

Welcome to the first edition of The Stroke Program, Edmonton Zone (SPEZ) quarterly newsletter! The purpose of this newsletter is to provide current information and updates to healthcare providers working within stroke care

Who We Are

The Stroke Program, Edmonton Zone (SPEZ) was established in 2005 with grant funding from the Alberta Provincial Stroke Strategy (APSS). We are now incorporated into Alberta Health Services and are staffed by Stroke Service Coordinators who are health care professionals with expertise in stroke care across the health care continuum. Our objective is to provide assistance to health care professionals, stroke survivors and their care-partners through the following services:

- Navigation for health care providers, patients and caregivers across the continuum
- Coordination of education for health care providers, including learning resources and staff orientation materials
- Recommendation or provision of education and support to stroke survivors and caregivers

We collaborate with Alberta and Canadian Stroke Strategy groups to deliver integrated, comprehensive stroke services across the continuum of care from various health services locations.

The objectives of the program include ensuring patients throughout the zone have equitable access to stroke care in the right setting, at the right time, and delivered by the right provider. In addition, we support integration of evidence-based practice into clinical practice and ensure technology, such as Telehealth and diagnostic imaging are used appropriately to increase quality of care.

Contact information:
Stroke Program, Edmonton Zone
Suite 1800 College Plaza
8215-112 Street
Edmonton, AB T6G 2C8
Phone: 780-407-3041
StrokeProgramEdmontonZone@albertahealthservices.ca

Edmonton Rehabilitation Rounds

The Stroke Program, Edmonton Zone launched a new initiative for rehabilitation staff across the Zone in October, 2011.

Purpose:

To promote discussion and interaction between sites/zones on current issues in stroke rehabilitation by examining case studies, presented in a multidisciplinary fashion from diagnosis, assessments, rehabilitation strategies and related evidence, effectiveness of treatment, discharge planning, and lessons learned.

How to become involved:

Rehabilitation Rounds will take place on the **2nd Wednesday of every month from 1200-1300**. Everyone is welcome!

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

<https://vcscheduler.ca/schedule20/register/register.aspx?id=401381-7519>

(This will ensure you receive handouts prior to the session).

For more information, or to present at an upcoming session, please contact the Stroke Program, Edmonton Zone at 780-407-2812 or StrokeProgramEdmontonZone@albertahealthservices.ca

Door-to-Needle Initiatives:

Do you know your times?

Alberta reduced door to needle (DTN) times for tPA from **82.5** minutes (median 04/05) to **65** minutes (median 08/09). Since then, DTN times have reached a plateau or even increased across the province. APSS and AHS have therefore developed the Door to Needle Time Initiative. The goal will be to reduce the median DTN time to under **60 minutes and increase the number of patients receiving tPA within this timeframe to >50% by June 30, 2012** for the entire province. This will be a worthwhile challenge that will ensure stroke patients are treated early, providing the best chance for improvement or cure. **So...do you know your times?**

AHS SPEZ Buzz

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The Alberta Provincial Stroke

Strategy: Improving Stroke Care Across Alberta

The Alberta Provincial Stroke Strategy (APSS) released the first evaluation report describing the progress and outcomes of stroke care in Alberta in December, 2010. The full report can be accessed at: www.strokestrategy.ab.ca

Based on the above report, **Congratulations** go out to:

 **GNCH** for their **85% rate of TOR-BSST screening**. Keep up the hard work guys!

 Since APSS implementation in 2006, there has been a **27% decline** in overall **inpatient stroke mortality** between years 2003/4 and 2007/8!

Alberta Stroke Initiative (ASI)

The Alberta Stroke Council has used the information in the report to launch the Alberta Stroke Initiative (ASI). This is a province-wide project aimed at improving stroke care in Alberta through a number of site and program-based self-evaluation exercises, led by a Quality Improvement team from Calgary.

ASI Focus groups in Edmonton will be held on: February 7th & 8th at Lister Hall, U of A

For more information, please contact:
Stroke Program, Edmonton Zone: 780-407-3041

Living with Stroke Program

This interactive group program was developed by the Heart & Stroke Foundation for stroke survivors and the individuals who care for them. Free workshops are held weekly for 8 weeks and are 2 hours in length. Sessions are focused on improving quality of life and reducing risk of a secondary stroke. **We are currently enrolling patients.**

For program information, please contact:
Gail Elton-Smith: 780-407-8729

2011 Canadian Stroke Congress

The **2nd Canadian Stroke Congress** took place in the Ottawa Convention Centre October 2 - 4, 2011. The purpose of the Congress is to provide a uniquely Canadian forum in which participants reflect on “bench-to bedside-to-community” perspectives of stroke, exchange ideas, collaborate, and learn about innovation in stroke prevention, treatment, and recovery.

The Stroke Program, Edmonton Zone presented posters on The Effectiveness of TIA Hotline in Delivering Timely Access to Stroke Prevention Services: APSS.

Some of the key messages presented at the congress include:

- Telestroke the next best thing to being there
- Stroke rate 25-percent higher for Metis than for other Manitobans
- Smoking causes stroke to occur nearly a decade earlier
- More screening needed to identify depression, vision loss after mild stroke
- Prevention measures needed to address major risk of falls after stroke
- Undetected strokes increase risk of dementia
- Canadian, Australian studies earn top honors at Stroke congress
- Innovative Canadian stroke trial targets brain hemorrhage

To read more, please click:

<http://www.strokecongress.org/2011/2011/home/>

Mark your calendar for the **3rd Canadian Stroke Congress** to take place at the TELUS Convention Centre in **Calgary, AB: September 29 – October 2, 2012.**

For congress details, visit: <http://strokecongress.org/2012/>

Dash Diet

Winner of the U.S. News & World Report's Best Diets 2012!

The DASH Diet (Dietary Approaches to Stop Hypertension), a plan to prevent high blood pressure, took the **top spot in the best diets overall category.**

<http://dashdiet.org/>