

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

Post Stroke Depression Screening

Over thirty percent of stroke survivors will experience depression post stroke, yet many do not receive proper care¹. This is, in part, due to inconsistent standardized screening across the Zone. Most clinicians can appreciate the effect that depression has on stroke recovery, and may informally identify it as an issue through their interactions with patients.

SPEZ is collaborating with stroke programs across the Zone to develop a standardized depression screening process for **all** stroke patients that will identify, refer, and track progress through the continuum of care.

Multiple tools² are available for depression screening post stroke and tool selection will largely depend upon the practice setting. After reviewing psychometric properties, ease of administration, and flexibility of use across the continuum of care, the Hospital Anxiety and Depression Scale (HADS) and the Patient Health Questionnaire 9 (PHQ 9) are the two screens being considered by SPEZ. Both can be either self or clinician administered, and are recommended for use in the Stroke Best Practice Guidelines². The HADS consists of fourteen questions (seven questions each relating to depression and anxiety), each rated on a scale of 0 - 3. The PHQ9 consists of nine questions (based on DSM IV criteria for depression), also rated on a scale of 0 - 3, in addition to one question addressing the impact of depression on function.

Many outpatient services for the assessment and management of depression are available within the Edmonton Zone, some of which include:

- University of Alberta Hospital
Out-Patient Psychiatry Services 780-407-6693
- Grey Nuns Community Hospital 780-735-7119
- Community Mental Health Clinic 780-342-7700
- Glenrose Geriatric Psychiatry 780-735-8820
- Mental Health Help Line 1-877-303-2642
- www.informalberta.ca search mental health services

1. Canadian Stroke Network. (2013). Depression screening essential for caregivers, people living with stroke, new national guidelines say. Retrieved from: <http://www.canadianstrokenetwork.ca/index.php5/news/depression-screening-essential-for-caregivers-people-living-with-stroke-new-national-guidelines-say/>

2. Lindsay MP, Gubitz G, Bayley M, Hill MD, Davies-Schinkel C, Singh S, and Phillips S. Canadian Best Practice Recommendations for Stroke Care (Update 2010). On behalf of the Canadian Stroke Strategy Best Practices and standards Writing Group. 2010; Ottawa, Ontario Canada: Canadian Stroke Network. Retrieved from: <http://www.strokebestpractices.ca/wp-content/uploads/2013/03/Table71A-EN>

Featured Stroke Best Practice Guideline

7.1.1: Screening for Post Stroke Depression

The Recommendation states

- "All patients with stroke should be screened for depressive symptoms using a validated tool."*
- "Screening should also include evaluation of risk factors for depression, particularly a history of depression."*
- "Screening should take place at various stages throughout the continuum of stroke care"*

Rationale Provided states

"Approximately one-third of all individuals who experience stroke will exhibit symptoms of depression at some time following the stroke event (acute, sub-acute and at long-term follow-up). The majority of cases of post-stroke depression (PSD) may develop in the first 3 months of stroke ... although research reports have indicated symptoms have emerged up to two years after index stroke. ... Severity of functional limitations, stroke severity, cognitive impairment and a previous history of depression have all been identified as important risk factors for the development of PSD."

*"PSD is associated with poorer functional recovery, increased risk for dependence, poorer cognitive function, reduction in social participation ... (and) increased risk for mortality. **Appropriate identification, diagnosis and treatment of PSD have been associated with improved outcomes.**"*

What is the Stroke Program, Edmonton Zone doing?

A review of the literature and current depression tools has been completed. SPEZ will be working with stakeholders in the near future to obtain feedback on which tool(s) will be implemented in the Edmonton Zone.

Once the depression screening tool(s) has been identified, standardized process algorithms will be developed to guide practice for the screening and referral of patients.

For questions or to share input, contact marylou.halabi@albertahealthservices.ca

Functional Electrical Stimulation (FES) Workshop

The Stroke Program, Edmonton Zone, is pleased to offer a one-day workshop on the use of Functional Electrical Stimulation in Stroke Rehabilitation.

Date: March 15, 2014
Time: 0830 – 1615
Location: Glenrose Rehabilitation Hospital
Cost: \$60
Facilitator: Giri Srinivasan, PT

This is an introductory, hands-on workshop that focuses on the use of FES in common stroke deficits for both the upper and lower extremity. We encourage all participants to bring the FES unit they are currently using to increase the level of carry-over into practice (units will be provided for those who do not have one). Basic theory behind FES and its use in stroke rehabilitation, including discussion of the research findings and Best Practice Guidelines, will be covered.

This workshop is open to any interested Physical and Occupational Therapists and Program Assistants working with Stroke Patients.

As this is a hands-on workshop, space is limited to 30 registrants. Register at www.eply.com/FESWorkshop

For more information, contact Gail Elton-Smith at 780-407-8729 or gail.eltonsmith@albertahealthservices.ca

SPEZ Buzz Fast Fact

Following a Mediterranean diet may not only reduce fasting glucose concentrations and lipid levels in patients who are genetically at increased risk for type 2 diabetes but may also lower their risk for stroke, a new study suggests. In this study, researchers found that the MedDiet, which features olive oil, nuts, fish, whole grains, fruits, vegetables, and healthier fats, appeared to moderate the risk of stroke for those patients whose genetic history place them at a higher risk. The study results "support the benefits of a MedDiet, especially for genetically susceptible individuals," the authors, led by Dolores Corella, PhD, Department of Preventive Medicine and Public Health School of Medicine, University of Valencia, Spain, conclude.

<http://care.diabetesjournals.org/content/early/2013/08/06/dc13-0955.abstract>

Continuing Education

- March 14th** Canadian Best Practice Guidelines for Acute Stroke
* register on the Telehealth Scheduler
- March 21st** Managing Depression in 2014 – Treating the Difficult Patient
* register on the Telehealth Scheduler
- April 11th** [2nd Annual Cardiac Conference: NP Forum for Nursing and Allied Health](#)

On-Going Education

Acute Stroke Case Rounds (Calgary Stroke Program)
* register on the Telehealth Scheduler

On-line Courses

[Hypertension & Dyslipidemia Courses](#)

University of Alberta Inter-professional Online Graduate Level Certification Courses:

- [Stroke Rehabilitation](#)
- [Pain Management](#)
- [Diagnostic Imaging Course for Physiotherapists](#)

Edmonton Rehabilitation Rounds

2nd Wednesday of every month from 1200 - 1300
Mazankowski Alberta Heart Institute (MAHI), room 2A6.066 or via Telehealth. Please register on the Telehealth Scheduler to ensure handouts can be distributed prior to the session.

March 12, 2014

"Recipe for Success: Using Everyday Activities as the Basis for Rehabilitation in the Home and Community", presented by Kat Lasiuk, SLP and Shannon Bourbonniere, TA from the Calgary Stroke Program

April 9, 2014

"Return to Driving After Stroke", presented by Dr. Mario DiPersio, Physical Medicine & Rehabilitation, GRH

May 14, 2014

Speech Language Pathology Treatments in Long Term Care, presented by Brianna Strachan, SLP

June 11, 2014

Dr. Cleary, University of Alberta, will present his research on Swallowing Difficulties in Stroke Patients

If you would like to present a case with your team, contact Gail Elton-Smith at 780-407-8729, or gail.eltonsmith@albertahealthservices.ca