



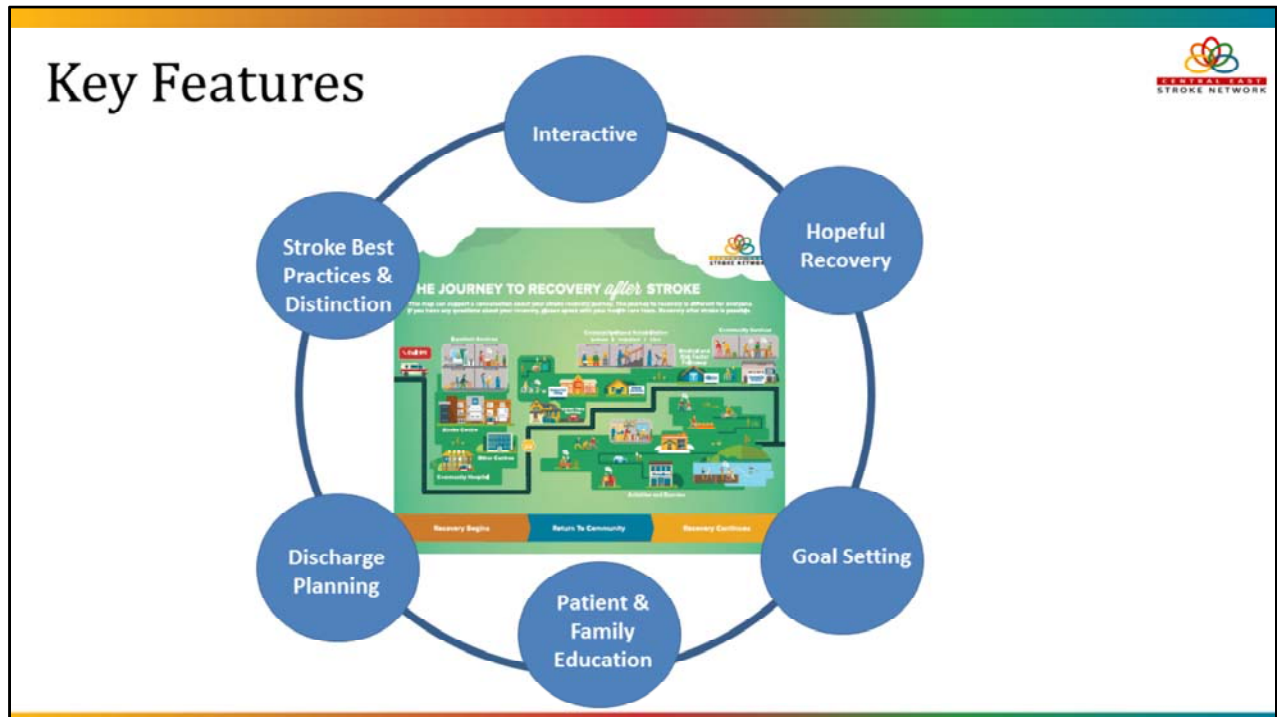
This presentation provides an overview of the Journey to Recovery after Stroke Resource.

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





To recap some of the key features:

Interactive

It is an interactive educational tool - patients and families who helped to develop the resource felt very strongly that it required explanation and should not be handed out without supporting education

Hopeful Recovery

The colorful icons of participation in activities and socialization illustrate that recovery from stroke is possible and reinforces a message of hopeful recovery. People with stroke say that its important to hear a message of hope early in recovery and that this needs to be reinforced throughout their journey. This has also been validated in the research

Goal Setting

The images also serve as prompts to support conversations about goal setting specifically around life roles, activities and hobbies. This supports discussions about the importance of meaningful activities to their sense of purpose, recovery and overall well-being

Patient and Family Education

It can be used to support teaching at any point along the continuum - about what to expect at each phase of care. Essentially it's a tool to support patient and family understanding of the recovery journey – to support teaching, help identify and answer questions.

