

Regional Stroke Strategy

Volume 2 • No. 3 • Fall/Winter 2004

Update from the Regional Stroke Manager

Chris O'Callaghan

It is with great pleasure we announce that the SWO Regional Stroke Strategy web site is ready. Please take a look and feel free to provide us with any feedback, our website is a "work in progress". The link is: www.lhsc.on.ca/rss/

Successful completion of Southwestern Ontario's Stroke in Long-Term Care pilot project marked the end of July. This project was funded by the Ministry of Health and Long-Term Care (MOHLTC) and supported by The Heart and Stroke Foundation of Ontario (HSFO).

Celebrations to mark this event are taking place among the pilot sites in the region.

The pilot phase included Parkwood Hospital, St. Joseph's Health Care London, Windsor Regional Hospital, Grey Bruce Health Services Warton and Meaford sites, and many Long-Term Care (LTC) facilities in Southwest. The purpose of the project was to create a standardized communication tool, for use as stroke patients transfer from hospital to a Long-Term Care facility. Communication between sectors can be fragmented, and the tool was proposed as a solution to improve and enhance linkages among health care providers. Congratulations to all the participants for their commitment and contribution to improving stroke care. The communication tool should assist in facilitating transfers between hospitals and Long-



Celebration of SWO Long-Term Care Pilot project at Parkwood hospital to congratulate participants for their contribution to the pilot of the Communication tool. In attendance are the projects leads, Alison Greenhill and Laura Parizeau, from Integrated Strategic Alliances & Networks (ISAN)

Term care, and will ultimately benefit stroke survivors. Across the province plans are underway to develop an implementation and adoption handbook, and ultimately roll the tool out across Ontario. A final report is available.

The fall season has been busy with many events. In September, stroke rehabilitation stakeholders came together to review the results and recommendations of the SWO and provincial Stroke Rehabilitation Pilot Projects; the Provincial Stroke Rehabilitation Business Plan; and Canadian Stroke Network Rehabilitation initiatives. The objectives were to determine the components of the stroke rehabilitation pilot(s) that are feasible and sustainable for SWO and establish consensus on the most strategic use for the recommended SWO funding associated with the proposed Provincial Stroke Rehabilitation Business Plan. A report of the outcomes of this session is available.

As 2004/05, is a "transition year" in the stroke strategy, it is necessary to clarify and refine the role of the Regional Steering committee and its relationship

with the Regional and District Stroke Centres. On Nov. 1st a strategic planning session has been organized to gain a shared understanding of the enhanced accountabilities and service guidelines for Regional and District Stroke Centres. We also plan to review structures and reporting mechanisms to meet the Stroke Centre and Regional Steering Committee accountabilities. Representatives from the District Stroke Centres Senior Leadership and Medical Directors/Champions in the region have also been invited to participate in the day. Our next newsletter will provide more details about results of the day.

A copy of any reports or resources mentioned in this newsletter can be obtained from Delynn Felder at (519) 685-8500 ext. 32462. If you have any questions about the Regional Stroke Strategy, please don't hesitate to contact the District Stroke Coordinator for your area, or myself at the Regional Stroke Centre: Chris O'Callaghan (519) 685-8500 ext. 32214 or email: chris.ocallaghan@lhsc.on.ca



Letter from the Editor and SWO Regional Stroke Education Coordinator

Gina Tomaszewski

Many workshops and programs have made for a busy fall season.

Best Practice Guidelines (BPG) Launches

So far several launches have taken place since the inaugural launch on Dec. 5th, 2003 in Grey Bruce. Bluewater Health in Sarnia held a workshop on Sept. 24th and Chatham-Kent on Sept. 28th. The



Participants at the BPG Launch, Bluewater Health, Sarnia, Sept. 24, 2004.

District Stroke Centres have selected the Rehabilitation stroke BPGs as a focus for their launch. The launches are designed to assist key staff in rehab with implementation of the BPGs. The session contains information about the stroke BPGs, the current situation of rehab for their district and catchment area, an exercise to help identify gaps, and develop action plans. For a list of upcoming BPG launches in the region see the Community/Regional/Provincial Events section of this newsletter.

Stroke Rounds

In the fall we commenced videoconferencing with 36 sites in Southwest. The first session occurred on Sept. 29th when Dr. David Spence presented the Topic: Advances in Stroke Prevention. This is a huge leap from when we commenced videoconferencing with two sites in the fall of 2003. The six District Stroke Centres remain active participants and the additional 30 sites participate as silent partners and are able to observe the session. Since the session is only one hour it would be difficult to manage and address questions from all 36 sites. At this time if silent partners have specific questions related to the topic presentation they can forward them to me at: gina.tomaszewski@lhsc.on.ca

Brain Dissection Videoconference

On July 15th, 2004 we videoconferenced a brain dissection session to eleven sites in SWO. 65 health care professionals participated in the session. The purpose of the session was to provide a review of basic neuroanatomy. This is what participants had to say about the session: "great opportunity to view a real brain" "excellent medium to review neuroanatomy" "presenters were very clear with anatomical explanations and functional explanations as well".

