



# CESN **JOURNEY TO RECOVERY** *after* **STROKE** Resource

## An Overview

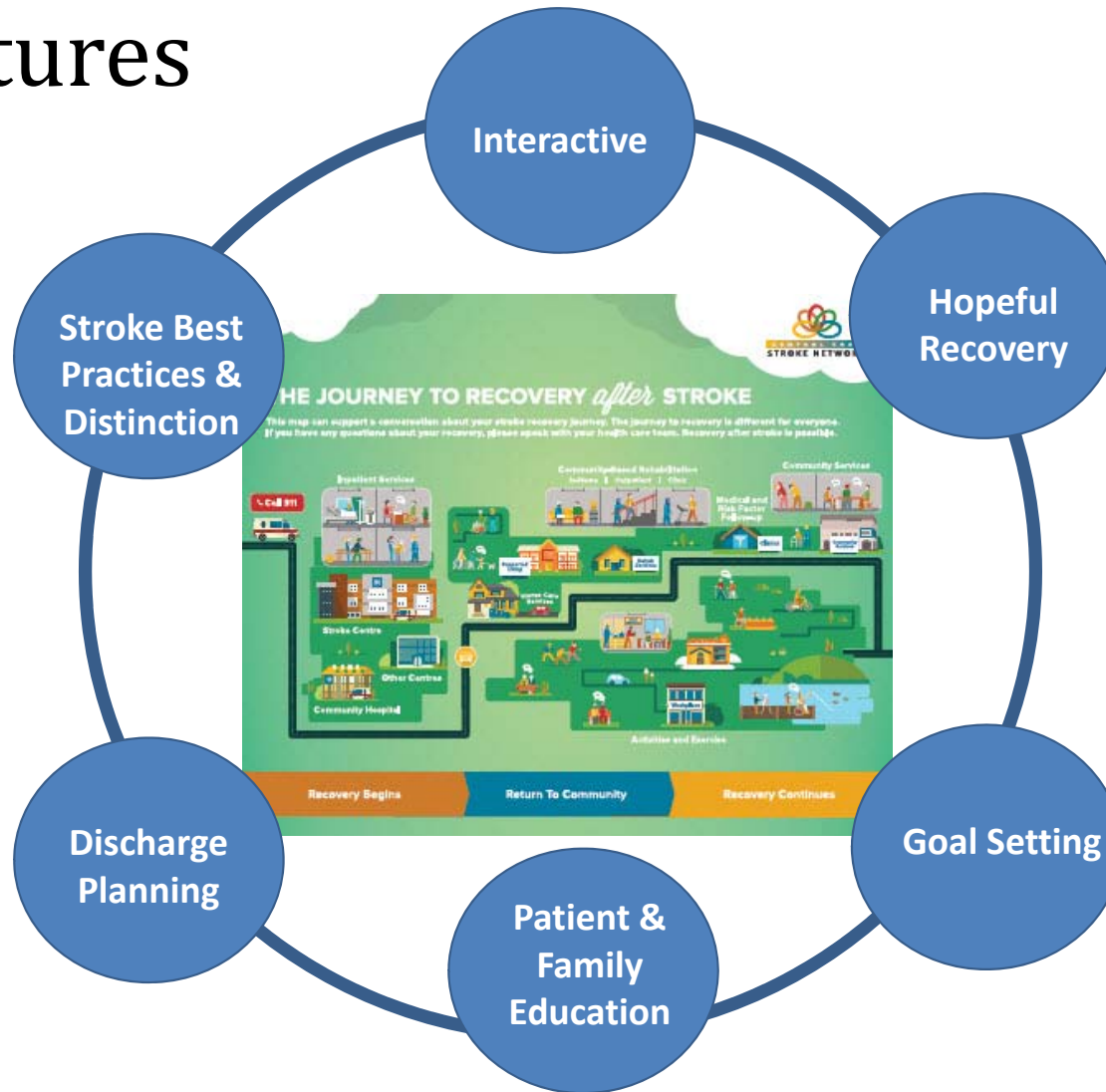
# Objectives

- Review the *Journey to Recovery after Stroke* resource
- Review application of the *Journey to Recovery after Stroke* resource
- Review key messages when sharing the *Journey to Recovery after Stroke* resource with patients and families.