It serves as a common reference point for ongoing teaching as the patient moves along in their recovery journey – allowing messages to be reinforced,

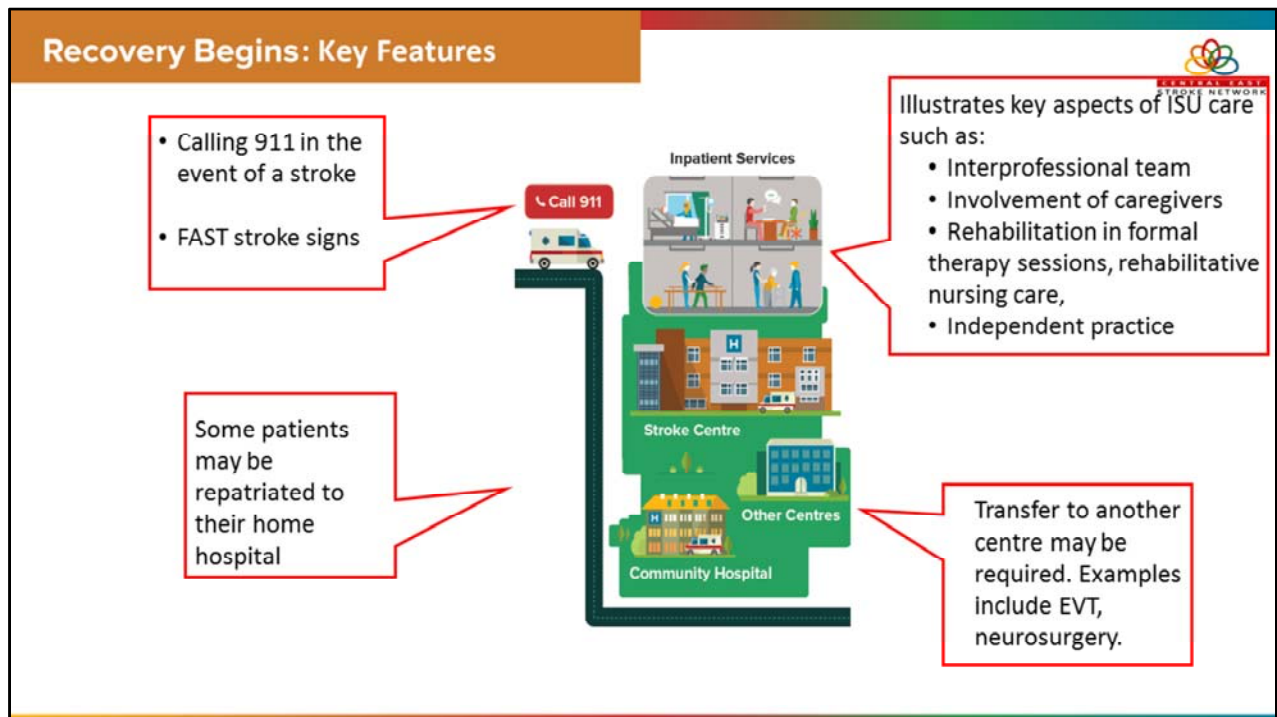
Discharge Planning

It assists in preparing patients for discharge. The checklist on the reverse side identifies types of community services which may be required.

Supports Stroke Best Practices and Stroke Distinction Standards

This resource also supports stroke best practices & Distinction Standards especially those related to patient and family education, discharge planning and community re-integration

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Over the next few slides will focus on the key features of each phase of recovery - Beginning with the Recovery Continues phase:

