

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

The Patient and Family Centred Care Working Group (PFCC)

When patients and families are involved in every step of their care, the health system can adapt processes to address concerns, thereby improving the patient experience. Essential to placing patients first in health care is providing the space for their voices to be heard and listening with compassion.

In October 2014, the Cardiovascular Health and Stroke Strategic Clinical Network (CVS SCN) implemented a Patient and Family Centred Care Working Group (PFCC) as a vehicle to bring forward patient priorities and concerns. Committee membership includes champions from all Zones and CVS operational sites, representatives of the CVS SCN, and both Patient Advisors and Patient and Community Engagement Researchers (PACER's).

Patient Advisors are people who have personal experience with the health system, either as a patient or family member, who share their perspectives and act as an advocate for others. Patient and Community Engagement Researchers (PACER's) are patients who have been trained in research methods who work with the SCN to conduct patient-oriented research.

As a working group under the CVS SCN, this committee has engaged these former patients as storytellers and consultants in both the Cardiac and Stroke realm, sharing their experiences with students and AHS health care providers. Partnering with other working groups within the SCN, the PFCC has provided consultation on patient experience surveys and other resource materials in development. The PFCC actively explores opportunities to provide support and resources to patients, families, and care givers during transitions of care.

If you would like a stroke survivor to share their story or provide input to your team or committee, please contact Gail Elton-Smith, Co-Chair PFCC, at gail.eltonsmith@ahs.ca or 780-407-8729.

Patient Engagement



Featured Stroke Best Practice Guideline Managing Transitions of Care Following Stroke

The recommendations state

“Enhanced education, training, and active engagement of persons with stroke, their families, and caregivers in integrated care planning and service delivery appear throughout the recommendations as we seek to emphasize the importance of patient and family centred Service.”¹

What is the Stroke Program, Edmonton Zone doing?

- Co-chair the PFCC Working Group
- Identify and train peer support volunteers (stroke survivors) to provide visits to stroke patients in acute and rehabilitation hospitals
- Promote stories from stroke survivors within public and healthcare provider stroke education sessions to increase awareness of the patient experience
- Incorporate Patient Engagement education within stroke learning collaboratives

1. Canadian stroke best practice recommendations: managing transitions of care following stroke, guidelines update 2016. International Journal of Stroke 2016, Vol. 11(7) 807–822.

Highlights from 2017 Canadian Stroke Congress – September 9 – 11th

Over 700 stroke researchers and clinicians had the opportunity to attend a variety of stroke workshops, breakouts, plenary lectures, brag-and-steal sessions, poster presentations, innovation and impact awards, and debates at this year's [Canadian Stroke Congress](#). Media highlighted Canada's first Stroke Ambulance, a recently published study on stroke in pregnancy, and driving post-stroke. Below, are some of the conference highlights:

Indigenous Health Issues

Indigenous people are at a greater risk of developing stroke and other vascular diseases, yet many social determinants create barriers to good health.

- Honourable Senator Murray Sinclair, former Chair of the Truth and Reconciliation Commission and a stroke survivor, opened the conference by sharing his experience with stroke and personal perspectives on health reconciliation.
- Wendy Johnson, member of the Six Nations, ON and National Director of Indigenous Health for the Heart and Stroke Foundation, called on health leaders to work together with indigenous peoples to create healthy communities. She challenged attendees to identify one change they could implement towards improving the health of local indigenous populations.

Canada's 1st Stroke Ambulance (ACHIEVE Project)

The [Stroke Ambulance](#) (SA) was on display throughout the weekend and created much excitement, as attendees had the opportunity to tour the vehicle and learn firsthand about the Edmonton Zone project from Jason Layton (ACP) and Kelly Brown (PCP), who represented the SA team. Two platform presentations, and three poster presentations on the SA project were shared at Congress.

Hot topics in Rehabilitation

Approximately 60% of stroke survivors require rehabilitation post-stroke and more than 400,000 Canadians live with long-term disability following stroke. New advances in stroke rehabilitation offer hope to stroke survivors.

- Computers, Robots and Drugs – the stroke rehabilitation plenary brought together leading Canadian experts to share the latest advances in stroke recovery.
- Identifying the exact location of stroke insult to the frontal lobe facilitates patient specific rehabilitation instruction to improve recovery outcomes.
- Driving after Stroke – Many stroke survivors struggle with the loss of independence when their driving

privileges are revoked, but studies show that those who can maintain or regain their ability to drive are better able to reintegrate back into their community. Challenges were discussed, including how physicians assess patients for safe driving post stroke and the reporting and legality discrepancies among provinces.

- Predicting and Promoting Post-stroke Recovery – the ability to live independently following stroke depends on many factors. Dr. Cathy Stinear, discussed the use of biomarkers in predicting recovery of hand and arm function allowing therapists to tailor rehabilitation to optimize patient recovery.

Hot Topics in Stroke Systems

Experts agree that the best way to improve stroke care and patient outcomes is through a coordinated system with access to the right resources, in the right place at the right time.

