medications



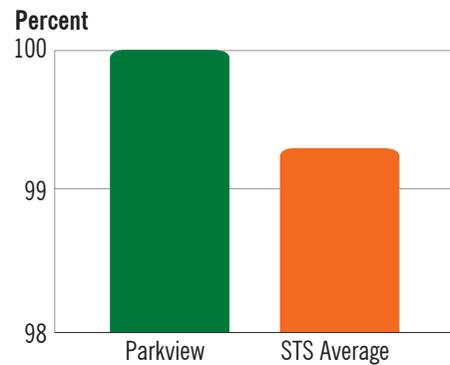
Source: STS December 2019 Report

Isolated CABG Risk-Adjusted Operative Mortality



Source: STS December 2019 Report

Use of Internal Mammary Artery Grafts



Source: STS December 2019 Report

Arterial grafts are known for their excellent long-term patency and are the conduits of choice for coronary revascularization. In 2019, 100 percent of patients undergoing primary isolated revascularization procedures received at least one arterial graft.

ADVANCED THERAPIES

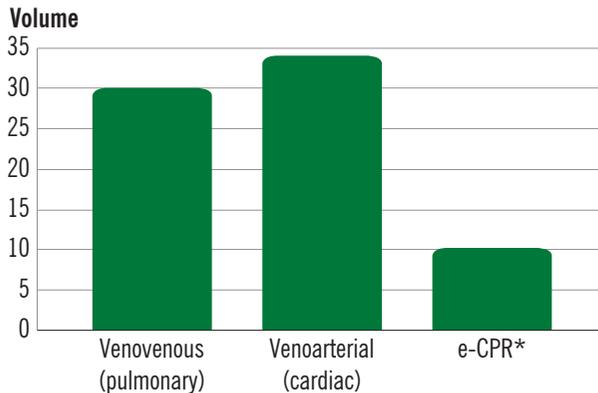
Extracorporeal Membrane Oxygenation (ECMO)

Temporary support of cardiac or pulmonary function by means of equipment outside the body.

- Considered a form of life support for critically ill patients when traditional supportive care has failed
- Temporarily allows heart and/or lungs time to recover

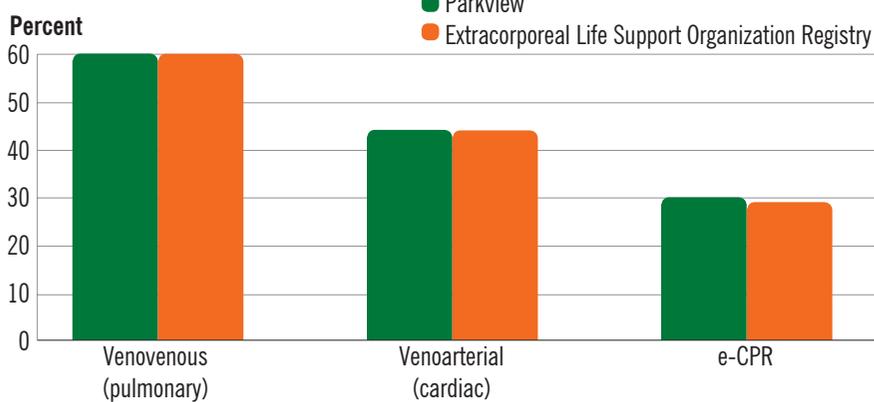
ECMO

Outcomes since the start of ECMO program at Parkview (2015).