A special thank-you to Dr. Lee Cyn Ang, LHSC Neuropathologist, and Dr. Sherry Krawitz, LHSC, Neuropathology Resident who helped to organize the brain dissection demonstration for the purposes of videoconferencing. As well, I would like to thank Stephen King, Videocare Education Coordinator for his assistance with the delivery of the session. We look forward to offering a similar session in the new year.

BP: Ups and Downs Workshop

These workshops are proceeding as planned in Southwestern Ontario, and have taken place in Kitchener, Tillsonburg, and Owen Sound. The workshops are attracting large audiences with 50 to 100 participants at each workshop. The following items have been identified by participants as valuable:

- "Learning about the new BP targets"
- "Handouts excellent, especially as teaching tools for patients and also for self education"
- "Pharmacology update"
- "Learning about the BP Action Plan".

Additional dates for upcoming BP: Ups and Downs workshops are featured in the Community/Regional/Provincial Events section of this newsletter.

Aphasia Training

Two Speech Language Pathologists

(SLPs): Helga Schollenberger, Windsor Essex; and Stephanie Somers, Middlesex, attended the Aphasia Training provided by the Aphasia Institute during the week of October 18 to 22. With this training the SLPs will be able to provide two-hour Supported Conversation workshops to health care professionals in their district. The trained SLPs from some of the other districts in the region have already been providing these workshops, as you will read in the Stroke Centre Updates in this newsletter. In total, there are five SLPs from the Southwest region that have received the training from the Aphasia Institute. In 2005, we look forward to providing other SLPs in the region with the opportunity to receive the training from the Aphasia Institute.

Rehabilitation Education Program for Stroke (REPS)

The REPS website was updated this fall with a few minor revisions made. As of October 1st, 25 Mentors and Learners in the region have completed the online module. Efforts will be underway to survey the participants to determine what changes in practice have occurred. As well, on September 25 we were able to send 4 additional professionals from Southwest to the Mentor Workshop in Hamilton.

Tips and Tools

Tips and Tools sessions to the Long-term Care facilities in Southwest have been underway as you will read in the District Stroke Centres Update section of this newsletter. We will be hosting another Tips and Tools: Train the Trainer Workshop in the near future. We will keep you posted. For further information on any of the programs described above please contact Gina Tomaszewski at (519) 685-8500 ext. 35268 or e-mail: gina.tomaszewski@lhsc.on.ca

Stroke Centres Update

Bluewater Health District Stroke Centre

Submitted Paula Gilmore

“If you can’t climb the wall, build a door.” (Charles C. Lever)

This is a good quote for the Sarnia-Lambton DSC and the Lambton County Stroke Strategy Working Group (LCSSWG) as we attempt to meet the challenges of moving forward with best practice stroke care for our residents. A local work plan has been established and the LCSSWG meet on the last Tuesday of each month.

The Supported Conversation for Adults with Aphasia Workshop presented by Anne Schaller, Bluewater Health Speech Language Pathologist, July 9, 2004 at Bluewater Health for the rehabilitation staff was a huge success with great attendance and excellent feedback. Future workshops will be planned.

Memorandum of Understanding and Repatriation Agreements have been signed by Bluewater Health, the County of Lambton and bordering Regional and District Stroke Centres. The Ambulance Destination Policy for Sarnia-Lambton has been implemented and was signed in March 2004. This is a large step forward for stroke care in Sarnia-Lambton.



Other highlights include:

- In collaboration with Healthy Living Lambton, health practitioners from Bluewater Health participated in a Chronic Disease Prevention Focus Group June 17, 2004. The objective of the group was to describe hospital health practitioners' expectations and awareness of health promotion and their role in chronic disease prevention.
- Two delegates attended the 5th World Stroke Congress in Vancouver, B.C. in June 22-26 2004.
- The Regional and District Stroke Centre Coordinators of Southwestern Ontario in collaboration with the HSFO placed a newspaper article on stroke care highlighting the signs and symptoms of stroke in local newspapers across SWO June 23, 2004 for stroke month.
- A presentation on the Ontario Stroke Strategy and the definition of stroke was provided to the Rotary Club on July 12, 2004. A newspaper article was placed in the Sarnia Observer following the presentation.
- A Dysphagia Screening Tool has been developed and implemented in acute care at Bluewater Health for all patients experiencing stroke.
- Tips and Tools education sessions were completed at Sumac Lodge in Sarnia, Ontario in June 2004 and Fiddick's Nursing Home and Retirement Home in Petrolia, ON in October 2004.
- REPS and Stroke Rounds are ongoing at Bluewater Health.
- Revisions of an acute care stroke care pathway are ongoing.

