

# Stroke Education Opportunities

APRIL 2025

## News & Happenings ✨ ✨

Although rare, the risk of stroke is **3x** higher in pregnant women than in non-pregnant women. According to Heart and Stroke, roughly 30 out of 100,000 women will experience a stroke while they are pregnant with the highest risk being in the third trimester and in the first 6 weeks following the delivery.

Pregnancy is often described as a “**stress test**” on the body and it affects the following systems:

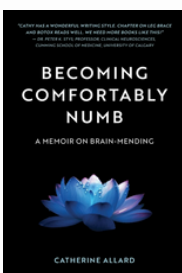
- Vascular system - blood volume and cardiac output increases up to 50% compared to pre-pregnancy levels to meet the metabolic needs of the mother and fetus
- Coagulation system - creates a 4-10x increase in thrombotic risk
- Immune system

**Common stroke risk factors** during pregnancy can include:

- Disorders related to high blood pressure
- Gestational diabetes
- Blood clot formation due to the hypercoagulable state

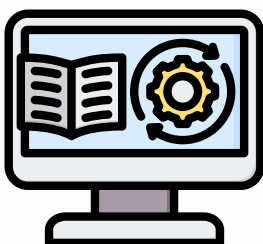
Join Provincial Stroke Rounds  
**April 2nd at 8:30 a.m.** to learn  
more about pregnancy &  
stroke OR watch recording  
posted on our website

Suggested Reading



***Becoming Comfortably Numb: A Memoir on Brain-Mending***  
by Catherine Allard

“As a young mother on maternity leave from her rewarding government agency job, Cathy Allard was immersed in the joys of bonding with her three-month-old daughter. She and her husband, Jean-Pierre, anticipated a bright and exciting future for their precious family. Then, in an instant, it all came crashing down. At just age 27, Cathy had a stroke.”



### CESN Regional LMS

Sign up for our regional LMS on the CESN website.

#### NEW MODULES:

- TRAIN Program - series of 5 modules that review rehabilitation techniques with a focus on a specific task. Program developed by Dr. Kate Scrivener, Macquarie University, Australia

## Provincial Stroke Rounds



**April 2nd, 2025 8:30 - 9:30 a.m. \*\* Note NEW start time**

**Topic:** Baby Shower: A Stroke Rounds on Pregnancy and Stroke

**Presenter:** Robert Sarmiento, MD, FPNA, FCSC(S)

**Host Site:** Stroke Network of Southeastern Ontario

**CLICK HERE** for **Teams link:** (no pre-registration required)

Meeting ID: 212 039 916 633

Passcode: Xu9DP7mD

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## Best Practices Day 2025

**Friday, May 9th** - GTA Rehab Network Best Practices Day 2025

**Format:** Virtual

**CLICK HERE** for more information

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# REGIONAL

## Functional Electrical Stimulation (FES) Workshop

**April 12th, 2025 09:00 - 3:30 p.m.** (end time to be confirmed)

This workshop will introduce the basics of functional electrical stimulation and provide the knowledge and practice to start using FES in clinical practice.

\*\*For the practical component you will need to bring the neuromuscular electrical stimulation unit used at your site.

**Target audience:** OT, PT, RA (some content may be out of scope)

**Facilitator:** Dr. Kristin Musselman

**Location:** Cortellucci Vaughan Hospital  
3200 Major MacKenzie Dr W  
Vaughan, ON L6A 4Z3

**TO REGISTER:**  
scan QR code or  
**CLICK HERE**



## NDT: Challenges in Gait

**May 10 & 11, 2025** (must be able to attend both days)

This two-day workshop will present NDT principles related to treating in function during standing and walking. This workshop will focus on strategies to facilitate the trunk, UE and LE with the goal of challenging individuals' post-stroke or brain injury in standing, during gait, and while performing various functional activities

**Target audience:** OT, PT, RA

**Facilitator:** Karen Guha

**Location:** Barrie

Workshop was rescheduled due to weather. A few spaces open. If interested contact [burrridged@rvh.on.ca](mailto:burrridged@rvh.on.ca)  
Spaces will be filled on a first-come first serve basis

## Stroke Team Workshop

**May 23rd, 2025**

Join your colleagues for a one-day workshop on stroke care. It will be a mix of presentations and skill application using simulation scenarios.

**Topics include:** Neuro 101, Hyperacute stroke management, Canadian Neurological Scale, Post-Stroke Complications, Swallowing & Communication

**Target audience:** Nursing, but open to all healthcare providers working in stroke

**Location:** Peterborough Regional Health Centre  
1 Hospital Drive, Peterborough

No cost to attend the workshop, but participants are responsible for parking and lunch costs.

**TO REGISTER:**  
scan QR code or  
[CLICK HERE](#)



HOLD THE DATE	LOCATION	WORKSHOP/EVENT
June 18th, 2025	Orillia	Stroke Team Workshop

## Workshop hosted by Royal Victoria Regional Health Centre (Barrie)

**Topic:** Treating the Individual with Ataxia using a NDT approach

**Date:** May 31st, 2025 from 9:00 - 4:00 p.m.

**Facilitator:** Karen Guha

Please note there is a cost for workshop: \$310.75

**TO REGISTER**  
**[CLICK HERE](#)**

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## Back Works Physiotherapy has announced the following NDT courses for Spring of 2025

- NDT Introductory Course in the Management of Adults with Stroke, Brain Injury and Other Neuromotor Disorders - Sat Apr 12 - Sun Apr 13, 2025 [Registration Form](#)
- NDTA™ Approved 5-Day Advanced Gait Course - Fri May 23, Sat May 24, Sun May 25, Sat June 7, Sun June 8, 2025 [Registration Form](#)
- The Cranium: From a Manual Perspective with Doreen Killens - Fri Oct 24 - Sun Oct 26, 2025 - more information coming soon

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## OTHER REGIONAL STROKE NETWORK EVENTS

The **Northwestern Ontario Regional Stroke Network (NWORSN)** is launching a comprehensive Stroke Series every 2nd Wednesday of the month, which will cover 10 key topics identified as critical areas for development. The education series will have a northern-focus that will equip healthcare providers with practical knowledge and skills to enhance stroke care delivery in rural and remote areas where geography and limited resources are ongoing challenges.

**April 9th** - Dizzying Details: Understanding Posterior Circulation Strokes

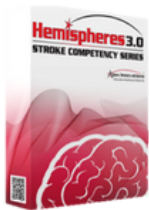
**May 14th** - High Stakes: The Shocking Truth About Recreational Drugs and Stroke

NO registration required. To check the schedule for future topics/dates visit:

<https://www.nwestroke.ca/education>. **[CLICK HERE](#)** for Webex link

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## Education Resources



### Canadian Hemispheres 3.0™

A series of nine online guideline-based modules that cover stroke basics to urgent management. No cost to registrants.



### CESN Education Fund

Staff working within CESN can apply for funds to support stroke-related education opportunities.

**VIEW DETAILS ON OUR WEBSITE AT [WWW.CESNSTROKE.CA](http://WWW.CESNSTROKE.CA)**