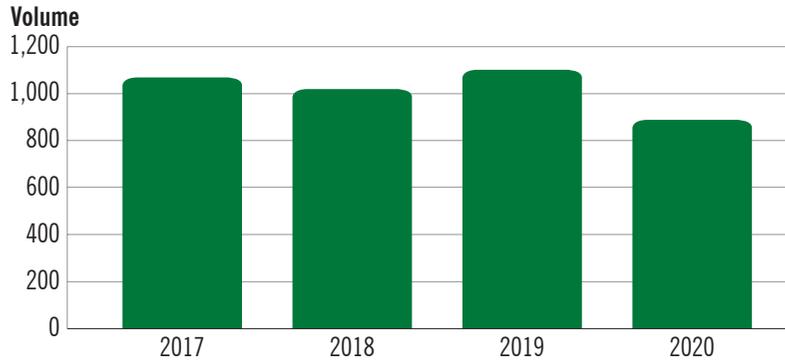
*ECMO cannulation during active CPR/ACLS

Survival to Discharge or Transfer



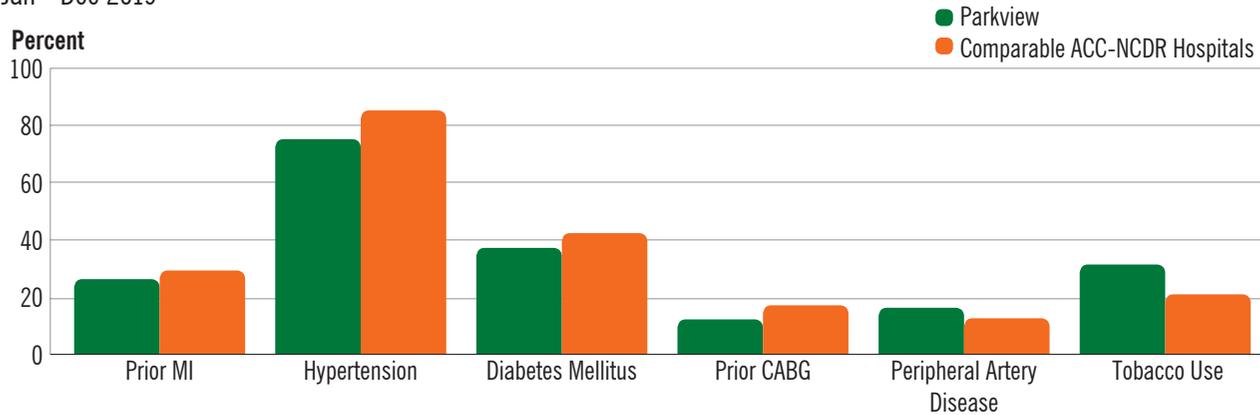
INTERVENTIONAL CARDIOLOGY

Percutaneous Coronary Intervention (PCI) Volumes



Medical Conditions Among Patients Undergoing PCI Procedures

Jan - Dec 2019

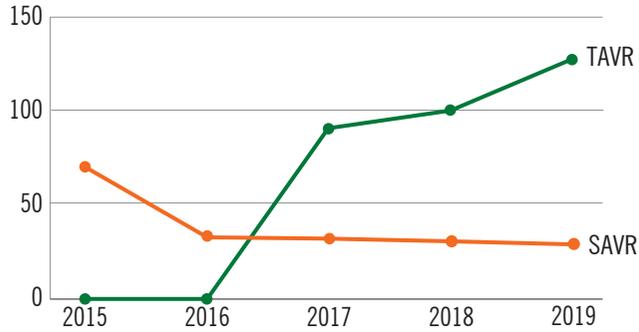


Source: NCDR CathPCI Q4 2019 Outcomes Report

STRUCTURAL HEART

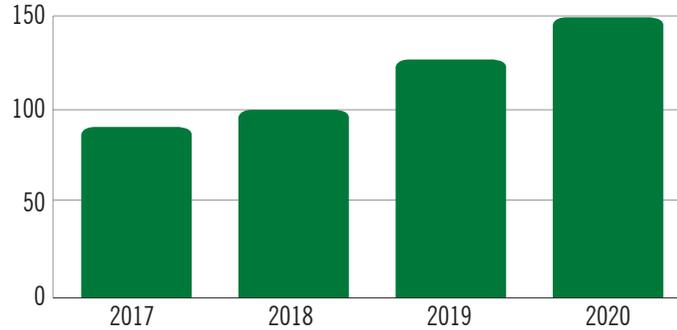
Transcatheter Aortic Valve Replacement (TAVR) and Surgical Aortic Valve Replacement (SAVR)