For further information, please contact Paula Gilmore, DSC Coordinator for Bluewater Health at (519) 464-4400 ext. 4465 or pgilmore@bluewaterhealth.ca

Chatham-Kent (CK) Stroke Strategy Working Group

Submitted by Laurie Zimmer

The CK DSC continues to move forward in providing Best Practice Stroke Care. We continue to collaborate and partner in the development and implementation of effective stroke care strategies. Our DSC has been further enhanced with the arrival of Heather DeWagner as Nurse Clinician for Stroke Strategy. Heather recently graduated from the University of Windsor with her Bachelors of Science in Nursing and brings many years of clinical nursing experience. She is a competent, caring, devoted leader who has tremendous passion in the provision of consistent stroke care to CK residents. Heather will be responsible for the coordination of and delivery of comprehensive care for individuals at high risk of stroke or has had a TIA and/or stroke within the Urgent TIA Stroke Prevention Clinic. Secondly, Heather provides clinical nursing specialty to support and coordinate a consistent stroke care team across the continuum of care.

The Stroke Prevention/Urgent TIA Clinic launch day took place on October 5, 2004. This clinic will target high-risk individuals as well as risk factor modification in the prevention of stroke. We are very fortunate to have on our team extremely dedicated Stroke Physicians in the

provision of care for these individuals. We would like to thank them for their dedication and support in the development and implementation of the CK Stroke Prevention Clinic.

Providing education to front line caregivers has been identified as one of the priorities of the CK DSC. The Tips and Tools for Everyday Living Team have been very successful in providing this excellent workshop to caregivers of stroke. The team consists of Amy McNair-Occupational Therapy, Maureen McKerrell-Physiotherapy, Ellen MacDonald-Beacock-Speech/Language Pathology and Linda McKinlay-Nursing. These dedicated individuals have been instrumental in the success of our workshops. Meadow Park Nursing Home will hold the next Tips and Tools workshop October 14, 2004.

On September 28, 2004 the DSC hosted a Stroke Rehabilitation Best Practices Guidelines Launch. This workshop aims to share expertise, knowledge, take action, and make the Stroke Best Practice Rehabilitation Guideline our best practice. Keynote speakers included Dr. Robert Teasell who spoke on the importance of Rehabilitation Research in Practice, and Chatham-Kent's Health Alliance Rehabilitation/Continuing Care Program Director, Nancy Snobelen on the Current Rehabilitation Situation in CK. We look forward to this exciting day of planning change, and having fun as we advance rehabilitation management for stroke care across the continuum.

The DSC has also teamed up with our rehabilitation department for the Mother/Daughter Walk with the HSFO. This is another exciting partnership to increase awareness and stroke recognition in addition to raising funds in support of the HSFO.

For more information please contact Laurie Zimmer, DSC Coordinator for Chatham-Kent at (519) 352-6401 ext.

6900 or lzimmer@ckha.on.ca

Essex Stroke Strategy Working Group

Submitted by Andrea Drummond

The fall of 2004 promises to be a busy time for both the Windsor Essex DSC, and our partners. During this past summer we have continued to participate in the Integrated Strategic Alliance Network's Long-Term Care Initiative. Windsor Essex assisted in the final phase of the pilot project, with the Inpatient Rehab Unit at Windsor Regional Hospital (WRH) as the participating local site. With the assistance of dedicated partners at Huron Lodge and WRH, the project was a success, and plans for a celebration are being made. The DSC also facilitated two teams for the Heart and Stroke Foundation's Big Bike for Stroke: the Neurology Unit at Hotel Dieu Grace Hospital (HDGH), and the other, their colleagues at the Inpatient Rehab Unit at WRH. A friendly fund-raising competition ensued between the two teams and, as a result, a total of over \$13,000.00 was raised to benefit stroke patients. Congratulations to both teams for their great work and dedication to stroke care, and many thanks to Diane McKinley, Program Coordinator HSFO Windsor office, for all of her assistance and support.