- Alberta's Stroke Successes – Alberta is a world leader in providing stroke patients with the emergency diagnosis and treatment they require. Reduction in door-to-needle tPA times, access to endovascular therapy, and stroke unit equivalent care are just some of the system elements which have significantly improved access to quality stroke care in AB.
- Do clinical trials reflect real world outcomes? – Dr. Werner Hacke, president of the World Stroke Organization, examined how differences between study populations and real patients impacts the efficiency of clinical processes and systems of care.

Late Breaking Clinical Trials

- Managing Stroke in Pregnancy - Stroke experts from Ontario released recommendations for managing stroke in women prior to, during and post-pregnancy.
- The COMPASS Trial – primary results were presented on the largest clinical trial evaluating the potential for a drug to prevent heart attack, stroke or cardiovascular death in patients with coronary or peripheral artery disease, comparing aspirin and rivaroxaban, a direct oral anti-coagulant.

"The evolving scientific evidence shared at the Canadian Stroke Congress will inform and continue to shape the future of stroke – and save lives." *Dr. Patrice Lindsay, HSF Canada*

Learning Collaborative

Thank you to all participants who attended the 5th Stroke Distinction Improvement Learning Collaborative on November 6th, 2017.

Dr. Siddiqui opened the session by encouraging attendees to share their learnings and continue working together in harmony.

Sites from across Edmonton Zone shared their innovative projects as well as identified areas for improvement. Programs offered advice and supported one another in their ongoing efforts.

Attendees had the opportunity to participate in one of the following breakout sessions:

- Engaging Staff in Stroke Education
- Cultural Awareness
- Future Improvement Ideas
- Rehabilitation Navigation

Jessica Lamb, Senior Patient Engagement Consultant with the SCN, spoke about the importance of integrating the patient perspective into health care. The symbiotic relationship between the Patient Advisor and Staff Liaison were described.

Guiding participants through her personal journey following stroke, Kristen Traverse, a registered nurse and mother of two young children, provided a heart-warming account of her newfound perspective on patient care.

Bonnie Poon described her role as Stroke Rehabilitation Coordinator in Calgary Zone, fostering discussions about a similar role in Edmonton Zone.

The afternoon was dedicated to site specific work, where goals were reviewed, progress discussed, and action plans were devised and shared with the larger audience.

Dr. Jeerakathil provided the closing remarks, highlighting progress made and encouraging teams to continue in the spirit of collaboration.



Updated Stroke Best Practice Guidelines

The Canadian Stroke Best Practice Recommendations (CSBPR) have updated the following guidelines:

1. [Secondary Prevention of Stroke](#) (October, 2017)
Some of the highlights include:
 - Stroke Prevention Services framework
 - Revised triage & assessment for risk of recurrent TIA/minor stroke, and urgency levels for management strategies
 - refinements to atrial fibrillation & anticoagulant use
 - timing for carotid interventions
 - Updates to PFO guidelines
 - Sleep apnea screening and treatment no longer recommended for secondary prevention
2. [Stroke in Pregnancy](#) (November, 2017)
 - A consensus statement providing guidance on the management of stroke and secondary prevention in pregnancy

Continuing Education

December 8–9 [Heart & Stroke Clinical Update](#) (webinar available)

March 2–4, 2018 NDT/Bobath Introductory Course in Normal Movement and the Management of Hemiplegia, contact ot4lifecalgary@gmail.com

October 17–20, 2018 [11th World Stroke Congress](#)

Webinars

- [Functional Electrical Stimulation \(FES\) in the Stroke Patient Population](#)
- [Canadian Stroke Best Practice Recommendations – Webinar Archives](#)

On-Going Education

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

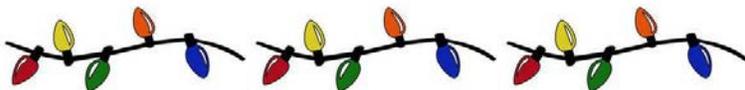
On-line Courses:

Available on My Learning Link:

Hypertension - Chronic Disease Management
Dyslipidemia - Chronic Disease Management

University of Alberta Inter-professional Online Courses:

- [Certificate in Stroke Rehabilitation](#)
- [Overview of Dysphagia Management](#)
- [Pain Management](#)



*Happy Holidays From
The Stroke Program Edmonton Zone*

Edmonton Stroke Rehabilitation Rounds

Stroke Rehab Rounds are held on the *second Wednesday of the month* at noon. Rounds are case oriented to increase interactivity and draw on the expertise that is available throughout Alberta.

Upcoming sessions:

December 13th, 2017

Karen Mallet MSc SLP

“TeleRehab for Patients with Post-Stroke Communication deficits Using Mobile Technology: A Randomized Controlled Trial.”

January 10th, 2018

Nancy Salbach BSc PT, MSc, PhD

“Change in PT administration of the 10 metre and 6 min walk tests Post-stroke Across the Care Continuum following provision of a Toolkit: A Before and After Study”

February 14th, 2018

Alan Tam MD, FRCPC, Psychiatrist

“Cost Effectiveness Evaluation of an Early Access, High Intensity, Out-patient Stroke Rehab Program at Toronto Rehab institute”



For more information or to present at an upcoming session, please contact the Stroke Program Edmonton Zone at 780-407-8729, or

Email gail.eltonsmith@ahs.ca

To sign up to attend via Telehealth at your site, please go to <https://vcscheduler.ca/schedule20/calendar/calendar.aspx?ID=1268>