Case Volumes



TAVR Volume

Volume

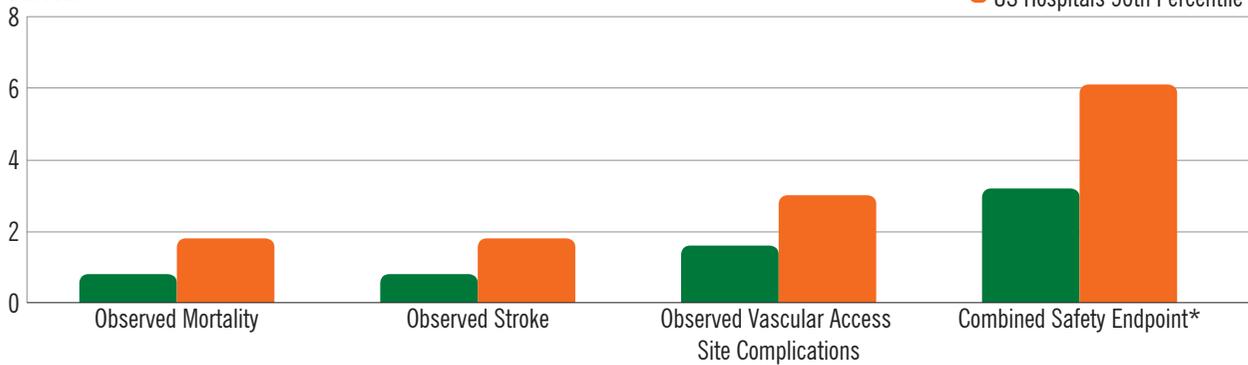


Source: STS/ACC TVT Outcomes Report Q4 2017, 2018, 2019, 2020

TAVR 30-Day Complications

Jan - Dec 2019

Percent

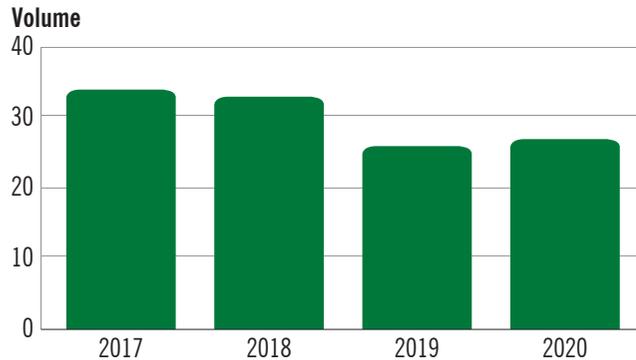


Source: STS/ACC TVT Outcomes Report Q4 2019

*Proportion of patients with TAVR with any of the following at 30 days: mortality, stroke, disabling bleeding, AKI stage 3, MI, vascular complication or AV re-intervention

ELECTROPHYSIOLOGY

Left Atrial Appendage Occlusion (LAAO) Volumes



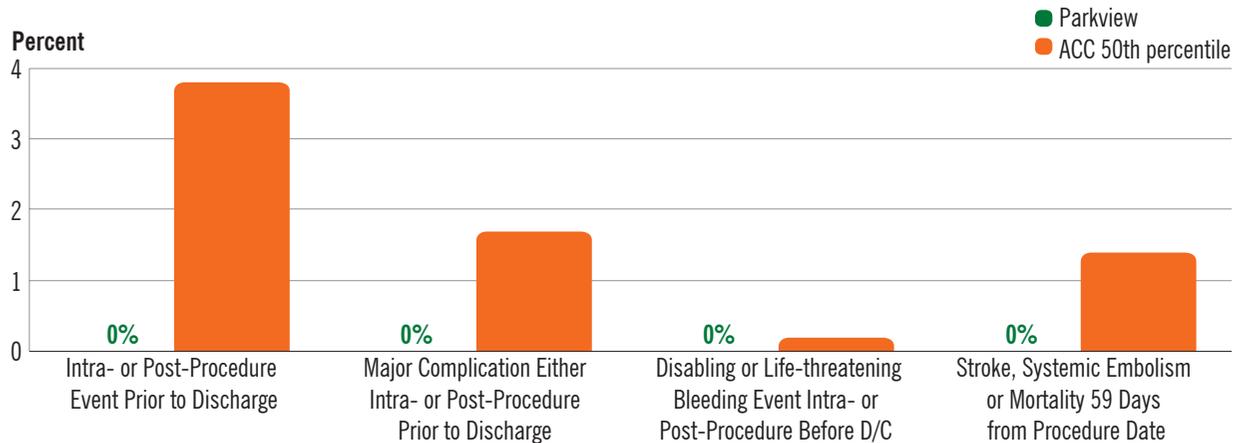
Source: ACC NCDR LAAO Outcomes Report Q4 2017, 2018, 2019, 2020