# Journey to Recovery after Stroke - introduction



# Key Features



## Recovery Begins: Key Features



CENTRAL EAST  
STROKE NETWORK

- Calling 911 in the event of a stroke
- FAST stroke signs

Call 911



### Inpatient Services



Illustrates key aspects of ISU care such as:

- Interprofessional team
- Involvement of caregivers
- Rehabilitation in formal therapy sessions, rehabilitative nursing care,
- Independent practice

Some patients may be repatriated to their home hospital

### Stroke Centre



### Other Centres



### Community Hospital

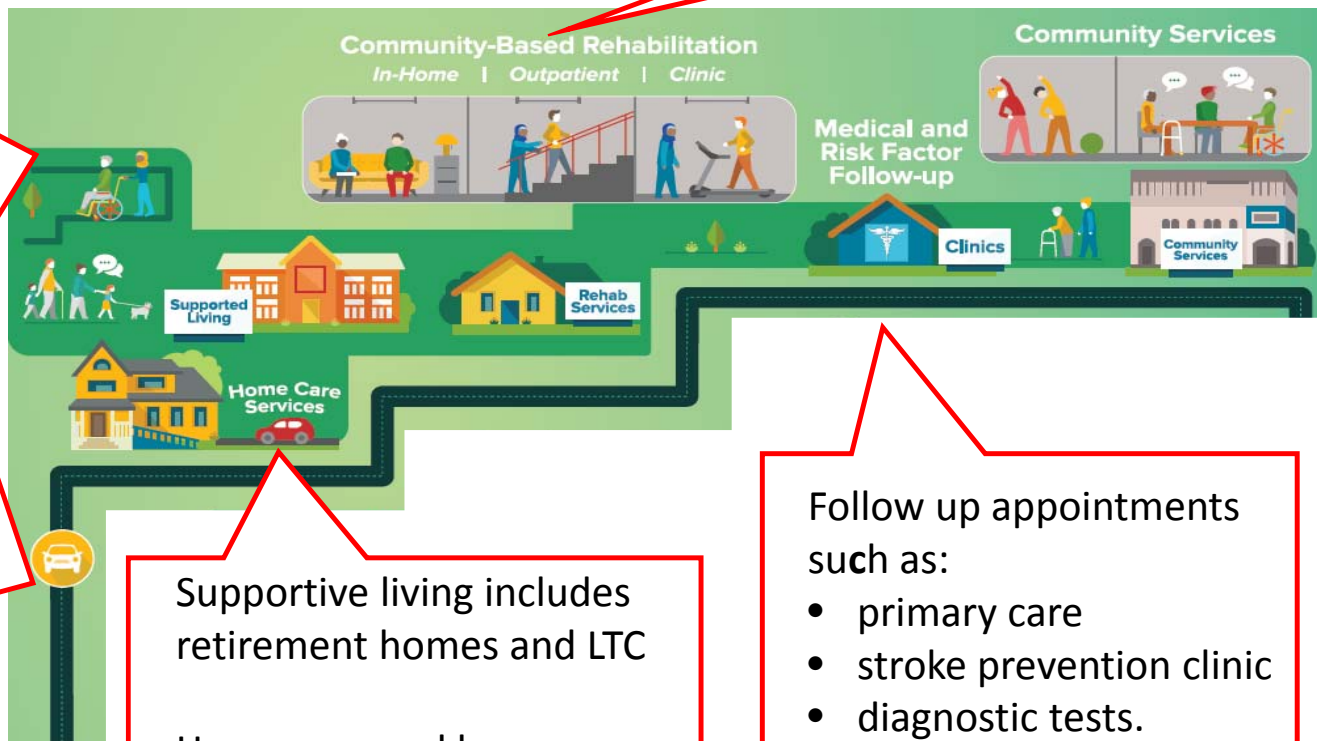


Transfer to another centre may be required. Examples include EVT, neurosurgery.

# Return To Community: Key Features

Community rehabilitation can occur in many different places.

Images of people being active in the community promote messages of hope.



Community services support transitions and continued recovery once home.

Follow up appointments such as:

- primary care
- stroke prevention clinic
- diagnostic tests.

Supportive living includes retirement homes and LTC

Home care and home adaptations (ex. ramp) may be required.

- Reinforce driving restrictions.
- Review return to driving process.
- Discuss transportation options.

## Recovery Continues : Key Features

Images here are intended to inspire hope and illustrate that recovery after stroke is possible. They serve as prompts to discuss the importance of meaningful activities to overall well-being and can assist in identifying recovery goals.

Primary care for ongoing follow up and risk factor management.



Community services support continued recovery and participation in meaningful activities, leisure pursuits, hobbies and social interaction.

Images illustrate return to life roles (return to work, driving & household tasks) and participation in leisure activities ( ex. pole walking, adapted cycling, fishing, tai chi, various art activities, etc). Some activities may require adaptations.

