

Resources for Managing Heart Failure



Winnipeg Regional
Health Authority

Office régional de la
santé de Winnipeg

(HF)

2020

Heart Failure Programs in Manitoba

TeleCARE TélÉSOINS Manitoba Heart Failure is a free telephone-based Heart Failure Self-Management Program where nurses and dietitians answer questions and work with clients to create an individualized program. They provide one-to-one support, education, health monitoring, and health coaching. For more information, please call 204-788-8688 or toll free at 1-866-204-3737.



Cardiac Rehabilitation is a medically supervised 16-week education and exercise program designed to help develop the skills and confidence to lead a healthier life. A team of certified exercise and health professionals monitor, guide and support individuals in a group or one-to-one setting. Spouses and partners are encouraged to attend the educational session. There is a fee for this program; however, financial assistance may be provided based on individual need. Some extended health insurance plans will cover all or part of the fee.

For more information, please call:

- The Wellness Institute at Seven Oaks General Hospital 204-632-3907 or wellnessinstitute.ca
- Reh-Fit Centre 204-488-8023 or reh-fit.com
- Brandon Heart Program 204-578-4225
- Northern Health Region The Pas 204-627-1400

The Heart Failure Education Class is held in Room CR5066 at the Asper Building of St. Boniface Hospital, Winnipeg. The 90-minute class, led by a team consisting of a nurse, dietitian, physiotherapist, and pharmacist, covers important ways to reduce symptoms of heart failure, stay active, and learn facts about medications in managing heart failure. Family members are encouraged to attend. Registration is not required. To view class schedules, please go to umanitoba.ca/medicine/units/cardiac_sciences/index.html and click on Heart Failure Group Teaching under Quick Links.

General Resources for Heart Failure

Heart and Stroke Foundation: heartandstroke.ca/heart/conditions/heart-failure or call the Manitoba Regional Office at 204-949-2000 or toll free at 1-888-473-4636.

Support Groups

The Heart Failure Support Group of Manitoba provides connections with others who have heart failure or those caring for someone with heart failure, offering reassurance, reducing feelings of isolation and reinforcing a positive, hopeful attitude. For more information contact the St Boniface Heart Failure Clinic at 204-235-3995 or Facebook for Heart Failure Support Group of Manitoba.

The HeartLife Foundation is national patient-led heart failure organization aimed at helping heart failure patients self-manage their condition, provide education and support for patients, families and caregivers, and advocate for access to care and innovative treatments. Go to heartlife.ca

Heart and Stroke Community of Survivors is a members-only Facebook Group of Survivors and Care Supporters:

- Survivors: share experiences, quality information and tips for life after a cardiac event or diagnosis. Find social and emotional support in a safe, inclusive and respectful community.
- Care Supporters: connect with other care supporters to share, support and lean on others who are also caring for individuals with heart conditions. Go to heartandstroke.ca/heart/recovery-and-support/the-power-of-community for more information.

Get Better Together (GBT) is a workshop designed to help Manitobans with ongoing health conditions take control of their health. Led by individuals with health issues who understand the challenges of managing symptoms, medications and health care needs. Times, Manitoba locations and online programs can be found at wellnessinstitute.ca/gbt or call 204-632-3900.

WRHA Indigenous Health Patient Services for Indigenous people receiving medical care in Winnipeg and Churchill. Patient Services has offices at Health Sciences Centre, St. Boniface Hospital, Seven Oaks General Hospital, Grace Hospital and Concordia Hospital, and also has a mobile team that travels to other locations. Indigenous Health offers:

- Language Interpretation
- Resource Coordination
- Discharge Planning & Coordination
- Advocacy (WRHA hospital and community programs)
- Spiritual/Cultural Care



Indigenous Health also collaborates with Assembly of Manitoba Chiefs Patient Advocate Unit for First Nations individuals requiring assistance with medical relocation. For more information call 204-940-8880, 1-877-940-8880, or go to wrha.mb.ca/aboriginalhealth

Mental Well-being — information available at:

1. Mental Health Resources Guide for Winnipeg mbwpg.cmha.ca/resources/mental-health-resource-guide-for-winnipeg
2. Anxiety Disorders Association of Manitoba adam.mb.ca or 204-925-0600
3. Mood Disorders Association of Manitoba mooddisordersmanitoba.ca or 204-786-0987
4. Positive Coping with Health Conditions—A Self-Care Workbook psychhealthandsafety.org/pcwhc
5. Locally developed Phone App: Calm in the Storm (developed by Klinik) calminthestormapp.com
6. Mindfulness Phone App stopbreathethink.com/meditations

Nutrition

1. Craving Change – a 3-session group program to better understand your eating patterns and change your relationship with food wrha.mb.ca/groups
2. Dial-A-Dietitian – free access to a registered dietitian for nutrition questions, healthy living information and links to community dietitians at 204-788-8248.
3. Eating for Health—is part of the Heart Health Series and explores how healthy eating relates to health. Learn about facts, processed foods, salt and fiber, and how to make simple changes to your eating. wrha.mb.ca/groups

Quitting Smoking

1. Commit to Quit is a 5-week program for people planning to quit using tobacco. Participants learn about support techniques and aids, including smoking cessation medications. Learn strategies to stay tobacco-free long term. Visit wrha.mb.ca/groups
2. Smokers' Helpline for help and information on quitting smoking and tobacco use call 1-877-513-5333 or visit smokershelpline.ca/static/about-smokers-helpline
3. General Tobacco Reduction Resources is available at:
 - Winnipeg Regional Health Authority's website at wrha.mb.ca/public-health/service/tobacco-reduction/
 - Manitoba Lung Association 204-774-5501, toll free 1-888-262-5865; mb.lung.ca
 - Manitoba Tobacco Reduction Alliance, Inc. (MANTRA), 204-784-7030 mantrainc.ca

Note: tobacco reduction aids may be covered through Pharmacare and some group insurance plans; CancerCare for some cancer patients, and Status Indians and Inuk through NIHB.

Exercise

Please check with your health care provider before embarking on an activity program.

1. "Activity" section of Living with Heart Failure, Heart and Stroke Foundation.
2. Keeping the Beat with Physiotherapy Videos: Heart Failure Edition: umanitoba.ca/faculties/health_sciences/medicine/units/cardiac_sciences/physiovideo.html
3. City of Winnipeg Leisure Guide Programs may be free or have a small fee attached to them. Lower income individuals may be eligible for a waiver of Facility Access and courses.

Other

1. Winnipeg Transit Plus (Handi-Transit) at winnipegtransit.com/assets/189/handi-transit_application_dec_8-09.pdf or call 204-986-5722.
2. Transportation Options Network for Seniors (TONS) tonsemb.org or call 204-799-1788
3. E.R.I.K (Emergency Response Information Kit) Information can be found at any fire station or on the Winnipeg Fire Paramedic Services Website winnipeg.ca/fps/Public_Education/EMS_Presentations/E.R.I.K.stm

For more information about Heart Health and Other Programs, please check out the WRHA Health Management Group Program Guide at wrha.mb.ca/groups