Implantation of the Watchman™ device for left atrial appendage occlusion

LAAO Outcomes

Jan - Dec 2019

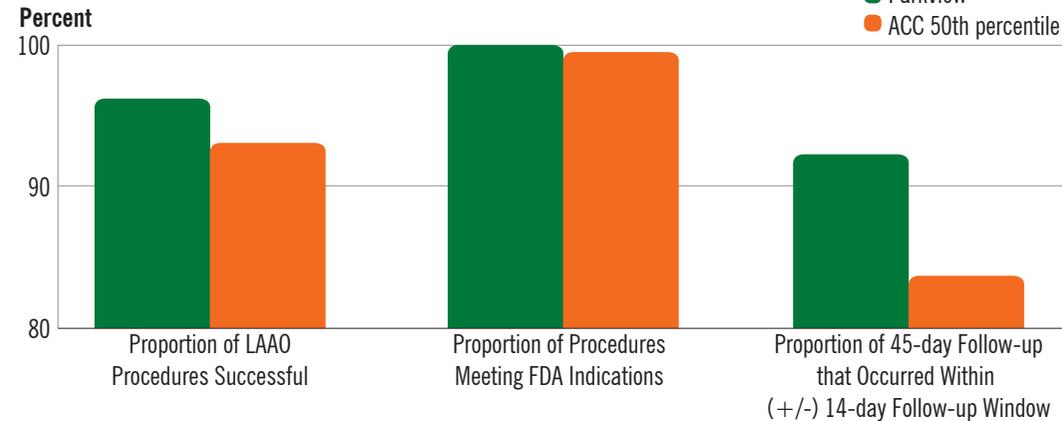


Source: ACC NCDR Q4 2019 LAAO Outcomes Report

ELECTROPHYSIOLOGY

LAAO Outcomes

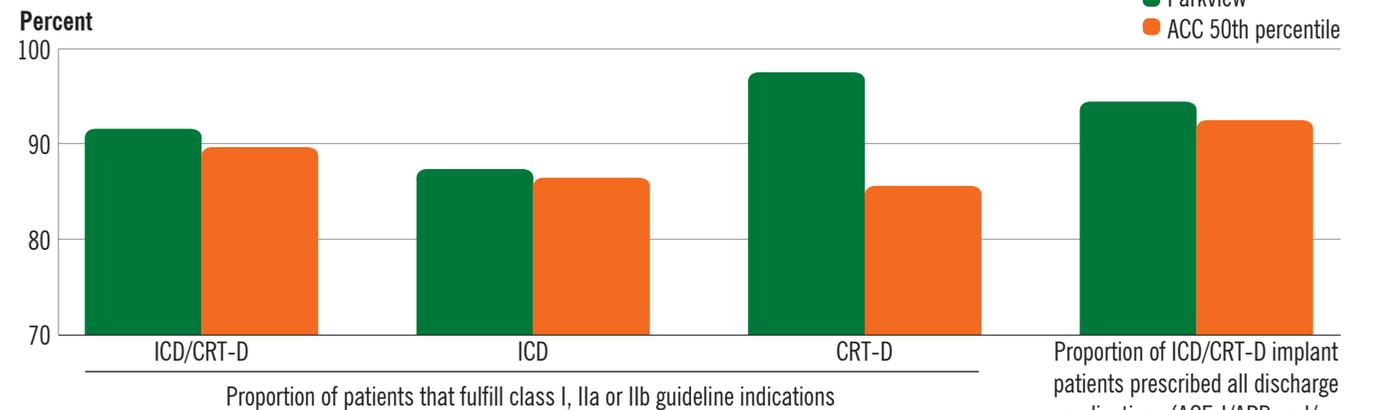
Jan - Dec 2019



Source: ACC NCDR LAAO Outcomes Report Q4 2019

ICD Outcomes

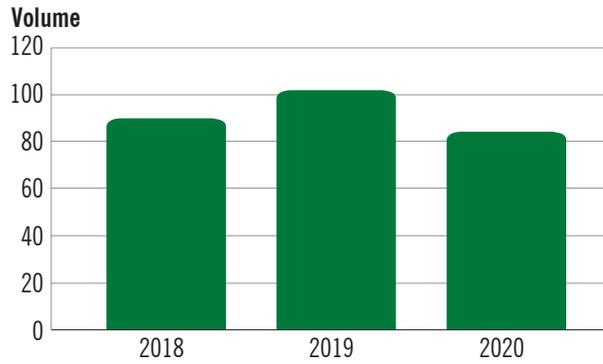
Jan - Dec 2019



Source: ACC NCDR ICD Outcomes Report Q4 2019

ICD = implantable cardioverter-defibrillator, CRT-D = cardiac resynchronization therapy defibrillator, ACE-I = angiotensin-converting enzyme inhibitor, ARB = angiotensin receptor blocker

AFib Ablation Volumes

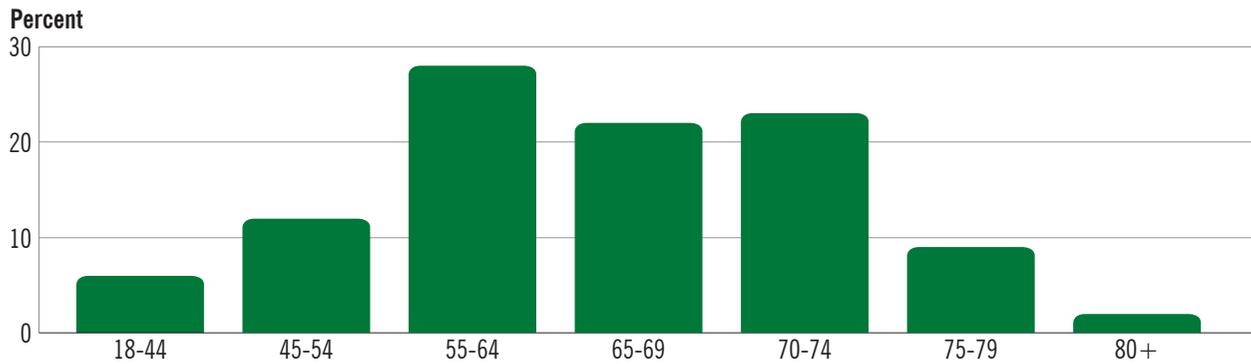


Source: ACC NCDR AFib Ablation Published Reports 2018, 2019, 2020 Q4



AFib Ablation Patients by Age

Jan - Dec 2019



Source: ACC NCDR 2019 Q4 AFib Ablation Published Report

NOVEL APPROACHES TO PATIENT CARE DELIVERY

Because of early research titans in northeast Indiana, Parkview cardiovascular services have a long-standing correlation with bench-to-bedside research. When the Parkview Research Center formed in 1993, cardiology became the first core area of research focus, followed by neurology, oncology and, eventually, medical informatics. Parkview's entrance into the world of medical research added to the body of knowledge and tested the efficacy of many emerging pharmaceuticals and medical devices. As medical informatics studies emerged, the vital information revealed by these studies began to further enhance the delivery of patient care. Today Parkview Heart Institute providers are engaged in a variety of research studies. This work produces life-changing benefits for individuals and families in our region, thanks to the partnership with Parkview Research Center.

