

JOIN THE CANHEART CHOICES PATIENT ADVISORY PANEL COMMUNITY HEART OUTCOMES IMPROVEMENT AND CHOLESTEROL EDUCATION STUDY

We are looking for Ontarians from diverse backgrounds to join the patient advisory panel for a unique study aimed at bringing together patients and care providers to understand their CHOICES for improving cholesterol and heart health!



High cholesterol is a very important risk factor for heart disease and yet there are many people in Ontario who have not been tested for it and/or are not receiving the recommended treatments, even though they are at high risk for getting heart disease. To address this issue, Dr. Jack Tu from Sunnybrook Hospital and the University of Toronto, and a team of dedicated researchers from the *Cardiovascular Health in Ambulatory Care Research Team (CANHEART)* in Ontario are leading an innovative study called the *Community Heart Outcomes Improvement and Cholesterol Education Study (CHOICES)*, in health regions in Ontario with high rates of cardiovascular disease. As part of the study, we want to create tools for patients and their family physicians that allow them to work together to help improve the management of high cholesterol and prevent heart disease. The study is being funded as part of Canada's *Strategy for Patient-Oriented Research (SPOR)*, by the federal government's Canadian Institutes of Health Research (CIHR).

For more information about the study, please visit <http://www.canheart.ca/clinicaltrials/>

What would my role as a patient advisor be?

We value the unique and diverse perspectives that patients bring based on their own treatment experiences in the healthcare system. It is this insight that we are looking for to help guide the CANHEART CHOICES initiative.

We are seeking a **diverse group of patients from Ontario** to sit on a patient advisory panel which will be formed as part of the study. The patient advisory panel will help to guide the project including, sharing their lived experiences with managing their cholesterol and contact with the health system, deciding on outcomes of importance to them when making decisions about their heart care, providing feedback and helping the research team develop educational materials and studies for patients and physicians to improve their heart health.

A dedicated member of our team will be readily available to provide support for all panel members before, during and after meetings. They will schedule panel meetings with you, send you meeting agendas, meeting minutes, and other supplementary information, and can answer any questions you have during your participation.

What is the time commitment?

Patients on the panel will be invited to participate in **1-2 hour long telephone conference calls 3-4 times a year**, to be held at a time convenient for members of the advisory panel. There will also be several optional opportunities to attend in-person meetings (e.g., half-day or full-day team meetings in Toronto, the national SPOR meeting in Ottawa being held November 2018). All expenses (transportation, accommodation and meals) related to attending in-person meetings will be covered.

All patient advisory panel members will receive an hourly honorarium for their participation.

Am I eligible to join the patient advisory panel?

You are eligible to join if you meet the following criteria:

- Age 40-75 years and a resident of Ontario
- Have at least one major risk factor for cardiovascular disease (e.g., high blood pressure, diabetes, high cholesterol, family history) *OR* have had a heart attack or stroke or undergone a cardiac procedure (e.g., bypass surgery, angioplasty etc.)

How can I join?

If you are interested in joining, we would like to hear from you!

Please send an email to **Tara O'Neill, CANHEART research assistant**, at tara.oneill@ices.on.ca telling us a bit about yourself and why you are interested in joining the panel as well as the best way to contact you. We will arrange a telephone call for you to meet our team at your convenience!

If you have any questions, please contact Tara O'Neill at tara.oneill@ices.on.ca or call 416-490-4055 ext. 3119

***On behalf of our study team, we thank everyone who is interested
in being part of the patient advisory panel***