

Central East Stroke Network Newsletter



Volume 2, 2019

June is #StrokeMonth

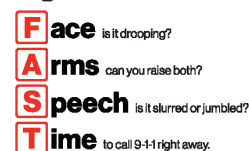
- * An estimated 62,000 strokes happen in Canada yearly - that's 1 every 9 minutes. For every minute a stroke goes untreated, 1.9 million brain cells die.
- * Data from CIHI shows that only 59% of Canadians with stroke arrive at the hospital by ambulance. **Stroke is a Medical Emergency**. As healthcare providers, it is our responsibility to educate about **FAST** & the importance of calling **911**.
- * Prevention starts with knowing your risk - 9 in 10 Canadians have at least 1 risk factor for stroke or heart disease. Almost 80% of premature stroke & heart disease can be prevented through healthy behaviours.
- * High blood pressure is the **#1** risk factor for stroke.

June is Stroke Report Card Month

Check out the 2017/18 Stroke report card for our region at CorHealth Ontario

<https://www.corhealthontario.ca/data-&-reporting/stroke-report-cards>

Learn the
signs of stroke



Act **FAST** because the quicker you act, the more of the person you save.
© Heart and Stroke Foundation of Canada, 2017

Blood Pressure & Stroke Prevention

Best Practice Recommendation

Section 3.0 Hypertension is the single most important modifiable risk factor for stroke. Blood pressure should be assessed and managed in all persons at risk for stroke [Evidence Level A].

The 2017 Stroke Best Practice Recommendations provide guidance around blood pressure assessment and management. All individuals at risk of stroke should have their blood pressure measured routinely, no less than once annually and more frequently based on individual clinical circumstances [Evidence Level C]. For patients who have had a stroke or TIA, blood pressure lowering treatment is recommended to achieve a target of consistently lower than 140/90 mmHg [Evidence Level B].

Check out the resources for healthcare providers and for patients under the **Implementation Resources & Knowledge Transfer Tools**. <https://www.strokebestpractices.ca/recommendations/secondary-prevention-of-stroke/blood-pressure-and-stroke-prevention>

World Stroke Campaign - "Eating too much salt contributes to #hypertension which is linked to almost half of all strokes. We can all take steps to reduce our #stroke risk - reducing salt is one of them."

- ✓ Majority of national & international organizations recommend no more than 2300 mg per day (approximately 1 teaspoon) - [HSF Position Statement](#) on Dietary Sodium, Heart Disease & Stroke
- ✓ Remove salt and salty condiments from the table & avoid adding them out of habit
- ✓ Packaged food products should have less than 15% of your recommended daily value of sodium

CONGRATULATIONS to Royal Victoria Regional Health Centre on Achieving Stroke Distinction - Submitted by Shannon Doucette, CNS

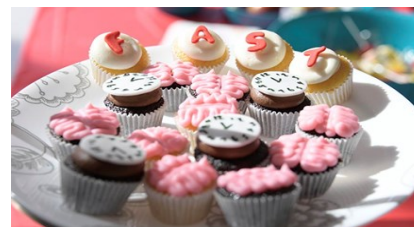
After an outstanding on-site survey in March, RVH was awarded Stroke Distinction from Accreditation Canada for the Acute and Rehabilitation Stroke Program.

Some of the innovative strategies used to increase staff engagement in advance of the onsite visit included:

- * Stroke Fair - the fair was organized around the *Journey to Recovery After Stroke* resource. The booths highlighted stroke awareness, hyperacute & acute management, Teletstroke, swallow screening, prevention of complications, inpatient & outpatient rehabilitation and secondary prevention.
- * How Team RVH drives clinical excellence in stroke care and meets Stroke Distinction Standards was highlighted through “*Daily Dose*” emails, Plinko game rolling carts and a Stroke Accreditation Newsletter.



- * 98% of the Acute Stroke Services standards met
- * 97.7% of the Inpatient Stroke & Rehabilitation Services standards met
- * 100% of the Distinction Protocols met
- * 100% of the Distinction Education standards met
- * 100% of the Excellence & Innovation standards met



Cupcakes with Stroke messaging were enjoyed by participants at the Stroke Fair & the accreditors.

