

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!

Alberta Stroke Improvement (ASI)

This province-wide collaboration and quality improvement initiative is aimed at improving stroke care within Alberta. During the past 11 months, scoping site visits to all primary & comprehensive stroke centres have produced over 50 prioritized improvement themes, which have been systematically categorized into 7 major improvement opportunities:

- Governance & Leadership
- Door to Needle Time & Hyper-acute Care *
- Rehab Access & Intensity *
- Staff Education
- Data & Performance Measurement
- Transition Planning and Patient Education *
- Ambulatory Care & Follow-Up *

Small, multiprofessional teams from Stroke Centres across the province participated in the 2012 Provincial Stroke Improvement Collaborative Session #1 on August 15th. Working groups were established for four (*) of the seven improvement themes. A problem and goal statement surrounding each theme was identified.

Working groups will continue to be defined and will meet regularly to begin working on these important stroke improvement initiatives.

APSS & SCN Update

The Alberta Provincial Stroke Strategy, established in 2005, has been extremely successful in improving stroke care within our province. APSS is winding down and will come to an end in December, 2012.

The Cardiovascular Health & Stroke Strategic Clinical Network is well underway and will continue to build upon the success of the Alberta Provincial Stroke Strategy. The network is committed to ensuring that Alberta continues to be a national leader in the prevention, treatment and research for cardiovascular and stroke health disease.

Featured Best Practice Guideline

Canadian Stroke Best Practice Recommendation 3.2

The recommendation states:

“V. Direct Transport Protocols must be in place to facilitate the transfer of eligible patients to the closest and most appropriate facility providing acute stroke care.”

“IX. Transfer of care from paramedics to receiving facility personnel must occur without delay.”

Rationale provided states:

“Acute stroke is a medical emergency and optimizing out-of-hospital care improves patient outcomes.....Acute interventions such as thrombolytic therapy are time-sensitive and therefore strategies such as re-directing ambulances to stroke centers facilitates earlier assessment, diagnosis, and treatment, and may result in better outcomes.”

What is the Stroke Program, Edmonton Zone doing?

The Stroke Program, Edmonton Zone is currently collaborating with emergency departments in the region towards the immediate notification of stroke teams upon the arrival of a suspected stroke patient to the department. This will allow for transfer of care from paramedics to receiving facilities to occur promptly.

Currently, there are bypass protocols (set in place by APSS) with Emergency Medical Services. This means, if a patient is suspected to be having a stroke, EMS must transport the patient to a Comprehensive or Primary Stroke Center without delay. This ensures appropriate and timely care for the patient.

If your facility is not a Comprehensive Stroke Center or Primary Stroke Center, you should not be receiving any stroke patients via EMS.

For more information, please visit:

www.strokebestpractices.ca

AHS SPEZ Buzz

Edmonton Rehabilitation Rounds

The Stroke Program, Edmonton Zone is happy to announce that Stroke Rehab Rounds will resume on **Wednesday October 10th at 1200**. We will be kicking off the year with a much anticipated presentation given by Rajamalar Senthuran, Nurse Practitioner at the RAH who will be presenting a stroke case from an NP perspective.

Please note that the host site for Rehab Rounds has changed to **Classroom H at the University of Alberta Hospital Walter Mackenzie Centre**. Stroke Rehab Rounds will continue to take place on the second Wednesday of each month from 1200 - 1300.

To register your site via Telehealth, please log onto:

<https://vcscheduler.ca/schedule20/register/register.aspx?id=471035-1035>

If you would like to be added to our email distribution list for reminders and links to register for the different sessions, please contact The Stroke Program, Edmonton Zone at (780) 407-3041 or StrokeProgramEdmontonZone@albertahealthservices.ca

Given the increase in the number of attendees, and to save a few trees, attendance certificates will be issued at the end of the year. In order to receive this certificate, please complete the evaluation form at the end of each session and fax it to the Stroke Program, Edmonton Zone at 780-407-2809.

We hope to see you all there!

Brain Trivia: *Did you know ...?*

There are about **100 billion neurons** in the human brain, the same number of stars in our galaxy.

More electrical impulses are generated in one day by a single brain than by all of the telephones in the world.

An estimated **70,000 thoughts** are produced by the brain on an average day.

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. Attendance is at an all time high, so register now to ensure your spot. Registration cost is \$595 for regular delegates and \$375 for trainees. A block of hotel guest rooms have been reserved for attendees.

Important Dates:

- **September 24, 2012:** Online registration closes
- **September 29, 2012:** Congress begins at 1300
- **September 30, 2012:** Opening Ceremony and Ramon J. Hnatyshyn Lecture
- **October 2, 2012:** Conclusion of Congress

“Our Research Plans for a National Stroke Recovery Network” is a newly added symposium to the Stroke Congress itinerary. This topic will be presented by The Heart and Stroke Centre for Stroke Recovery on Sunday September 30th from 1200 to 1330. For more information, please visit: www.strokecongress.ca

Congratulations to the recipients of the Stroke Program, Edmonton Zone bursaries. All successful candidates have been notified. Please note that 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

September is here and kids are back to school! It's easy for the life of working parents to become demanding with children in school and extra-curricular activities. Sometimes we opt for fast-food or convenient pre-packed meals to save time. Unfortunately, these choices are the unhealthiest, packed with large amounts of sodium and saturated fats.

The Heart and Stroke Foundation of Canada understands that life can be fast-paced and therefore offers various tools for busy parents. One such tool is a new FREE monthly online newsletter filled with tips for a healthy lifestyle, recipes that the whole family will enjoy, and so much more!

For more information and to register for the Heart Smart Families newsletter, please visit: www.heartandstroke.ca