

Summer, 2012
Volume 1. Issue 3

AHS SPEZ Buzz

The Stroke Program, Edmonton Zone (SPEZ) quarterly newsletter provides current information and updates to healthcare providers working within stroke care. Each issue will include a Feature Program and Best Practice Guideline. Enjoy!

Feature Program

Edmonton Peer Support Pilot Project

The Stroke Program, Edmonton Zone is very excited to announce the upcoming pilot project for Stroke Peer Support in Edmonton.

Adapted from the INSPIRES project that started in Calgary in April of last year, SPEZ is working in conjunction with the Stroke Recovery Association of Alberta to provide a training program and follow-up support for community stroke survivors who wish to become a mentor for acute patients.

There are currently six stroke survivors who have completed the training program and are undergoing the process of becoming hospital volunteers. Once this is complete, these mentors will begin visiting acute stroke patients on units 53 RAH, 52 GNCH, and 4G3/ 4G4 UAH, under the guidance and direction of a member of the stroke team.

Follow-up support for the mentors will be provided on a regular basis by a member of the Stroke Recovery Association of Edmonton. In addition, Gail Elton-Smith and Mary-Lou Halabi (Stroke Service Coordinators) will be the main contacts for the stroke teams.

The feedback we receive from the stroke mentors, healthcare providers, and stroke survivors themselves will be evaluated and incorporated as we look to expanding the program to include the Glenrose Rehabilitation Hospital as well as those stroke survivors who are off service at the acute care sites.

If you have any questions and/or concerns, please feel free to contact either:

Gail Elton-Smith (780-407-8729)
(gail.eltonsmith@albertahealthservices.ca) OR

Mary-Lou Halabi (780-407-2812).
(marylou.halabi@albertahealthservices.ca)

Featured Best Practice Guideline

Canadian Stroke Best Practice Recommendation 1.1

The recommendation states: ***“All members of the public should be able to recognize the warning signs and symptoms of stroke, and react immediately by calling 9-1-1 or their local emergency number.”***

i. “Public education on stroke should emphasize that stroke is a medical emergency and that immediate medical attention should be sought. All members of the public should know how to take the appropriate action— that is, to call 9-1-1 or their local emergency number.”

ii. “Public education should include information that stroke can affect persons of any age from newborns and children to adults and be aware of the benefits of early medical attention.”

Rationale provided states: “When it comes to stroke, time is brain! Stroke is a medical emergency. Most people do not recognize the five main symptoms of stroke and therefore do not seek immediate medical attention. Efforts to enhance emergency medical system response to stroke calls and to encourage the public to recognize stroke signs and symptoms and contact emergency medical services result in timelier treatment and better outcomes.”

What is the Stroke Program, Edmonton Zone doing?

June is Stroke Month. Throughout the entire month of June (and throughout the year), the Stroke Program travels around the Edmonton Zone, giving free stroke awareness and prevention sessions to the public and/or staff. Numerous companies and organizations have already taken in one hour sessions. Feedback has been very positive and terrific questions and discussions have been triggered as a result of the newly acquired stroke knowledge. The more people we reach, the better – as stroke impacts everyone!

To book a session, please contact our office at
780-407-3041, or
StrokeProgramEdmontonZone@albertahealthservices.ca

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Edmonton Rehab Summit 2012

The Alberta Provincial Stroke Strategy and the Stroke Program Edmonton Zone will be hosting a Rehabilitation Best Practices Summit in September.

Rehabilitation staff from all disciplines across the continuum of stroke care will be invited to participate in this day-long event, where they will be invited to evaluate their program in light of the Canadian Best Practice Guidelines for Stroke.

Facilitators from the Calgary Stroke Program, who have previously participated in a similar exercise, will then guide participants through a systematic, team-based approach to identify and prioritize improvement opportunities.

This event will be hosted by the Stroke Program Edmonton Zone and funded by the Alberta Provincial Stroke Strategy.

If you have not heard about the Edmonton Rehab Summit from your stroke rehab program team leaders, please call the SPEZ office at 780-407-3041 for more information.

Edmonton Rehabilitation Rounds

Rehabilitation Rounds has wrapped up for the year. There will be no sessions held during July and August.

Rehabilitation Rounds take place on the **2nd Wednesday of every month from 1200-1300**. Our next session is **Wednesday, September 12, 2012**.

Also, please remind staff to sign up on the Telehealth scheduler. This will allow us to distribute handouts to everyone prior to the session.

To sign up to attend via Telehealth at your site, please go to:

<https://vcscheduler.ca/schedule20/register/register.aspx?id=401386-7519>

If your team is interested in presenting a case at a future session, please contact **Gail Elton-Smith at 780-407-8729** or

Gail.EltonSmith@albertahealthservices.ca

2012 Canadian Stroke Congress

The 3rd annual Canadian Stroke Congress will be taking place **September 29 - October 2, 2012** at the TELUS Convention Center in Calgary. This collaborative effort is put forth by the Canadian Stroke Network, the Heart and Stroke Foundation of Canada, and the Canadian Stroke Consortium.

Important Dates:

- **June 1, 2012:** Registration and accommodation opens
- **August 3rd, 2012:** Early bird registration closes
- **September 24th, 2012:** Online registration closes

For more information, please visit: www.strokecongress.ca

The Stroke Program is offering 12 bursaries of \$250.00 to support registration for the conference. Please submit a written request to Nancy.woods@albertahealthservices.ca with your name, position and location of work, contact information, and a brief (1 or 2 line) statement of why you would like to attend the conference. A random draw of qualified applicants will occur the morning of July 30. Successful candidates will be notified that day. If you will be on vacation, please provide contact information other than work. Candidates will be required to register themselves. Reimbursement will be issued upon proof of conference attendance.

For more information, please contact the Stroke Program, Edmonton Zone at **780-407-3041** or StrokeProgramEdmontonZone@albertahealthservices.ca

SPEZ Buzz Fast Fact

Did you know...The *Heart and Stroke Foundation's 2012 Stroke Report* finds that **adults under 50** are the slowest to respond to stroke warning signs?

Adults under the age of 50 are risking death or permanent disability far too often by not calling 9-1-1 or their local emergency number at the first sign of stroke, according to new data released by the Heart and Stroke Foundation and the Canadian Stroke Network.

"Canadians need to understand that the clock starts ticking at the first signs of a stroke. And every second of delay leads to more brain cell death, and greater risk of death or disability" – Dr. Michael Hill

For more information, please visit www.heartandstroke.ca