Highlight on Mackenzie Health - Building Stroke Expertise

Submitted by Yasmin Visram, District Stroke Coordinator for York

The provincial **Stroke Core Competencies** framework and self-assessment tool outline common **core** competencies for six disciplines: Nursing, Occupational Therapy, Physiotherapy, Speech-Language Pathology, Social Work & Recreation Therapy.

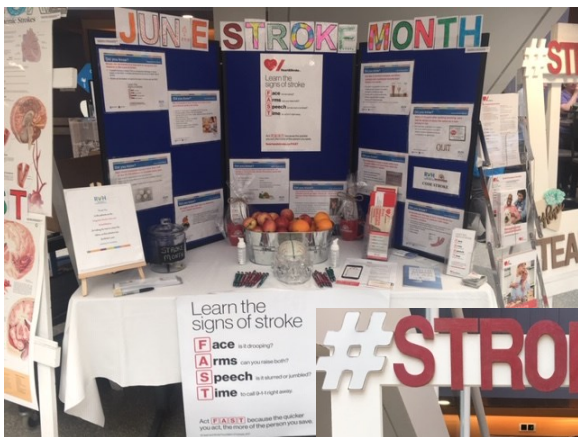
- * The interprofessional team on the Integrated Stroke Unit at Mackenzie Health used these tools to identify common knowledge gaps in 11 competencies.
- * An education plan was developed with a different competency (topic) each month. Monthly core competency education rounds started in December of 2018. Expertise within the group was utilized to deliver these sessions with the goal of enhancing knowledge and ultimately supporting the provision of evidence-based care.
- * By October 2019 the team will have completed 11 sessions of education and a follow-up self-assessment. Pre- and post-education self-assessment rating results will be compared. These sessions have not only helped to improve knowledge and skill among team members, they have also provided an opportunity for leadership, team building, role clarification and collaboration within the interprofessional team.

CONGRATULATIONS to the Integrated Stroke Unit team at Mackenzie Health for successfully developing and implementing sustainable education built on the core competencies with no additional resources!!

For more information about the Stroke Core Competencies visit: <https://www.corhealthontario.ca/core-competencies>
You can contact your District Stroke Coordinator or Dorothy Burrigde at: burriged@rvh.on.ca

CELEBRATING STROKE MONTH ACROSS CESN

Peterborough Regional Health Centre celebrated Stroke Awareness Month and the Integrated Stroke Unit's 5th Birthday on June 12. The Integrated Stroke Unit at PRHC has a dedicated team of Physicians, Nurses and Allied Health staff working collaboratively to deliver best practice quality stroke care to patients of the Peterborough region.