Organized group patient education classes are now being held regularly for patients seen in our TIA Clinic, and the feedback is very positive. Within the next few months, we will also be involving allied health professionals in the classes, to build on their expertise. As expected, the number of patients seen in the TIA Clinic continues to rise, necessitating another day being added to our schedule very soon. Also, to ensure consistent care for TIA patients

in all of the Emergency Rooms in Windsor Essex, we are investigating the possibility of developing a district-wide TIA Clinical Pathway. We are also excited to be able to send one of the District's SLP's for expert training at the Aphasia Institute in Toronto in October. This training will allow this individual to present workshops on Supported Communication, for which there is great interest in the Windsor Essex District. Also, there is great interest in the long-term care sector for Tips and Tools Presentations, and we anticipate booking these workshops regularly through the fall and winter months. Further, with our DSC being designated as "Enhanced" by the MOHLTC, we expect to be involved in many more interesting projects in the future.

For further information, please contact Andrea Drummond, DSC Coordinator, for Windsor Essex at: (519) 973-4411 ext. 3082 or adrummond@hdgh.org

Grey Bruce District Stroke Centre

Submitted by Mary Solomon

"*Olympism*" – the philosophy of life, exalting and combining in a balanced whole the qualities of body, will and mind, has been a theme throughout the summer of 2004. The Olympics and Paralympics remind us of the courage of working hard towards a goal. The results are not always what we expect, however, valuable lessons are always learned. Grey Bruce DSC first "Olympic" project this summer tackled our inability to recruit for the stroke prevention clinics (2 satellites – Owen Sound and Walkerton). This presented us with a best practice crisis. Through the leadership of our Advanced Practice Nurse (APN), Sue Wentworth, a comprehensive best practice TIA kit was developed for family

physicians, community nurse practitioners and emergency departments in Grey Bruce. The kit deals with best practice for TIA and risk management through the use of job aids and information bulletins. One very innovative job aid is a laminated wallet card with TIA, test and pharmacology information. The kits are designed to impact practice toward an evidence-based approach. It also sets the expectations for the stroke prevention clinic. This initiative is a “gold medal” performance.

Other projects developing through the summer will reach the finish line in the fall. DSC attendance at the Moving to Inclusion Training Weekend sponsored by Active Living Alliance for Canadians with a Disability and the March of Dimes Stroke Recovery Leadership Conference has resulted in a number of projects for community engagement. The DSC in partnership with Grey Bruce Health Service Recreation Department, Active Living Alliance for Canadians with a Disability (Ontario), Breaking Down Barriers and Canadian Paraplegic Association (Grey Bruce) are sponsoring a workshop on inclusion of persons with disability into active living activities. The target audience is municipality and community recreation and accessibility committees. Another partnership with Beaver Valley Outreach, a community support agency is resulting in a workshop for volunteers groups on how to include individuals with stroke as volunteers. The DSC attendance at the Stroke Recovery Leadership Conference in St. Catherine’s was a “reality check” for this coordinator and increased my commitment to coordinated stroke care – an Olympian approach to stroke. Other highlights include:

- Pre-printed non-thrombolytic

orders have been distributed for use at all sites in Grey Bruce. Clinical Pathways are under development.

- BP: Ups and Downs Workshop took place on September 30th.
- Dr. Richard Chan, Stroke Neurologist with London health Sciences (LHSC) met with our ER physicians to discuss the use of tPA in rural areas.
- We Can’t Weight Workshop on Obesity is being held Oct. 27th in partnership with Partners in Health, Public Health Unit, DSC and District Health Council.
- DSC has been invited to participate in a Strategic Planning Exercise at South Bruce Grey Health Services.
- Tips and Tools Sessions are in planning for Lion’s Head and Kincardine. Sessions by DSC are being made to Red Cross and the Local Parish nurses in October. Looks like it may be an “Olympian” year in Grey Bruce.

For more information please contact Mary Solomon, District Stroke Coordinator for Grey Bruce, at: (519) 376-2121 ext. 2920 or msolomon@gbhs.on.ca

Huron Perth District Stroke Working Group

Submitted by Doris Noble

The Huron Perth Stroke Strategy working group welcomed three new members to the committee on May 25th. Dinette Stephens RN from the South Huron Hospital in Exeter, Edythe Ann Fleming from Midwestern Adult Day Services and Jean O’Rourke from Town and Country Support Services are a valued addition to our group. With such great community involvement it was decided that a Community Sub-Group Committee be formed to look at resources, educational

opportunities, support groups and health promotion. The first meeting was held June 15th and after a great deal of brainstorming we decided to plan a symposia for office nurses on May 18th to provide information on the resources available for stroke survivors. Coreen Duke-Carroll will continue to participate on the Community Reintegration Sub-Committee; a meeting took place on October 4th. Plans are underway to hold a workshop: Strengthening Your Awareness on May 18th 2005.

