Edmonton Oliver Primary Care Network (PCN) recently celebrated 10 years of providing primary care services in the heart of Edmonton. That’s 10 years of improving health outcomes for patients and developing some of Canada’s leading primary care programs.

On February 1, 2006, the Edmonton Oliver PCN launched with just 30 physicians and a team of three healthcare professionals. Ten years later it has over 150 physicians and more than 100 multi-disciplinary team members who provide care to more than 150,000 patients.

To mark the occasion, the PCN recently hosted a community health fair and anniversary celebration at Edmonton City Hall. The health fair showcased the many Edmonton Oliver PCN services available to Albertans and allowed people to talk to the PCN’s healthcare professionals and find a family physician if they needed one.

“Our health team put together some great displays that really demonstrated the wide range of programs and services we have to offer,” said Colleen Enns, executive director of the Edmonton Oliver PCN. “We had a number of people stop by to talk with our interprofessional team, but I think our pet therapy dog Cowboy stole the show. It was almost impossible to walk by him without stopping to say hello.”

The celebration wrapped up with a short program which featured Deputy Premier and Health Minister Sarah Hoffman, Alberta Health Services CEO Dr. Verna Yiu, and Edmonton Oliver PCN President and Co-Chair Dr. Glenn Burchett. Speakers recapped the PCN’s many patient-focused achievements over the past 10 years, including its pharmacist-led hospital discharge program; nurse-led chronic disease management and anticoagulation management programs; screening and referral coordination programs; psychologist- and social worker-led comprehensive mental health supports; lifestyle focused dietitian supports (which include classes held in the network’s patient teaching kitchen); CHANGE (Canadian Health Advanced by Nutrition and Graded Exercise program); and MOVE, an innovative exercise program that allows patients to workout alongside a kinesiologist and a family physician.

“Our PCN continues to implement programs that embrace the patient-centered medical home, which not only improve patient outcomes, but allow the health system to avoid costs associated with chronic disease,” said Colleen Enns. “Our member physicians and healthcare professionals are proud of the PCN we’ve built and we look forward to what we can achieve in the next 10 years as we help Edmontonians on their journey to better health.”

To learn more about this PCN, visit [www.edmontonoliverpcn.com](http://www.edmontonoliverpcn.com).
The Leduc Cardiac Rehabilitation Program was created to meet the growing need of local patients to receive quality care without having to travel into Edmonton. Inability to travel long distances is often given as a reason why patients outside of the city centre don’t follow up with much needed treatment. This local program helps patients overcome their fear of physical activity after experiencing a heart attack or other cardiac condition. Created in 2013, through a partnership between the Leduc Beaumont Devon Primary Care Network (LBDPCN), the Glenrose Rehabilitation Hospital and the Leduc Recreation Centre (LRC), this program has received over 190 referrals.

What are the program requirements?
- A person of any age who in the past year has had a cardiac condition or procedure such as a heart attack, bypass, valve replacement or repair.
- A participant must have a PCN family doctor and low to moderate risk factors.

How do patients get referred to the program?
There are two ways to enter the program:
- Once discharged, a patient can be referred by hospital staff.
- A PCN physician can refer their qualified patient directly to the program.
A member of the cardiac rehabilitation team will contact the patient to book an appointment for an initial assessment, if the treatment is appropriate.

What will patients experience in the initial assessment appointment?
The Leduc Cardiac Rehabilitation Program provides support to patients using a multi-disciplinary team including physicians, exercise specialists, registered nurses and dietitians.
Initial appointments at the PCN office in Leduc, involve taking vital signs, measuring waist circumference and assessing grip strength. Patients also undergo a complete physical. If the patient is cleared to enter the program, they will be given an appointment time to move to the next step. Sometimes additional testing (i.e., stress test) may be required before the patient can move on.

What happens in the duration of the program?
The patient joins the program team at the LRC, where all remaining appointments in the eight week program will take place. Each patient undergoes a medication, nutrition and activity assessment. Together with the healthcare professionals, they set goals such as managing stress and weight, decreasing blood pressure and improving their emotional state. Based on all the information gathered in this appointment, a program is designed specifically for each participant.

After the two month program is over, all patients are reassessed by the team and encouraged to continue the healthy lifestyle activities they learned in class. They are introduced to the staff at the LRC for continued support with physical activity. All program participants receive a six-month follow up assessment and continued one-on-one support, if necessary.

The feedback received has been overwhelmingly positive. Ninety-seven percent of graduates have rated the program as excellent or very good. In the words of a patient, “So nice to do this in Leduc instead of Edmonton. Excellent program. Highly recommended.”

If you want more information about this program or others, please visit [www.lbdpcn.com](http://www.lbdpcn.com).

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The Leduc Cardiac Rehabilitation Program Team.