Currently Enrolling

- Node 301, Part 1 of the Rapid Study: A Multi-Center, Randomized, Double-Blind, Placebo-Controlled Study of Etripamil Nasal Spray for the Termination of Spontaneous Episodes of Paroxysmal Supraventricular Tachycardia (PSVT): (NCT03464019*)
- Node 303, Part 3 of The Rapid Study: Safety Study of Etripamil Nasal Spray for Patients with Paroxysmal Supraventricular Tachycardia (PSVT): (NCT04072835)
- HPS-4/TIMI 65/ORION-4: A Double-Blind, Randomized, Placebo-Controlled Trial Assessing the Effects of Inclisiran on Clinical Outcomes Among People with Atherosclerotic Cardiovascular Disease: (NCT03705234) Graftmaster® Coronary Stent Graft System by Jostent Humanitarian Use Device (HUD)

Active, Not Enrolling

- Chief – HF: A Study on the Impact of Canagliflozin on Health Status, Quality of Life, and Functional Status in Heart Failure: (NCT04252287)
- Heart-FID: A Randomized, Double-Blind, Placebo-Controlled Study to Investigate the Efficacy and Safety of Injectafer (Ferric Carboxymaltose) as Treatment for Heart Failure with Iron Deficiency: (NCT03037931)
- Dal-GenE: A phase III, Double-Blind, randomized, Placebo-Controlled Study to Evaluate the Effects of Dalcetrapib vs Placebo on Cardiovascular Risk in a Genetically Defined Population with a Recent Acute Coronary Syndrome (ACS): (NCT02525939)
- Leadless II: A Safety and Effectiveness Trial for the Nanostim Leadless Pacemaker: (NCT02030418)
- Leopard: A Multicenter, Post-Market Study to Assess Outcomes of Patients Treated with the AFX System Compared to Other EVAR Devices for Endovascular Abdominal Aortic Aneurysm Repair: (NCT024007457)
- S-ICD® System Post Approval Study: (NCT01736618)
- WATCH-TAVR: WATCHMAN for Patients with Atrial Fibrillation Undergoing Transcatheter Aortic Valve Replacement: (NCT03173534)
- Bioflow-V: Safety and Effectiveness of the Orsiro Sirolimus Eluting Coronary Stent System in Subjects with Coronary Artery Lesions: (NCT02389946)

Study Closing or Closed

- Manage HF: Multiple Cardiac Sensors for the Management of Heart Failure: (NCT03237858)
- Node 302 (Part 2 of the Rapid Study): Safety Study of Intranasal Etripamil for the Termination of Spontaneous Episodes of Paroxysmal Supraventricular Tachycardia (PSVT): (NCT03635996)
- Optisure Lead Post Approval Study: (NCT02235545)
- Smart – MSP: Strategic Management to Improve CRT Using Multi-Site Pacing Post Approval Study: (NCT03257436)
- Strength: A Long-Term Outcomes Study to Assess Statin Residual Risk Reduction with EpaNova in HiGh Cardiovascular Risk Patients with Hypertriglyceridemia: (NCT02104817)

Medical Informatics

- Guideline Directed Medical Therapy (GDMT) Design Implementation Project – Epic Snapshot
- Cardiac Resynchronization Therapy (CRT) – Metaphor Study – Patient Interviews
- Heart Failure Management (HFM) – Biotronik 2

Parkview Registries

- Clinical Guideline Compliance in Management of Patients with Heart Failure with Reduced Ejection Fraction (HFrEF) – (MAHE16-0512 HFrEF)
- Elective Cardioversion Registry, Parkview Heart Institute 1 – (PRC14-0428 Cardioversion 1)
- Elective Cardioversion Registry, Parkview Heart Institute 2 – (PRC14-0428 Cardioversion 2)

For information on these studies, visit parkview.com/heart-research.

*Study identifier numbers on clinicaltrials.gov

PATIENT EXPERIENCE: A DAUGHTER SAYS ‘THANK YOU.’

