

Central East Stroke Network Newsletter



Volume 1, 2019

Who Are We?

Central East Stroke Network (CESN) is one of 11 stroke regions established across Ontario to provide leadership, development, implementation and integration of stroke care across the continuum.

Our region is divided into 5 districts with an Enhanced District Stroke Centre and District Centres:

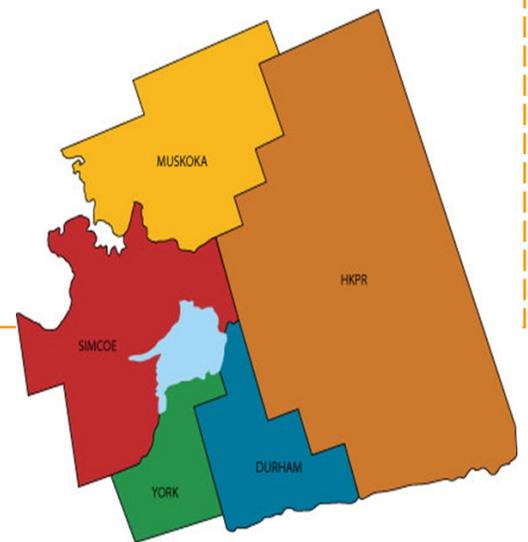
Simcoe - Enhanced District Stroke Centre, Royal Victoria Regional Health Centre, Barrie

Muskoka - Muskoka Algonquin Healthcare, Huntsville

York - Mackenzie Health, Richmond Hill

Durham - Lakeridge Health, Oshawa

Haliburton, Kawartha, Pine Ridge (HKPR) - Peterborough Regional Health Centre, Peterborough



Mark Your Calendars

Canadian Stroke Congress

Shaw Centre, Ottawa

October 3-5th, 2019

Call for Abstracts is open
Deadline is April 30, 2019

Funding opportunities are available
through the CESN Education Fund

For more information, click **Application
for CESN Funding** at:

<http://cesnstroke.ca/professional/home/>

Ref: Canadian Stroke Best Practices (www.strokebestpractices.ca)

Canadian Stroke Best Practices website has a

NEW LOOK

Check it out at: www.strokebestpractices.ca

Recommendations

Professional Resources

Archived webinars

Acute Stroke Management

Best Practice Recommendation

Section 6: Recommendations for acute antiplatelet therapy

Dual Antiplatelet Therapy For Very High Risk TIA and Minor Stroke

The 2018 Stroke Best Practice Guidelines recommend dual antiplatelet therapy for very high-risk TIA patients or patients with minor stroke of noncardioembolic origin for 21 to 30 days following the event. The guidelines recommend initiating Plavix and ASA prior to discharge from the Emergency Department. It is important that patients understand that the dual therapy stops in 21 to 30 days and are aware of which single antiplatelet to continue taking before leaving the hospital.

Ref: <https://www.strokebestpractices.ca/recommendations/acute-stroke-management/acute-antiplatelet-therapy>

Advance Care Planning Day April 16th

Speak Up

“They Know Me Well” is the theme of this year’s campaign. Making sure that people around you know your values & wishes.

Advance Care Planning is a process of thinking about & sharing your wishes for future health and personal care. It can help you tell others what would be important if you were ill & unable to communicate.

To help you start the conversation visit **Speak Up** website at: <http://www.advancecareplanning.ca/>

Caregiver distress: It’s Getting Worse

According to the Interim President & CEO of Health Quality Ontario, Anna Greenberg - caregiver stress & burnout continues to rise. **April 2nd, 2019** is **National Caregiver Day** in Canada. According to the article “We should care more about caregivers” in the March 4th 2019 edition of CMAJ, every day about 28% of Canadians provide care for family member, friend or neighbor, and nearly half will do so at some point. It is anticipated that over the next 20 years the number of older Canadians requiring assistance will double, yet there is a shrinking pool of informal caregivers.

Ref: <http://www.cmaj.ca/content/191/9/E245>

Canadian Hemispheres 2.0™ Stroke Competency Series is an e-learning program available at **NO COST** to healthcare providers caring for stroke patients working in CESN. It is a comprehensive, interactive education program composed of 8 modules. Learn at your own pace. Quizzes & certificates are included in the program.