Although the summer has provided a break from numerous meetings, it has been an opportunity to make gains in furthering the implementation of the best practice guidelines. The orders and policy for tPA administration were revised and approved at Medical Advisory Committee (MAC) in June. Lunch and Learn Sessions to update the ER and ICU nurses on the revisions and the best practices for emergency management are being held in September. Ischemic stroke orders have been developed with an attached care plan to comply with on-line documentation. Next steps are approval at the Critical Care Medicine meeting, MAC, and nursing practice council. The CNS policy has been drafted for approval at MAC as well. Training of staff on the CNS tool will take place in September.

Education remains a high priority with various exciting events taking place this fall.

- Aphasia Workshops are being held at Spruce Lodge on September 23rd and at Seaforth Community Hospital on October 21st. Sue Brown (SLP) will provide information on communication techniques for stroke survivors with aphasia for health care providers.

- Tips and Tools workshops are planned for the South Huron Hospital starting September 28th under the leadership of Dinette Stephens.
- The Best Practice Launch for Rehabilitation is in the final stages of preparation for November 29th. An exciting Agenda has been planned with the assistance of Gina Tomaszewski.
- Preliminary planning is underway for the Blood Pressure Workshop to be held on November the 10th.
- On September 20th, Dr. Donald Lee provided an educational session for the Internists, Radiologists and Emergency Physicians on CT imaging in hyperacute stroke.
- Seven other hospitals in Huron Perth have been able to participate in Stroke Rounds videoconference this fall. The Stroke Rounds videoconferenced from LHSC, University Campus have included intriguing topics such as Brain Dissection, Vascular Disease, and Depression. We look forward to more exciting learning opportunities.
- Planning continues for the Urgent TIA/Stroke Prevention Clinic. A meeting took place on September 27th with the Internists, Radiologists and Management to look at available resources and to plan for the referral process.
- A position for the advanced practice nurse for the Secondary Prevention Clinic and for case management was posted.

For more information please contact Doris Noble, DSC Coordinator for Huron Perth, at: (519) 272-8210 ext. 2298 or doris.noble@hpha.ca

Thames Valley

Submitted by Sharon Mytka Thames Valley Coordinator

A lot of activity went on through the summer months even though the

working groups met less frequently.

- As part of the Elgin Stroke Working Group, St. Thomas Elgin General Hospital hosted two lunch and learn sessions focusing on the Best Practice Guidelines for Stroke Care. These events provide a visible kick-off to the hospital's review of its practices and protocols for stroke care.
- A Tips and Tools education day was held on September 29th at the Elgin Manor. This Heart and Stroke Foundation program will be brought to staff of Long-term Care Facilities free of charge with support from the Elgin CCAC and Rehab Express. In Middlesex County, Tips and Tools is being provided to staff from Meadowcroft Nursing Home throughout the month of September. Staff from Central Park Lodge will also participate. Tips and Tools at PeopleCare in Tavistock wrapped up in June. Sixteen staff from the three Long-term care facilities in Tavistock participated and were positive in their evaluation of the sessions.
- Strathroy Middlesex General Hospital and Four Counties Health Services will be improving public access to stroke information materials within their respective hospitals. The Middlesex Health Promotion Committee is planning to host a stroke awareness and healthy living evening in April 2005. The Stroke Interdisciplinary Committee at London Health Sciences Centre has undertaken a review of its practices and protocols with respect to the Best Practice Guidelines for Stroke Care.
- Tillsonburg Memorial and District Hospital hosted a CME on managing Blood Pressure on the evening of September 30th. The workshop provided professional education to physicians, pharmacists, nurse practitioners and occupational health

nurses regarding the latest guidelines and includes medication management and lifestyle issues. About 50 health care professionals were in attendance. The evaluation results were positive.

- Tillsonburg Hospital has implemented Best Guidelines for Stroke Care in the Emergency Departments (ED) and has an operational swallow screening team.
- Alexandra Hospital is actively exploring the feasibility of providing blood pressure management classes to persons who are seen in ED, have elevated blood pressure and do not have a physician.

