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Echo News - April 2012

Increasing the number of women referred to cardiac rehabilitation



Echo is concerned that cardiovascular Disease (CVD) is a leading cause of death and disability among Canadian women (and men). Rehabilitation services as a whole have repeatedly demonstrated benefit, both clinically and economically however research shows that women are less likely to be referred and more likely to withdraw from the programs. This is disconcerting given that these services are recommended as standard therapy in clinical practice guidelines and that many patients, in particular female patients will suffer recurrent morbidity due to this underutilization.

Cardiac rehabilitation (CR) is a medically supervised program that helps improve the health and well-being of people who have heart problems. CR programs include exercise training, education on heart healthy living, and counselling to reduce stress and to help participants return to an active life. It has been proven that CR helps patients:

- Recover after a heart attack or heart surgery;
- Prevent future hospital stays, heart problems, and death related to heart problems;
- Adopt healthy lifestyle changes; and
- Improve health and quality of life.

Echo, in partnership with [The Heart and Stroke Foundation](#), [Ontario Stroke Network](#) and the [Cardiac Care Network](#), is supporting three demonstration sites in order to assess the effectiveness of automatic CR plus liaison in increasing participation in CR ultimately toward improved functional status and reduced disability among women with cardiac disease.

We are pleased to be partnering with the following demonstration sites: 1) [Grey Bruce Health Services](#), 2) [Trillium Health Centre](#), and 3) [Southlake Regional Health Centre](#). We are also delighted that the Cardiac Care Network will be evaluating each of the demonstration sites. The evaluation findings will be useful in supporting later steps to help more hospitals in Ontario adopt CR practices that facilitate better health outcomes and better use of health care dollars.

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Latest Cuts: Another federal ministry announces program closure - the end of the Women's Health Contribution Program
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Research identifies keys to effective caregiver education and support
- ▶

CEO Pat Campbell will be leaving Echo this May
- ▶

Researchers urge action to improve health of all Ontarians
- ▶

Women experience greater complications and less life-saving therapy from ICD implantation: study

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Please stay tuned for the release of the cardiac and stroke current state assessment report this fall. In this report, Dr. Tracey Collela cites referral failure as one of the chief reasons CR utilization is so low and provides the basis for Echo's work in this area.

Echo supporting Ontario's Sexual Violence Action Plan



May is Sexual Assault Prevention Month. Sexual assault and intimate partner violence remain far too common, tragic forces in women's lives. One in three women will experience some form of sexual assault in their lifetimes.

Echo, with the Ontario Women's Directorate, is supporting [Ontario's Sexual Violence Action Plan](#) by helping to ensure people who are sexually assaulted or experience domestic violence get timely, appropriate care. In partnership with Ontario Network of Sexual Assault / Domestic Violence Treatment Centres, we are joining the Network Coordinator as she travels around the province to inform LHIN (Local Health Integration Network) executives, hospital administrators, and health professionals of updates to the treatment standards used in Ontario's 35 Centres.

We're honoured to be part of this important work to support survivors of assault and abuse. What we'd all prefer, however, is to **prevent sexual assault in the first place**. Current approaches to prevention such as the [Social-Ecological Model](#) recognize that violence must be addressed at multiple levels: individual, relationship, community, and society. A woman who is informed how to recognize potential danger and fight back is better able to protect herself; a man who has grown up in a healthy, non-violent environment can recognize a friend's unhealthy behaviour and learn how to intervene; and a society that makes a priority of education to end violence can fight sexual assault and partner abuse. Spend some time in May learning about what you can do! Here are some resources to get you started:

[Ontario Women's Directorate](#)

[Ontario Network of Sexual Assault/Domestic Violence Treatment Centres](#)

[Ontario Network for Violence Against Women Coordinating Committees](#)

Pat Campbell highlights the importance of gender in equity policies



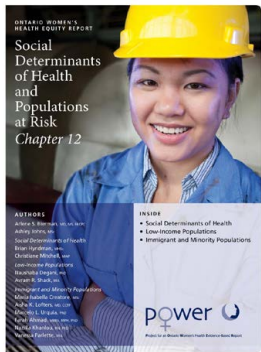
Longwoods has been hosting the [Longwoods Health Equity Dialogues - A Series of Articles about Measuring Health Equity](#), initiated by the [Equity MAqIC group](#). The goal of the series is to generate awareness and further dialogue to continue the process of embedding equity in key system and organizational drivers such as quality improvement and performance management.

Read submissions by some of Ontario's leading health care experts including Echo's own, Pat Campbell who recently answered the question, 'what can we learn from equity policies around gender to date in Ontario?'

The series wraps up early next month. We encourage you to post comments to articles and engage in an ongoing dialogue about equity.

[Read Pat's submission](#)

Webcast presentation - POWER Study final data chapter



Echo and the [POWER Study](#) partners recently released the [Social Determinants of Health and Populations at Risk chapter](#). This chapter synthesizes prior analyses that examined the health of low-income, minority, and immigrant women, and enriches this by reporting additional indicators of the social determinants of health and immigrant women's health.

