

The Stroke Program, Edmonton Zone (SPEZ) quarterly newsletter provides current information and updates to healthcare providers working within stroke care.

Feature Program: Glenrose Rehabilitation Hospital Stroke Outpatient Program

The Glenrose Rehabilitation Hospital Stroke Outpatient Program provides assessment and treatment to stroke patients discharged from acute care within the past one year. It serves those individuals who still require specialized interdisciplinary interventions to maximize their independence and develop the skills necessary to maintain independence at home and in the community. This program provides a link between inpatient and community services.

Core services available to outpatients include:

Occupational Therapy	Physiatry
Physical Therapy	Psychology
Recreational Therapy	Social Work
Speech Language Pathology	

With subsequent referrals available to:

Dietary/Nutrition	Group Therapies
Driver Evaluation Training	Sexual Health
Pastoral Services	
Feeding/Swallowing Assessment	

Admission Criteria:

- Less than 1 year post stroke, or a recent change in functional status such that they could benefit from active rehabilitation
- Medically stable
- Sufficient exercise tolerance and endurance to tolerate a half day of sustained activity
- Motivated and interested in participating in therapy
- Alert and able to follow one stage commands
- Appropriate behavior and not harmful to self or others
- If constant supervision or assistance is required with feeding, toileting, etc. a family member or caregiver must be present to provide this.
- Must organize their own transportation to and from the hospital

To make a referral, please contact Joanne Martens, Stroke Outpatient Coordinator at 780-735-7936 or Joanne.Martens@albertahealthservices.ca

Farewell APSS... Welcome SCN

The Alberta Provincial Stroke Strategy (APSS) was formed in 2005 under the direction of the Canadian Stroke Strategy, which aimed to create a province/territory wide integrated approach to stroke prevention, treatment and rehabilitation in every province and territory by 2010.

Goals of the APSS included:

1. To reduce stroke incidence in Alberta
2. To improve stroke care at all levels throughout Alberta by implementing evidence-based standards of care
3. To optimize recovery and quality of life for stroke survivors throughout the province
4. To reduce the financial burden of stroke in Alberta

The APSS has been very successful in developing standardized tools and processes which have improved the standard of stroke care for all Albertans. APSS funding continued until December, 2012 and the final Evaluation Report is expected to be released in the next few weeks. Congratulations APSS for a job well done!

We would like to take this opportunity to welcome the Cardiovascular Health and Stroke Strategic Clinical Network (SCN) and look forward to working together to build upon the successful initiatives established by APSS. 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.

Key strategies for the Cardiovascular Health and Stroke SCN include:

1. Enhanced prevention and integration of health promotion/wellness
2. Better quality through better quality management
3. Reducing inequities in care and outcomes
4. Ensuring appropriateness and sustainability

More information about the Cardiovascular Health and Stroke Strategic Clinical Network can be found at <http://www.albertahealthservices.ca/7678.asp>

Continuing Education

2012-13 Update - Canadian Best Practice Recommendations for Stroke Care, please visit http://www.strokebestpractices.ca/wp-content/uploads/2012/10/20120BPR_Ch2_Prevention_Final-Version_20Sept-2012F-1.pdf

2013 Update - Hypertension Guidelines can be found at <http://www.hypertension.ca/chep-recommendations>

13th Annual Cardiology Update: April 19, 2013
For more information, <http://www.cardioupdate.ca/>

2013 Canadian Stroke Congress in conjunction with **Vascular 2013: October 17-20th in Montreal**, for more information go to <http://www.vascular2013.ca/>

APSS Legacy Website:
<http://www.strokestrategy.ab.ca/>

Stroke Learning Modules (online) developed by APSS, are available on Insite MyLearningLink: <http://mylearninglink.albertahealthservices.ca/elearning/bins/index.asp>, click the Course Registration tab, and enter the following courses in the 'Search for a Course' box:

Stroke Effects on the Individual, family and society	Stroke 101: The Basics
Functional Impairments of Stroke	High Blood Pressure: Get the Low Down!
Preventing Complications of Stroke	Administration of t-PA (Activase) in Acute Ischemic Stroke
High Risk TIA: Identification and Management	Hypertension Management in Acute Stroke
Fostering Community Participation after Stroke	EMS Stroke Education
The Shoulder: Positioning and Handling Considerations Post-Stroke	Practical Considerations: Visual-Perceptual Disorders
Practical Considerations for Cognitive Disorders Post-Stroke	

Edmonton Rehabilitation Rounds

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

Our next session is **Wednesday, February 13, 2013** and will be broadcast live from Camrose with the Stroke Rehab Team at St. Mary's Hospital.

Please remind staff to sign up on the Telehealth Scheduler, which 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>

Previously recorded Rehab Rounds can be accessed at: <http://inview.albertahealthservices.ca/UI/Content/Secure/Registration.aspx>

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

SPEZ Web Page

The Stroke Program, Edmonton Zone is excited to announce that we are in the process of developing a web page on the AHS external website!

Content will include stroke information for the general public, stroke survivors, caregivers, and healthcare professionals. Community resources, Canadian Stroke Best Practice Recommendations, access to current forms, newsletters, links and educational opportunities will all be made available on the web page.

Any suggestions for content to the web page can be made to Laurel Morrison at 780-407-2810 or Laurel.Morrison@albertahealthservices.ca

SPEZ Buzz Fast Fact

A recent publication suggests cannabis use be considered a risk factor for ischemic stroke and that patients under 45 years of age presenting with stroke be screened for cannabis use and have their urine tested for cannabinoids. Risk for subsequent stroke can be diminished by stopping the drug. The full article can be found in *Stroke*. 2013;44:558-563.