Leaders at Parkview Heart Institute recently received a letter from Caitlyn McCord regarding her father, Dave Nixon. The family was kind enough to let us share their story:

Dear Parkview Heart Institute,

I wanted to reach out to all of you with a huge thank-you. Recently, my family experienced a very scary situation. My dad, at age 59, suffered a substantial heart attack.

From the time he was life-flighted from a nearby hospital, we just prayed. We had no clue what would be in store for him when he arrived at Parkview Regional Medical Center (PRMC). We were so grateful to learn that, as soon as he landed in Fort Wayne, your team got him into the cath lab at the Parkview Heart Institute immediately.

As if this situation was not scary enough, given the visitor restrictions in place because of COVID, we realized that we couldn't be there with him and that we would have to rely on phone correspondence with physicians and nurses, and trust that he was in good hands. My mom was so relieved to receive the phone call from Dr. Eric White, and said that he was so comforting and kind. Additionally, I believe it was Dr. Dustin Thomas who was rounding to see my dad when he was in the ICU for a couple of days. I so appreciate everything your team did to ensure that my dad received excellent care.

In talking with him, he said that the pain was so unbearable. He truly did not know if this was the end of his life or what was happening, but he knew he never wanted to experience a pain like that again, and this is a man who has a pretty high pain tolerance and has experienced a couple of pretty painful injuries in his life. As soon as he made it to the cath lab, he said a prayer for all involved and just had so

much on his mind. He felt overwhelmed by the care that he received and was praying that there was hope for a good result.

I listened to everything he had to tell me about his experience, and I will say that neither he nor I had a dry eye. I was getting married at the end of the month, and to have all of this happen so close to a big celebration like that was like seeing everything flash before my eyes. I wanted more than anything for my dad to be able to attend my wedding and to be with me, my mom and my 11-year-old brother for many more years to come.

So truly, I thank you and your entire team for all that you did to save my dad's life. I just wanted you to know how grateful and thankful I am, and I think you all deserve the recognition and to know how you impacted our lives.

Update: Caitlyn reports her father is doing well. She continued, "We appreciate the level of care that Parkview provided, and when these unfortunate things happen, we know where we want to go to receive care."



PATIENT EXPERIENCE: AN OPPORTUNITY FOR GRATITUDE

Tom Miller, MD, physician executive, Parkview Women's & Children's Services, shared a story of a recent encounter he had with a stranger. During their conversation, Dr. Miller learned that the man had previously been treated at Parkview and that the experience changed his life.

Dr. Miller met the man and his girlfriend as he was enjoying lunch at a local restaurant. They struck up a conversation, and when Dr. Miller shared that he worked for Parkview, the man's eyes lit up. "I love the Parkview Heart Institute!" he exclaimed. "Dr. Schleinkofer and his team are the best. I love that man."

He was referring to David E. Schleinkofer, MD, Parkview Physicians Group – Cardiology.

The man went on to explain that more than a decade ago, he had contracted a virus that resulted in cardiomyopathy, a disease that made him ill enough to qualify for a heart transplant. "I told them I had had a good life [and to] give it to someone who needed it more," he said.

The man showed Dr. Miller a scar that marked where his defibrillator had been placed, and he told him about his hospitalization. He said that he'd been hooked up to a variety of monitors and IV lines. "I started to feel strange and the monitors went off. It was like a cattle call!" he recalled. "Herds of people descended on me."

As his care team worked quickly around him, he felt a sudden sense of peace. "No lights or family voices, but a peaceful feeling," he said.

The gentleman's eyes teared up and his voice cracked when he shared what his nurse said to him: "I've been caring for you for the last week and a half, and we are not letting you go!"

"They saved me, and here I sit enjoying life with my girlfriend," he said. "I wasn't supposed to live. I wasn't supposed to be here today."

Dr. Miller said it was moving to witness the man's emotion and gratitude as he shared his story. "It was a source of pride for me to be associated with doctors and co-workers in our health system who are so dedicated to our patients."

Dr. Miller thanked him for sharing his experience and for his faith in Parkview's mission. "I believe in everything Parkview does," the man responded. "If anyone ever needs to put their heart in someone's hands, make it Parkview's."