- ✓ Brain Anatomy & Physiology
- ✓ Stroke Pathophysiology
- ✓ Hyperacute Stroke Care
- ✓ In-Hospital Ischemic Stroke
- ✓ In-Hospital Hemorrhagic Stroke
- ✓ Stroke Prevention
- ✓ Excellence in Stroke Care
- ✓ NIH Stroke Scale

For more information on the program & to sign up contact: Dorothy Burridge, Regional Education Coordinator at: burridded@rvh.on.ca

Hemispheres2.0
CANADIAN
STROKE COMPETENCY SERIES

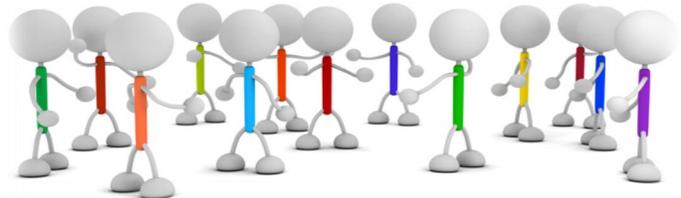
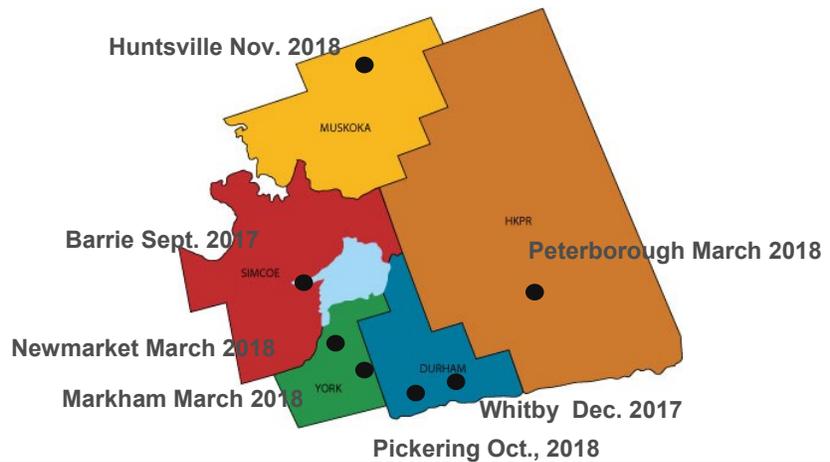
COMMUNITY STROKE PARTNERS DAY REPORT



March 2019

7 events held across the Central East Stroke Network

A half-day event for healthcare and community providers to network, share information, and learn about community agencies and programs that address long term recovery needs and community re-integration post stroke.



7 persons with stroke shared their inspiring stories of resiliency, hope and recovery

48 rapid podium presentations highlighting health care and community services/programs

353 attendees

175 agencies represented

86 health care and community services / programs showcased with exhibit booths

It was the best health fair I've ever been to! Very well organized and the presentations were really beneficial for my job!

Excellent variety of services and information and presentations. Organized and well thought out.

The rapid presentations were fabulous.

Great flow to day; New services and information. Good networking. Very valuable to share and learn.

This was a great experience. I really enjoyed learning about the new programs and services.



Made connections to programs I wasn't aware of.

Great networking opportunities; the rapid fire presentation format worked very well.

Super informative.

I left the day with lots of new information that I will use to better serve clients.

Questions or Comments?

Please contact Alda Tee
Regional Community and LTC Coordinator
for Central East Stroke Network at
teea@rvh.on.ca

SCA™ Implementation Tip

From Supported Conversation for Adults with Aphasia

Giving people with aphasia a way to answer your questions empowers them to participate in, and provide input about, their own care. A great way to do this is with a **Yes/No/Other card**. Encourage your team members to use the **Yes/No/Other card**, as well as writing down options for pointing, to allow your patients with aphasia to tell you about their challenges, their experiences, and their views on their own care. Together we can create a culture in which people with aphasia have a stronger voice.

Used with permission from the Aphasia Institute, Life's a Conversation
<https://www.aphasia.ca/>

e-Posters from World Stroke Congress

Check out the e-poster library from the World Stroke Congress held in Montreal, October 2018.

Whether you attended congress or not - you are able to access the posters by registering using the following link.

<https://worldstrokecongress.org/2018/abstract-information/e-poster-library>



Now Available:

"The Journey to Recovery After Stroke" a valuable resource to support:

- conversations between clinicians, and stroke survivors and their families about the stroke recovery journey, community re-integration needs, and goals
- discharge planning and transition management
- patient and family education
- a message of hope for recovery
- Canadian Stroke Best Practice Recommendations and Stroke Distinction Standards

The resource is available online at <http://cesnstroke.ca/professional/knowledge-translation/the-journey-to-recovery-after-stroke/>

"Gives hope - Shows what's ahead."
"Good visual to help patients understand recovery process is a long journey."
"Helps to ground & focus the conversation."
~Pilot Feedback

"Recovery after stroke is a process. It's not like you arrive at your recovery destination, not like you wake up one day and say "I am here"...It's a process, a realization and it's important to reinforce this."
~Person with Stroke

Contact Us

Royal Victoria Regional
Health Centre

201 Georgian Drive
Barrie, ON
L4M 6M2

705-728-9090 Ext.
46320

Email: cesn@rvh.on.ca

Visit us on the web at:
www.cesnstroke.ca



CENTRAL EAST
STROKE NETWORK