



Expression of Interest: Patient and Family or Caregiver Partners

Want to make a difference in women's heart health?

We are the [Canadian Women's Heart Health Alliance](#) ("Alliance"), a network of clinicians, researchers, professionals and people with lived experience, working together to advance women's heart health. We want to improve ways of delivering care to women with or at risk of heart disease and we need your voice to help us develop tools and strategies that would lead to greater awareness, education, practice and collaboration around women's heart health. The Alliance is powered by the Canadian Women's Heart Health Center at the University of Ottawa Heart Institute.

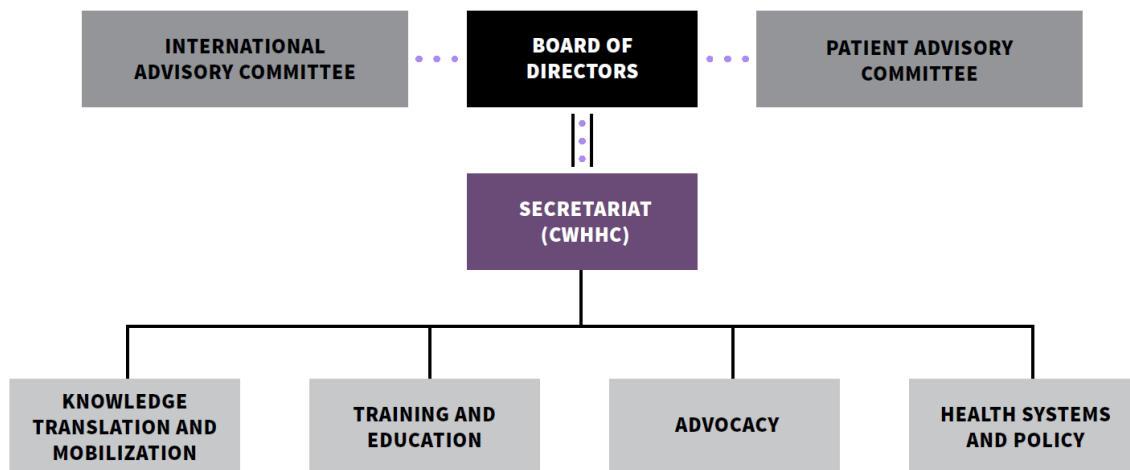
[The University of Ottawa Heart Institute](#) has flourished into one of Canada's most distinguished heart health centres for the unparalleled care it provides to its patients, a world-renowned research Institute that brings science from bench to bedside, and the country's main influencer when it comes to preventing heart disease. Its promise remains the very pillar on which it was built: Always putting patients first

Why join us?

Patients, family members/caregivers (formal and informal) bring relevant insight from living with a condition or illness and from interactions with the health system and care providers. Participating in working groups and committees will provide you with an opportunity to meet other people from across Canada with a similar experience, enable you to impact how cardiac care is delivered, or expedite new research findings into practice!

What are we looking for?

First of all, how is the Alliance structured? We are comprised of a Board of Directors, International and Patient Advisory Committees, the Secretariat body to provide operational and coordination support through the Canada Women's Heart Health Centre (CWHHC) at the University of Ottawa Heart Institute and four core working groups.





CANADIAN WOMEN'S HEART HEALTH CENTRE

We are looking for 12-14 individuals to help ensure that the projects and deliverables that the Canadian Women's Heart Health Alliance are seen through the patient and family/caregiver lens. These individuals can be **women living with heart disease** or a **male/female family member/caregiver to a woman with heart disease**. In this case, "Family" refers to blood relatives, spouses, partners and close friends who provide care for a woman living with heart disease.

We have 3 choices available for those who wish to be involved:

- 1) Patient Advisory Committee and Working Groups
- 2) Patient Advisory Committee and Board
- 3) Patient Advisory Committee only

Working Groups

The Working Groups each consist of approximately 10 members and will contribute their knowledge, their expertise, and their time and effort to advance the goals, objectives and activities as outlined by the Alliance. The Working Group operates as a team and draws on the skills and talents of each member to ensure the Alliance's success. We are looking for 2 patient members of each of the working groups.

The Working Group areas are as follows:

1. Advocacy:

To support advocates as they enhance awareness about women's cardiovascular health in their communities, and to stimulate new interest in the field of women's cardiovascular health.

2. Education:

To enhance education and training about specific cardiovascular issues affecting women: Projects will target various audiences such as the general public, physicians, nurses, students and allied health staff in a phased approach.

3. Health Systems and Policy:

To explore cost-effective strategies to improve and monitor women's cardiovascular health, and to promote these strategies based on findings.

4. Knowledge Translation and Mobilization:

To translate existing and new knowledge about cardiovascular health and disease in women; and to create sex-specific guidelines, tools and programs focused on improving outcomes for Canadian women.