For more information, please contact Sharon Mytka, Thames Valley Coordinator and Regional Prevention Coordinator, at (519) 685-8500 ext. 32264 or sharon.mytka@lhsc.on.ca

Update on Stroke Prevention

Submitted by Sharon Mytka Regional Prevention Coordinator

As with all other aspects of the Stroke Strategy, it has been a busy quarter for those engaged in stroke prevention. The Regional Prevention Committee met for the first time on June 1st. Representatives from across the region, who work in all phases of the stroke care continuum and belong to a variety of disciplines, came together to begin working on a stroke prevention plan for SW Ontario. During the inaugural meeting the group reviewed current provincial and regional activities in health promotion and stroke prevention and identified high-level priorities for regional stroke prevention. At the meeting on September 21st the group explored input and recommendations for action from a variety of sources including the provincial secondary prevention roundtables, the regional Stroke Steering Committee, key informant interviews, and the

SW District Stroke Coordinators. The group will then work to build consensus on the prevention action plan for the Southwest.

Recently funded secondary prevention clinics at Grand River in Kitchener, Chatham Kent Health Alliance and Stratford General Hospital are in various stages of start-up. On October 7th, the SW Ontario District Stroke Centres and the Regional Stroke Centre met to discuss criteria, issues, and access to carotid endarterectomy (CEA) for secondary prevention patients from all of the centres.

Staff from newly funded and existing prevention clinics in Ontario had an opportunity to participate in the 2nd Secondary Prevention Roundtable hosted by HSFO last April. During the roundtable, small workgroups made recommendations for action around a number of issues including regional planning, secondary prevention clinic models, implementation of best practices, linking with health promotion initiatives, telehealth, linking with family physicians and patient resources. Both the MoHLTC and HSFO will consider these recommendations for implementation.

Other Prevention highlights include:

- The 7th Annual Stroke Collaborative was held in Toronto on October 18, 2004. Cheryl Mayer, Clinical Nurse Specialist (CNS) in London's Urgent TIA clinic and Sharon Mytka, Regional Prevention Coordinator hosted a concurrent session that focused on secondary prevention.
- London Health Sciences Centre has received Ministry of Health and Long-term Care (MoHLTC) funding for a one-year pilot project that will evaluate the benefits of engaging TIA patients in the com-

prehensive Cardiac Rehabilitation and Secondary Prevention Program (CRSP). Consenting patients from the urgent TIA client will be referred to CRSP and staff from both clinics will be involved in counseling and evaluation.

- Medical redirects and repatriation agreements are now signed for most counties within the SW Ontario. In April the MOHLTC sent a memo to the Municipal EMS Directors and Managers in April indicating that the prompt card and related training bulletin would be distributed to every paramedic where acute stroke protocols (medical redirects) are in place.
- Another research project underway with TIA patients is the IMPRESS study. The primary aim of this study is to test whether the addition of monitoring and counseling for vascular risk factors improves the control of hypertension and other vascular risk factors in patients with a transient ischemic attack (TIA) or a minor stroke. Patients are streamed into usual care, or to a nurse or a volunteer who will call the patients at regularly scheduled times to ask questions about exercise, diet, smoking cessation, etc.
- The Ontario Prevention Clearinghouse (OPC) has recently revised Prescribing Prevention a resource for people engaged in health promotion and stroke prevention. Gina has ordered a hard copy for each DSC. We understand that it will be posted on the OPC website (www.opc.on.ca) at a future date.
- The SW Ontario results of the Canadian Community Health Survey 2000/2001 are now available in the report, Health Behaviours and Lifestyle Practices in SW

Ontario at the following website: <http://www.srhip.on.ca/srhip/products/CCHSHBLP2004.pdf>

For more information, please contact Sharon Mytka, Thames Valley Coordinator and Regional Prevention Coordinator, at (519) 685-8500 ext. 32264 or sharon.mytka@lhsc.on.ca

Waterloo/Wellington District Stroke Centre

Submitted Tammy Tebbutt

The Waterloo/Wellington DSC continues to be committed to providing best practice stroke care. The completion of a local workplan for 04/05 continues to drive the ongoing implementation of evidence-based stroke care for our community.

We are pleased to welcome Donna Gill, Acute Care Nurse Practitioner for our Secondary Stroke Prevention Clinic (SSPC). Donna came to Grand River Hospital (GRH) June 2004 from Hamilton Health Sciences where she had worked in the Acquired Brain Injury Program for the past nine years. Donna is a graduate of the School of Nursing at McMaster University and later the University of Toronto. Her extensive clinical knowledge, expertise in neurology, organizational and leadership skills assists in the provision of best practice care for our patients in the Waterloo/Wellington District.

The Secondary Stroke Prevention Clinic, located at the Freeport Health Centre of Grand River Hospital, officially opened on June 25, 2004. To date we have seen over 100 patients in the SSPC, most of whom have had a TIA or minor stroke. Patients are being seen by our nurse practitioner, Donna Gill, and a neurologist usually within three to four days of referral. Eighty-five percent of patients are having CT scans done in the emergency

department, and the remainder within a few days of the event. Similarly, rapid access to ultrasound has enabled most patients to have carotid dopplers within two days of their event.

