



For Immediate Release

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Enhanced Cardiac Rehabilitation Program Comes to North Lambton Community Health Centre

Sarnia: The North Lambton Community Health Centre (NLCHC) is pleased to announce that they will begin operation of the Sarnia/Lambton Cardiac Rehabilitation Program. Thanks to a voluntary integration agreement, supported by the Erie St. Clair Local Health Integration Network (ESC LHIN), the Cardiac Rehabilitation Program will be transferred from St. Joseph's Health Care London to the NLCHC. The Cardiac Rehabilitation Program will continue to operate at 168 Essex Street in Sarnia.

Dr. S. N. Ali, Medical Director, has been operating the Cardiac Rehabilitation Program for the past 12 years and will continue in that capacity. The program helps people based on the following criteria:

- Heart attack
- Angina
- Coronary artery angioplasty or stents
- Open heart surgery (such as coronary by-pass or valve surgery and heart failure)
- Heart transplant
- Arrhythmias

"When the ESC LHIN was approached by the NLCHC with the business case for this integration, we saw this as a win for the community" said Gary Switzer, CEO of the ESC LHIN. "I'm please to say that \$156,000 in annual funding is being provided from the ESC LHIN community funding allocation to enhanced cardiac rehabilitation care for our residents."

The expected outcomes of this base funding are:

- Reduced ALC days at the Bluewater Health
- Reduced readmission to hospitals
- Improved quality of life for patients

Kathy Bresett, Executive Director of the North Lambton Community Health Centre notes that the addition of this excellent program will complement the Centres' existing chronic disease program. Currently, the NLCHC operates Diabetes Education Programs, Chronic Obstructive Pulmonary Disease and Pulmonary Rehab Programs, Falls Prevention and Grab Bar Programs in Sarnia/Lambton. Kathy added that all programs are provided at no charge.

Dr. Ali commends the ESC LHIN, London Health Sciences Centre, and board of the NLCHC for their foresight and commitment to enhance patient care. He added that the NLCHC partnership with Southwestern Ontario Cardiac Rehabilitation Network has been critical in the success of the program. He also noted the work of Dr. Neville Suskin, Regional Medical Director and Karen Unsworth for their role in this development.

Moving forward, Dr. Ali will focus on developing both further care pathways for patients with heart disease as well as system integration with other chronic disease care.

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