The Patient Advisory Committee

The Patient Advisory Committee of the Women's Heart Health Alliance consists of the 10 patient/family members, broken down as follows:

- A chair and a co-chair for the group. These members will also participate in the Board meetings for the Alliance. (2 people)
- A representative from each of the four working groups (4 people)
- Four additional non-Working Group members will be recruited for this Committee (4 people)

Patient Advisory Committee will provide credible, reliable information on what matters most to patients. This includes advising on and co-designing projects, policies and strategies focused on women's heart health through the lens of Patient/Family Centred Care. This Committee will enable the patient members to share their respective Working Group's progress and obtain support with regards to overcoming potential challenges.

The Board

The Board of Directors will promote the Alliance's vision and mission by providing strategic guidance and oversight. This would include working with the Chairs of the Working Groups, the Chair of the Alliance, the secretariat, and other board members to monitor progress, seek solutions to challenges and ensure that the Working Groups and secretariat have the support and guidance they need to ensure steady progress on Alliance goals.

What might you be asked to do?

- Your contribution would depend on the skills you want to share and your comfort level with the work. Activities could include reviewing documents, providing input into the specific projects you are working on, taking notes, voting, and reaching out to your community or whatever you feel you can do to contribute!
- Attend meetings and other engagement opportunities (both teleconference and potentially in person)
- Participate actively in meetings, by sharing your story, feedback, experiences and opinions
- Members will be invited to participate in an annual face-to-face meeting, but will be under no obligation to attend in person. Whenever possible, alternative arrangements such as teleconferencing can be organized.

Note: All meetings will be held in English



How much time will this take you?

For any of the roles below:

- Expect a time commitment of an average of 4-8 hours per month
- Membership will be for a minimum term of one year, from September 2018 – September 2019

1) Patient Advisory Committee and Working Groups

- Working Group meetings will be held 4-6 times per year for 1-1/2 hours, virtually (teleconference or web conference).
- Patient Advisory Committee meetings will be held 3 times per year for 1-1/2 hours, virtually (teleconference or web conference). Only 1 or the 2 people with lived experience need to attend the patient advisory committee meetings.
- Therefore, a maximum of 8 virtual meetings per year lasting 1-1/2 hours is anticipated

2) Patient Advisory Committee and Board

- Patient Advisory Committee meetings will be held 3 times per year for 1-1/2 hours, virtually (teleconference or web conference).
- In the first year, Board meetings will be held monthly for 1-1/2 hours
- Therefore, a total of 15 virtual meetings per year lasting 1-1/2 hours is anticipated

3) Patient Advisory Committee only

- Patient Advisory Committee meetings will be held 3 times per year for 1-1/2 hours, virtually (teleconference or web conference).

This is a good fit for you if:

- You have a strong interest in working collaboratively on committees or working groups
- You are passionate about women's heart health and keen on working in one of the 4 areas
- You are vocal and comfortable lending your perspective to discussions and to ask questions
- You are able to speak to your positive care experiences as well as the not so positive ones
- You are tactful, discrete and have good listening and communication skills
- You have sufficient time to devote to the committee (refer to Time Commitment section above)
- You have had or are willing to work with different stakeholders such as clinicians, policy and healthcare leaders, academics and other patients/families.

Compensation

This is a voluntary role and as such there are no honoraria available. Travel costs to attend in-person meetings are unfortunately not covered by the Alliance at this time.



Membership Considerations

We aim to have diverse Patient Partners so we can improve the lives of all women at risk of or who have heart disease. We are looking for women of different ages to represent a woman's lifespan, cultural and ethnic diversity as well as geographic representation. If you have a unique perspective to bring that speaks to this, please highlight this information on the application.

Intake Process

An open call/expression of interest for the Working Groups will be held. Applications will be first reviewed by the Secretariat, followed by a brief discussion over the telephone. The final determinations will be made collaboratively with the Chair of the Working Group respectful of the above-mentioned considerations.

If you are interested in pursuing this opportunity, please click on this [link](#) to answer a few questions so that we can get to know you better. The deadline to submit your interest is **August 30, 2018 at 5:00 PM EDT**. If you have any questions or concerns, please contact Sabrina Pillay, Knowledge Translation Lead at cwhhc@ottawaheart.ca. Please note that the kick-off meeting will be held in **end-September to early October** via teleconference. The meeting will be 90 minutes in duration.

Other Opportunities for Involvement

There are many opportunities for interested stakeholders to participate in the Alliance. Opportunities include:

- Attend the [Canadian Women's Heart Health Summit](#); to learn more about advances in women's heart health and to meet other people with lived experiences. The next summit is April 2nd and 3rd, 2020.
- Join our [newsletter](#) to stay informed and up to date;
- Follow us on [Facebook](#) and [Twitter](#) and visit our [website](#).

Thank you for interest in women's heart health in all its diverse facets, your recognition of the importance of embedding prevention and evidence into clinical practice, and your commitment to improving the health of our patients, families, and our communities.

If you have any questions please feel free to contact me directly at tcoutinho@ottawaheart.ca.

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