The process for referral to the clinic is being developed through a staged approach. This summer we worked with the emergency departments of the Grand River, St. Mary's and Cambridge Memorial Hospitals this summer. We are working through the process with the emergency departments of the Guelph General, Groves Memorial and North Wellington Hospitals this fall. We plan to launch a more formal process for family physicians in the new year. We have been and will continue to accept referrals from physicians throughout Waterloo-Wellington. To date, approx 25% of our referrals are from family physicians.

Completed Education Sessions:

- An Aphasia Awareness Community

Information Forum was hosted by St Joseph's Health Centre on June 10, 2004. Approximately 75 people attended and the feedback was very positive.

- GRH completed the Dysphagia Pilot Project July 31, 2004. This project was conducted over 13 months in the Waterloo/Wellington and Niagara Regions. Swallowing teams have been established in 7 sites of the Waterloo/Wellington region. RN, RPN, OT, PT, and RD were trained to provide Dysphagia Screening. The results of this project are now being disseminated provincially.
- The BP: Ups and Downs Workshop was hosted September 15, 2004. Approximately 100 health care professionals attended. The feedback was very positive.
- The 2nd Annual Organized Stroke Strategy Conference was held Oct 6, 2004. The theme was Secondary

Stroke Prevention. Approximately 150 health care professionals attended. The feedback was very positive with expressed interest in having a 3rd annual stroke conference.

Upcoming Education Sessions:

- Training on the Clinical Neurological Sciences (CNS) scale will be provided at GRH for the ER, ICU, CCU and Integrated Stroke Unit staff starting in November 2004. This scale will be incorporated into the Acute Stroke Orders and clinical pathway and will be implemented December 2004.
- A BPG Rehab launch is planned for November 10, 2004.
- An Aphasia Workshop is planned for November 24, 2004.

For more information please contact Tammy Tebbutt, DSC Coordinator for Waterloo/Wellington at: (519) 749-4300 ext. 2605 or tammy.tebbutt@grhosp.on.ca

Stroke Warning Signs Campaign Results Summary

The Heart and Stroke Foundation has just released results from the first-ever Provincial stroke public awareness campaign funded by the Ministry of Health and Long-Term Care. The campaign was designed to increase knowledge of stroke warning signs amongst Ontarian's 45+ years of age.

Key Measures:

Awareness of two or more stroke warning signs has increased from the baseline in August 2003 of 52% to 68% in June 2004, an increase of 16%.

Percentage of Ontarians 45+ that:

- Knew none of the warning signs went down from 21% to 14%.
- Knew three warning signs went up from 19% to 27%.
- Knew four of the warning signs went up from 7% to 14%.

Shifts of key warning sign awareness:

- Headache up from 29% to 34%.
- Vision Problems from 25% to 37%.
- Trouble speaking from 23% to 37%.
- Dizziness from 43% to 59%.

In addition to increased knowledge of stroke warning signs, data from the Registry of the Canadian Stroke Network, shows that total stroke presentations at Regional Stroke Centres across Ontario increased by almost 30% following implementation of the stroke awareness campaign.

Heart and Stroke Foundation research shows 39% of Ontarians name stroke warning signs as a key public health education issue, comparable to heart attack warning signs.

For more information, please call Frank Rubini, Manager Government Partner Programs, Heart and Stroke Foundation at (416) 489-7111, ext: 402.

Publications of Note

2nd Edition of Prescribing Prevention

Now available from the Ontario Prevention Clearinghouse (OPC). A resource for health care professionals interested in



Health Promotion and Stroke. Check out the website: www.opc.on.ca/spi

Stroke Care Monitor Issue 9

This special anniversary issue "Four Years in Review" is available by sending your request to css@hsf.on.ca



Get Stroke Smart Binder

An education resource that may be used for presentations to the community or other interested health care professionals. Content includes:



- Impact of Stroke in Canada
- The Brain
- What is a Stroke
- Warning Signs
- Risk Factors

The package includes transparencies and CD Rom. If you are interested in this resource please contact your District Stroke Coordinator, or local Heart and Stroke Foundation office.