HER HEART PROGRAM

In 2020 we were introduced to a novel and widespread health concern. We experienced collective fear and anxiety about this new virus, discomfort around mask wearing and isolation because of guidelines limiting social gatherings.

Still, COVID-19 didn't negate other health concerns. Heart disease, which remains the #1 cause of death in women, is often called the "silent killer" because women with heart disease are often undiagnosed. Knowing that 80% of heart disease in women is preventable, leaders and staff of Parkview Heart Institute reframed their thinking and presentation of services for Her Heart, the women's heart program.

Community events and inpatient education by the Her Heart Ambassadors were temporarily suspended. However, technology allowed the support group to go virtual, reaching more women than in-person meetings during normal times. No longer were participants hampered by barriers such as geography, work schedules or childcare needs. Using email communications, program coordinator Jill Zahm, RN, provided timely knowledge for members on topics such as how to use curbside grocery shopping.

Zahm devised a new approach for the Her Heart Challenge, the lifestyle change program that identifies participants' unique risk factors for heart disease and provides tools to manage this risk. This valuable program is largely dependent on relationships that form among participants and with program educators. A new concept emerged: Her Heart Challenge Recharge 2020.

From August through November, all the past Her Heart Challenge graduates had the opportunity to join a virtual program. When 56 women gathered virtually for the first session, it was obvious that this was a much-needed connection in this time of social distancing. The education sessions were quickly reformatted to offer an open chat for the first 15 minutes to allow the women to reconnect.

Andrea's Story

After participating in the Recharge, Andrea said: "Thank you for doing this program. I have looked forward to and learned from every session and have experienced major changes. I have lost enough weight since August that I am no longer classified as obese for the first time in 25 years. According to the CDC this means that I dropped one risk factor for COVID, and my diabetes numbers have been great. Overall, my quality of life has improved a lot with just a 20-pound weight loss. Words can't really say how much these changes mean to me. Through the group support and education components, our 'tribe' helps greatly. Thank you for your leadership and for your team's work with us."

While 2020 brought a number of challenges and setbacks, it also brought unforeseen opportunities. The Parkview Heart Institute leaders and staff embraced each opportunity, transforming programs and services into a strategy to educate more women about heart health.



Photo was taken prior to the COVID-19 pandemic.

Her Heart Program Highlights

Her Heart Support Network: provides education and peer support for women who experienced a heart event or received a diagnosis related to heart disease

Her Heart Ambassadors: a group of 10 selected female survivors of heart disease who visit newly diagnosed female cardiac patients before they are discharged from the Heart Institute to offer encouragement and a personal invitation to the Her Heart Support Network meetings

Love Your Heart Expo: an annual event attracting nearly 1,000 women, focused on women's heart health, featuring presentations, healthy cooking demonstrations and free health screenings. A series of regional events are also held for the community

Parkview Heart Institute's Women's Heart Symposium: a continuing medical education event for physicians and other healthcare professionals, featuring national and regional experts on best practices and research into heart disease among women

Patient Education Library: materials detailing how heart attack symptoms and cardiovascular disease present differently in women

Her Heart Challenge: a lifestyle-change program that provides education and support to encourage participants to identify their own risks for developing heart disease and provides tools to reduce the risks.

Participant successes

2018-19

- 100% increased their well-being score
- A1C reduced in 50% of those with elevated level (>5.7)
- Total cholesterol reduced in 62% of those with elevated level (>200)
- Triglycerides reduced in 87% of those with elevated level (>150)

2019-20

- 100% increased their well-being score
- A1C reduced in 92% of those with elevated level (>5.7)
- Cholesterol reduced in 57% of those with elevated level (>200)
- Triglycerides reduced in 66% of those with elevated level (>150)



Photo was taken prior to the COVID-19 pandemic.

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REFERRALS

To refer a patient for a cardiology visit to the physician office, call 260-266-5680.

To make a direct referral for a cardiovascular visit to the physician office, call 260-266-2816.