

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: CRIS (Community Rehab Interdisciplinary Service)

Established in 2006 as an ambulatory rehabilitation service and located on the 3rd floor of the Health Services Center adjacent to the Misericordia Hospital, the CRIS program services individuals with complex rehabilitation needs, chronic conditions and/or who require select types of rehabilitation. Stroke Survivors requiring SLP, OT, or a combination of PT with either of the other disciplines may access this program by:

- Self-referral
- Physician
- Home Care
- Health Professional
- Family Member/Care-partner

Once the referral has been received and reviewed for suitability, the client is contacted and the initial visit is arranged. This is an interview that takes one hour. Following the initial interview, the team identifies which disciplines are to be involved in the patient's rehabilitation and notably, a referral to Social Work and Rec Therapy may be made if deemed appropriate. The program is based on functional goals that are client driven, realistic and measurable (COPM).

Admission Criteria:

- Valid Alberta Personal Health number
- Over 18 years of age
- Has a functional impairment requiring interdisciplinary rehabilitation, OT only, SLP only, self management support, or meets admission criteria for programs within CRIS
- Medically stable, motivated and alert
- Appropriate behaviour for individual and group interventions
- Sufficient Endurance to undergo rehabilitation activities
- Independent of constant supervision, unless this is available from the individual's caregiver
- Has available transportation

For further information, or to make a referral, please call 780-735-2413.

Featured Best Practice Guideline

Canadian Stroke Best Practice Recommendation 6.2

The recommendation states: ***“Stroke survivor, family and caregiver education is an integral part of stroke care that must be addressed at all stages across the continuum and at all transition points of care for both adult and pediatric patients.”***

Rationale provided states: *“Education is an ongoing and vital part of the recovery process for stroke which must reach the survivor, family members and caregivers. Education about stroke facilitates better understanding and supports coping and self-management.”*

What is the Stroke Program, Edmonton Zone doing?

During the recent Alberta Stroke Initiative (ASI), several interdisciplinary professionals had the opportunity to sit down together and partake in a self-assessment activity to examine stroke care provided in their corresponding centers. Upon doing this, the group was able to set goals and priorities for improvement. The 3 priorities identified by the Edmonton Zone for acute care include:

1. Improve distribution of discharge materials to stroke patients and caregivers during the hospital stay
2. Standardized discharge planning for stroke patients
3. Execute quarterly in-services about stroke, for staff at each site

The first priority is in line with the featured best practice guideline 6.2. Currently, a “Discharge Package” is being finalized by the Stroke Program, Edmonton Zone. Once this package is completed, it will be circulated to all acute care stroke units in Edmonton, and to the Stroke Prevention Clinics, for distribution by staff. This package will contain useful information for stroke patients and caregivers, with respect to risk factors, lifestyle changes and how to access relevant community services and resources. In doing this, we aim to work towards providing stroke patients in the Edmonton Zone with better education in order to help them in transitioning to recovery.

For more information, or to access these packages, please contact:

Stroke Program, Edmonton Zone: 780-407-3041

AHS SPEZ Buzz

Continuing Education

SPEZ is hosting the **Stroke Prevention Clinic (SPC) Coordinator – Educational Half Day on:**

Friday, May 11, 2012 1:00 - 4:00. The focus of the session will be cardiovascular issues related to stroke and will include presentations on hypertension, hypercholesterolemia, atrial fibrillation, and basic ECG interpretation. Please consider joining us by signing up your site via Telehealth using the following link: <https://vcscheduler.ca/schedule20/calendar/calendar.aspx?ID=1268> or, contact Stroke Program, Edmonton Zone at 780-407-3041



Edmonton Rehabilitation Rounds

The Stroke Program, Edmonton Zone is pleased to announce that we are now able to record the Edmonton Stroke Rehab Rounds and make them available for viewing at a later date. InView is the AHS public media portal which houses archived educational videos and can be viewed by the AHS staff and the general public. Here is the link to the webpage from which you can register to view this site:

<http://inview.albertahealthservices.ca/UI/Content/Se-cure/Registration.aspx>

Please feel free to forward this on to any of your colleagues who may be interested.

Rehabilitation Rounds take place on the **2nd Wednesday of every month from 1200-1300.**

Our next session is **Wednesday, April 11, 2012.** Please see the attached poster to distribute to your teams:



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.

The Hnatyshyn Lecture, or the featured plenary presentation, will be delivered by Dr. Michael Tymianski, a Toronto based neurosurgeon and the Canada Research Chair in Translational Stroke Research. This lecture will take place on Sunday, September 30, 2012.

Important Dates:

- **March 12th, 2012:** Preliminary programs on-line, To request a copy of the program, e-mail: info@canadianstrokenetwork.ca
- **May 1, 2012:** Registration begins
- **July 15, 2012:** Early bird registration ends
- **September 24, 2012:** On-line registration closes

For more information, please visit: <http://www.strokecongress.ca/2012/>

SPEZ Buzz Fast Fact

Did you know...? Diets high in sodium are associated with a high burden of premature death and disability in Canada. An estimated 2 million Canadians have hypertension caused by excess dietary sodium. In fact, **1 in 5** heart attacks and strokes are estimated to be caused by excess dietary sodium, amounting to 14,000 **PREVENTABLE** Canadian deaths a year!

For more information: www.canadianstrokenetwork.ca

Stroke Month

The Stroke Program, Edmonton Zone is gearing up for National Stroke Month in June.

We are offering free Stroke Prevention presentations to the public and/or staff. The more people we can reach, the better – as stroke impacts everyone!

To book a session, please contact our office at 780-407-3041, or

StrokeProgramEdmontonZone@albertahealthservices.ca