Profile of the Month:

Sharon Mytka

Regional Stroke Prevention and Thames Valley Coordinator



Sharon completed her Diploma in Nursing at St. Joseph's School of Nursing in London, Ontario in 1969 and continued her education, acquiring her BSc.N from the University of Windsor in 1971. Following this she taught nursing at the hospital and community college level until 1974, when she began working a Coordinator of Prenatal Education for the Victorian Order of Nurses and Middlesex London Health Unit. Sharon continued her career in Public Health Nursing and managed a variety of programs, including school health, immunization, adult and elderly health, heart health, chronic disease and injury prevention. Sharon also held the position of Assistant Director of Nursing during her stay at the Health Unit. She completed her Master's degree in Education from the University of Western Ontario in 1995. In 2001, Sharon joined St Joseph's Health Care London and facilitated the development of the Southwest Ontario Geriatric Assessment Network. Sharon began working with the Regional Stroke Centre at London Health Sciences Centre, University Campus in November of 2003 as the Regional Prevention and Thames Valley Coordinator. This has proven to be an exciting opportunity with amazing support and interest from across the region and the province.

Sharon can be reached at 519-685-8500 ext.32264 or sharon.mytka@lhsc.on.ca

? ? ? ? ? ? ? ? ? ? ?

FAQ'S

? The "Frequently Asked Question" section is designed To respond to the most common inquiries received by this office about the stroke strategy. Please contact us if you have a FAQ of your own.

Q: Should enoxaparin be prescribed for a patient that is experiencing frequent (2 or more episodes within 24 hours) TIA symptoms? Will the patient qualify for tPA if they continue with a stroke?

A: Low molecular weight heparin, including enoxaparin, is an acceptable treatment option for patients with crescendo transient ischemic attacks. However, there is no direct evidence that patients with frequent TIAs would benefit from anticoagulation, including enoxaparin. Once a patient is given enoxaparin, they will no longer be eligible for r-t-PA therapy for acute ischemic stroke, even if the PTT is normal.

Dr. Richard Chan, Stroke Neurologist, LHSC

? ? ? ? ? ? ? ? ? ?

Community/Regional/Provincial Events

BP: Ups and Downs Workshop

This CME Workshop will review the Canadian BP Guidelines, BP management and Treatment, and Lifestyle Therapies.

- **Chatham: November 3rd**
- **Sarnia: November 9th**
- **Stratford: November 10th**
- **Windsor: November 30th**

Best Practice Guidelines Workshops

Workshops designed to assist staff with the implementation of the Stroke BPGs.

* By invitation only

Kitchener: Nov. 10

Windsor: Nov. 12

Stratford: Nov. 29

For more information please contact

Gina Tomaszewski (519) 685-8500
ext. 35268 Or by email
gina.tomaszewski@lhsc.on.ca

Carr and Shepherd Workshop – Nov., 20-22,
Toronto, University of Toronto,
Medical Sciences.

**Neurological Recovery:
Training and Exercise to
Optimize Motor Performance**

For more information or to register
contact: Cristabel Nett, Course
Coordinator at cbelnett@mts.net



Ontario Stroke Nursing Network (OSNN) Meeting – November 24th

HSFO Office, 1920 Yonge St. from 10:30 till 4:00pm.

Friday December 3rd, The 5th Annual Stroke Rehab Symposium

Lost in Space: Exploring Right Hemispheric Stroke

To be held at the Arcadian Court, Toronto
For more information see
<http://www.torontorehab.on.ca/news-view.cfm?autoid=58>

Heart & Stroke Clinical Update 2004 – December 9, 10, 11

100% Concentrated Learning 2004 Featured Theme: Obesity

Key Note Session: Fitness and Health: What is the Clinical Message?

- The Diet Controversy and much much more....

To obtain more information and to register see the home page of the HSFO website:
www.heartandstroke.ca/conference/

What's Happening

A Secondary Prevention Clinic Nurses Network is being developed through the leadership of the Regional Prevention Coordinator: Sharon Mytka. This network will provide an organized vehicle for communication among nurses working in secondary prevention of stroke in Southwestern Ontario. Sharon Mytka states "the meetings will support the achievement of goals and objectives of the Regional and District Stroke Centres of Southwestern Ontario".

Membership involves nurses working in each secondary prevention clinic within SW region. DSCs that do not have an operational secondary prevention clinic, or may not have a clinic nurse, may choose to send a delegate. First meeting is set for November 26. For more information, please contact Sharon Mytka, Thames Valley Coordinator and Regional Prevention Coordinator, at (519) 685-8500 ext. 32264 or sharon.mytka@lhsc.on.ca

From the Desk of Coreen Duke-Carroll, Regional Hospital Specialist SWO, Heart and Stroke Foundation

The Heart and Stroke Foundation just released two new resources:

Just the Facts 2004-2005 Edition – Order # 31086

Nutrition Labelling & Health Check – Order # 50044-English

To place your order please contact csor@hsf.on.ca or
1-888-473-4636 Ext 389