Missed the launch? View the webcast presentation of key findings featuring principal investigator, Dr. Arlene Bierman.

[View webcast](#)

Engaging students at Echo

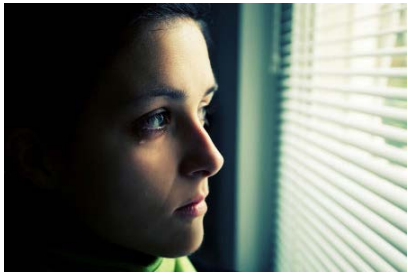


Echo is delighted to have students join our team to support their learning about women's health and to engage meaningfully in contributing to Echo's mandate to improve women's health in Ontario.

Echo welcomes graduate level students and has created opportunities for getting involved in a range of activities. Most recently, Echo hosted two first year medical students – Meg Casson and Evan Lilly - who supported our work on improving access to colposcopy services for women experiencing disadvantage.

To inquire about student opportunities, please contact [Shelley Cleverly](#).

Women's Mental Health Day presentations now available online!



If you missed the Women's Mental Health event hosted by Echo back in March, you can now watch some of the exceptional presentations on our website!

Login to the Health Professionals section of our website and click 'presentations' to view. Not yet a member? Sign up now.

[Watch now!](#)

Internationally acclaimed company tackles tough subject with new ballet



Atlantic Ballet Theatre of Canada continues the national tour of GHOSTS OF VIOLENCE with its Toronto debut at the St. Lawrence Centre for the Arts on Saturday, May 26. The hauntingly beautiful contemporary ballet explores an issue that usually remains in the shadows – gender-based violence. It was

choreographed by Company Artistic Director Igor Dobrovolskiy in collaboration with Canadian Theatre icon Sharon Pollock.

GHOSTS OF VIOLENCE recently played to a sold-out house in London. "The ballet is a way to get across the message about the issue of intimate partner abuse that could not have been realized in any other form," said Megan Walker, Executive Director of the London Abused Women's Centre. "It is so powerful. It takes you on an emotional journey and at the end of it you feel so inspired."

The ballet was one of a select few national and international dance productions to make *The Globe and Mail's* Dance Preview List for 2012. "The fact that women's groups across the country are clamoring for this piece points to the power of art as an instrument of social change," said the *Globe's* dance critic, Paula Citron.

Groups that are focused on eliminating gender-based violence have embraced the project across the country. The RCMP, the Canadian Nurses Association and the Canadian Association of Social Workers are National Partners and are a visible presence at each performance. Atlantic Ballet Theatre of Canada also partners with community organizations wherever the ballet tours. Local partners in Toronto include YWCA Toronto, Assaulted Women's Helpline (Toronto), the White Ribbon Campaign and Women Abuse Council of Toronto.

For more information on GHOSTS OF VIOLENCE: visit AtlanticBallet.ca. Toronto tickets: stlc.com. [Get a look behind the scenes](#).

Echo recognizes Bridget Lynch, 2012 YWCA Woman of Distinction



Echo congratulates Bridget Lynch, midwife with Community Midwives of Toronto and former President of the International Confederation of Midwives for receiving this prestigious award. The YWCA Woman of Distinction award is given for an outstanding contribution to improving the lives of girls and women. Well done Bridget!

[For more information](#)

Interesting News/Resources:

[New Cancer Screening Test Could Have Big Health-Care Impact in the North](#)

[New study on "Population-Specific HIV/AIDS Status Report: Women."](#)

Observances:

May - [Sexual Abuse/Assault Prevention Month](#)

May 7-13 - [Mental Health Week](#)

May 22-25 - [Aboriginal Awareness Week](#)

May 31 - [World No-Tobacco Day](#)

Events:



April 30, 2012
Access to Care: Creating and Enabling Environment in Breast Screening
Venue: Ben Sadowski Auditorium, Mount Sinai Hospital, Toronto
Organizer: Mount Sinai Hospital

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April 30, 2012
Business of Aging -Care, Career & Caregiving
Venue: MaRS Centre Auditorium, 201 College Street, Toronto
Organizer: MaRS

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May 4, 2012
Minding Our Bodies Forum
Venue: Stoney Creek Community Centre, YMCA, London
Organizer: Minding Our Bodies

[Read more](#)



May 9, 2012
Innovation and Leadership in Rural and Northern Health Care
Venue: Radisson Admiral Hotel Toronto-Harbourfront, 249 Queen's Quay West, Toronto
Organizer: Ontario Hospital Association

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May 28, 2012
Canada's 1st Applied Research Conference in Cancer Control
Venue: Hilton Bonaventure Hotel, 900 de la Gauchetiere W, Montreal
Organizer: Canadian Centre for Applied Research in Cancer

Control.
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May 31 - June 1
34th Annual Guelph Sexuality Conference 2012
Venue: University of Guelph
Organizer: University of Guelph

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