# Team member perspective





# Key moments to use the resource

## Acute care

- On admission /orientation to the unit
- Teaching about the recovery process- what they can expect
- Preparing for discharge from acute care – what is happening next, services in the community

## Rehabilitation

- Reinforce recovery process
- Illustrates “how far they have come” - reinforce hope
- Assist in setting recovery goals (hobbies and activities)
- Preparing for discharge- discussion about ongoing recovery in the community, services available, next steps



**Supports  
conversations  
already  
occurring**

# Practical tips

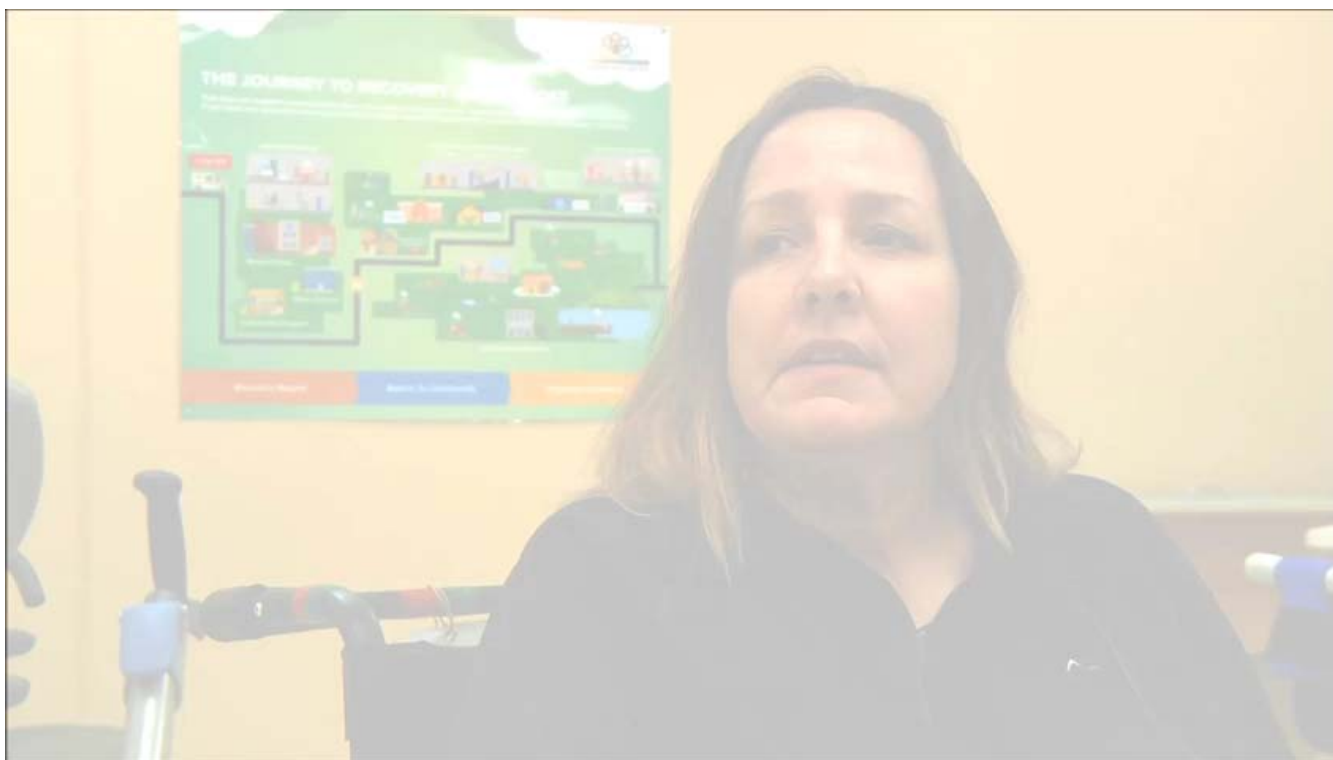
- Tailor the information
- Use the images to prompt and guide conversation
- Document utilization

## Remember the 4 Rs

- **Relevant** information only
- **Revisit** throughout admission
- **Record** utilization



# Patient Perspective



# Quiz

- The Journey to Recovery after Stroke resource was designed to :
- A. to be used in an interactive manner
  - B. support conversations that health care providers are already having with patients and families
  - C. to be a stand alone document
  - D. A and B

# Quiz

Who is responsible for providing the Journey to Recovery after Stroke resource to patients and families?

- A. Resource Nurse and ISU Manager
- B. Social Work
- C. All staff on the ISU
- D. All of the above

# Quiz

Where should you document use of the Journey to Recovery after Stroke?

- A. On the teaching record in Meditech
- B. In a patient care note in Meditech
- C. All of the above

**THANK YOU**