Abstract

A quality improvement initiative was established between the Rochester Coronary Club (RCC) and Olmsted County, MN, Cardiac Rehabilitation (CR) staff to promote and expand RCC’s scope and sustainability.

Purpose

The RCC Board of Directors identified the need for a succession plan in order for the club to continue providing community outreach in Olmsted County and beyond, while adhering to the 501(3b) government guidelines. The inclusion of Olmsted County CR staff was a vital component for addressing relevant physical and psychosocial aspects of heart disease in an organized and collaborative fashion.

Significance

The RCC is the only local organization offering group-based psychosocial support specific to heart disease. For sustainability, the RCC wanted to form and maintain an appropriately-scoped, ongoing connection between themselves and Olmsted Medical Center (OMC); Mayo Clinic (MC), and other community groups. The RCC also wanted to broaden its scope to reach more people in Southeastern Minnesota.

Design

A comprehensive group, consisting of the Board of Directors, CR staff from OMC and MC, an operations coordinator, and a nurse advisor, met monthly to define the succession plan and establish adherence to the 501(3b) government guidelines. They worked collaboratively to determine the succession plan and future goals for RCC.

Methods

The design group identified a systematic way to invite speakers to the monthly community meetings. They retained the assistance of a administrative assistant as well as a certified public accountant. Identified goals were: reinvigoration of board, increase membership and attendance, meeting logistics, established descriptions of board positions, communication tools for marketing, and other miscellaneous items. A participant satisfaction survey was administered.

Results

The RCC Board of Directors identified the need for a succession plan in order for the club to continue providing community outreach in Olmsted County and beyond, while adhering to the 501(3b) government guidelines. The inclusion of Olmsted County CR staff was a vital component for addressing relevant physical and psychosocial aspects of heart disease in an organized and collaborative fashion.

Conclusions

Reinvigoration and establishment of the board positions, including CR liaison, resulted in improved member satisfaction and engagement. The use of a shared web based environment also increased member and board communication.

Implications

This project promoted collaboration between local CR program staff which enhanced the RCC’s commitment to be community based. The local CR program staff are assisting RCC in supporting outcome value in participation in post-cardiac care groups, promoting well-being. This collaboration could be repeated in other communities, particularly where limited resources in one facility may hinder their involvement.

RCC Mission Statement

Rochester Coronary Club will be a leader in Southeastern Minnesota providing educational, socializing and normalizing activities in a welcome group setting to individuals, their families and friends, preventing and/or experiencing a heart condition in order to live full lives.

Rochester Coronary Club

A collaborative approach between two medical facilities in Rochester, MN

Shawn E. Leth and Amanda K. Hovey

Mayo Clinic and Olmsted Medical Center, Rochester, MN

Introduction

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Implications

The RCC also wanted to broaden its scope to reach more people in Southeastern Minnesota.

Methods

The design group identified a systematic way to invite speakers to the monthly community meetings. They retained the assistance of a co-ordinator, or a nurse advisor, met monthly to define the succession plan and establish adherence to the 501(3b) government guidelines. They worked collaboratively to determine the succession plan and future goals for RCC.

Results

The RCC Board of Directors identified the need for a succession plan in order for the club to continue providing community outreach in Olmsted County and beyond, while adhering to the 501(3b) government guidelines. The inclusion of Olmsted County CR staff was a vital component for addressing relevant physical and psychosocial aspects of heart disease in an organized and collaborative fashion.

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