Royal Victoria
Regional Health
Centre

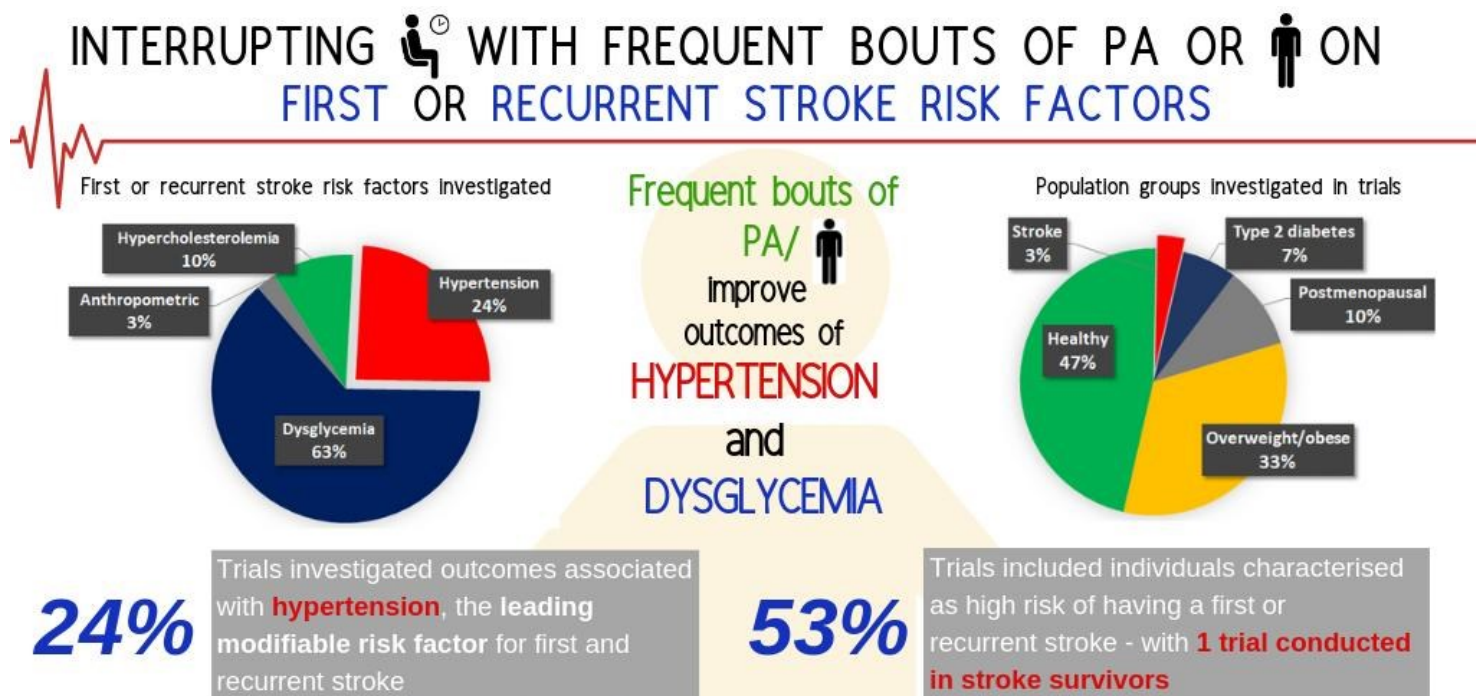


Shannon Doucette, CNS
Dr. Alex Jahangirvand, Neurologist



If you have team pictures or a success story you'd like to share, we'd love to hear it! Please contact CESN at cesn@rvh.on.ca

To learn more about the importance of frequent short bursts of standing or moving to reduce stroke risk factors, the full-text article authored by Dr. Coralie English can be found at <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0217981> A great reminder for our patients as well as colleagues/family members who may be in a role with long periods of sitting. Source for infographic: @Coralie_English



Resources & Upcoming Events

HOLD the DATE - Registration information to follow. Remember to check the CESN Webpage www.cesnstroke.ca for updates on a regular basis:

- Sept 12th: Working in Function: A Multidisciplinary NDT workshop (Mackenzie Health Hospital)
- Sept 26th: Chedoke Arm & Hand Assessment Inventory workshop (Ajax)
- Oct 9th: Provincial Stroke Rounds - Standards of Care
- Oct 10th: Webinar: What is community reintegration & how can we better promote it? - Dr. Mary Egan
- Oct 20th: A Focus on the Upper Extremity NDT Workshop (Markham Stouffville Hospital)

June is Aphasia Awareness Month

Check out the resources and tools on the Aphasia Institute website. Pictographic tools that are available for free to help support communication. <https://www.aphasia.ca/home-page/health-care-professionals/resources-and-tools/>

Canadian Stroke Best Practices website: www.strokebestpractices.ca

Best practice recommendations are updated on an ongoing basis, check the website on a regular basis for updates.



Best practice recommendations
Professional & patient resources
Archived Webcasts

Canadian Stroke Congress, October 3-5th, 2019 @stroke congress

Shaw Centre, Ottawa

Early Bird Registration rates available until July 31st, 2019

Funding opportunities available. For more information, go to:

Application for CESN Funding at: <http://cesnstroke.ca/professional/home/>

Are you looking for an opportunity to enhance your stroke knowledge & expertise? Hemispheres is an interactive e-learning program available at **NO COST** to healthcare providers caring for stroke patients in CESN. Learn at your own pace. Quizzes & certificates are included in the program.

For more information on the program contact: Dorothy Burrige, Regional Education Coordinator at: burriged@rvh.on.ca

Hemispheres2.0
CANADIAN
STROKE COMPETENCY SERIES

Are you a member?

The Canadian Stroke Consortium is a national professional association for neurologists interested in stroke. Associate members from other professional disciplines are welcome as members at no cost. Online learning modules are available. You must register to access the online learning modules & best practice webinars.

<https://strokeconsortium.ca/home>

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www.cesnstroke.ca



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