Call 911 and ambulance

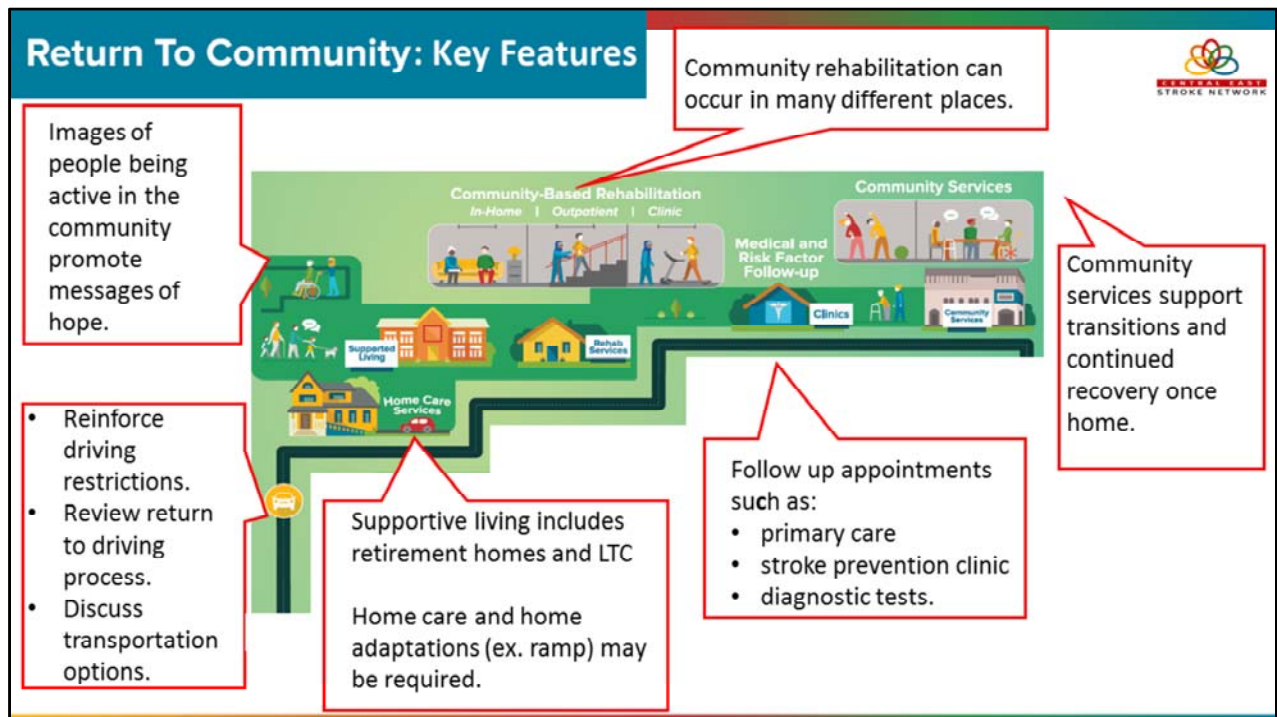
This reinforces the importance of calling 911 if experiencing the SIGNS of a stroke. - to ensure transfer to the appropriate hospital, stroke care. This also is an opportunity to review the FAST warning signs of stroke.

Community Hospital/Other Centres

sometimes, patients require transfer to other facilities, whether it be for repatriation, for tertiary care such as EVT or neuro surgery. The images of other facilities illustrate that such transfers are part of the recovery journey.

Inpatient Services

Images help to illustrate what is expected in terms of care activities during the inpatient stay, involvement of an interprofessional team, that rehabilitation occurs in many settings – formal therapy sessions, through rehabilitative nursing activities or through independent practice of skills learned in therapy sessions.



The next phase of recovery is – return to community. The images here are intended to support a conversation about the initial transition to the community and supports that may be required. Some examples are:

- Images of people of varying ability being active in their community – promotes hope.
- The car image can prompt a conversation about:
 - Driving restrictions
 - A review of the return to driving process
 - And the various transportation options that may be available such as family support and accessible transportation services
- Supportive Living –
 - Home care – services or adaptations that are required
 - Talk about medical follow up appointments
- Support from several community services may be required initially on d/c or to support ongoing recovery once the individual is at home

- Community rehabilitation - many people require ongoing rehabilitation . Community rehabilitation occurs in many settings – in home, outpatient settings and private clinics. The images reflect the different options that may be available.

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.

Rehabilitation, whether that is in an inpatient or outpatient or community setting includes identifying meaningful goals for community reintegration.

The images in this section are meant to support a conversation about community reintegration.

The images here can support:

- goal setting around return to hobbies, participation in household tasks, or return to life roles such as driving or employment.
- importance of ongoing self-management to address secondary stroke prevention and chronic disease management with the images of exercise and the medical clinic. Medical and Risk Factor management and Community Services are included in the Recovery Continues section to reinforce the importance of these services to supporting ongoing recovery in the community.
- conversations about the value of leisure activities to health and well-being. Benefits of such activities include decrease in stress, anxiety, depression, increase in confidence, independence and social interaction.

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

Listed here are some of the key moments to use the resource. Keep in mind that the *Journey to Recovery after Stroke* resource is intended to support conversations with persons with stroke and families that we are already having about stroke, recovery and preparing for the next phase of care.

Practical tips

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



When using the *Journey to Recovery* Resource -

Remember to tailor the information provided - only provide information that is relevant to that teaching moment. Focus on what is important to the conversation at that point. Use the images to prompt and guide the conversation. The resource contains a lot of information and detail – you do not need to present all this information at once – it will be overwhelming -

The resource can be a reference to reinforce information shared previously, - in that way it is a great reference tool.

Always be sure to document use of the resource.

To guide your use of the resource remember the 3 Rs

Relevant -

Revisit -

Record -

Relevant, Revisit, Reinforce

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

Answer D.

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

Answer C

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

ANSWER A

THANK YOU