

# Community/Regional/Provincial Events

## Supported Conversation for Adults with Aphasia Workshop

This two hour workshop will provide innovative communication strategies for health care professionals working with aphasic patients. The dates for the workshop are: February 24<sup>th</sup> in Kitchener, and March 23<sup>rd</sup> in Windsor. For more information on the session in Kitchener contact Tammy Tebbutt, District Stroke Coordinator at (519) 749-4300 ext. 2605 or [tammy.tebbutt@grhosp.on.ca](mailto:tammy.tebbutt@grhosp.on.ca). For the session in Windsor contact Andrea Drummond at (519) 973-4411 ext. 3082 or e-mail: [adrummond@hdgh.org](mailto:adrummond@hdgh.org).

## 29<sup>th</sup> International Stroke Conference, San Diego

Feb 5-7, 2004.

For more information visit the website [www.strokeconference.org](http://www.strokeconference.org)

## Tips and Tools: Train the Trainer Workshop, London, Ontario

Feb 26, 2004

This workshop is designed to train RNs, OTs, PTs, and SLPs interested in facilitating Tips and Tools sessions to health care providers in Long Term Care. For more information contact Gina Tomaszewski at (519) 685-8500 ext. 35268 or e-mail: [gina.tomaszewski@lhsc.on.ca](mailto:gina.tomaszewski@lhsc.on.ca)



## Blood Pressure: the Ups and Downs

March, 2004 (date to follow)

This CME Workshop will review the Canadian BP Guidelines, BP Management and Treatment, and Lifestyle Therapies. Target audience: Family Physicians, Primary Nurse Practitioners, and community Pharmacists. For more info contact Gina Tomaszewski.

## Social Worker Network Meeting

April 23, 2004

(Location to be determined)

This is an opportunity to establish a network for support, education and possibly research. If you are a Social Worker working with stroke survivors along any stage of the continuum, and are interested in becoming a part of this network, please contact Veda Goodwin, Social Worker in Clinical Neurosciences, LHSC, University Campus at (519) 685-8500 ext. 32211, or e-mail: [veda.goodwin@lhsc.on.ca](mailto:veda.goodwin@lhsc.on.ca)

## 25<sup>th</sup> Annual Meeting of the Inter-Urban Stroke Academic Association

April 30, 2004.

*"Celebrating 25 years of Advances in Stroke Care"*

This conference will be of interest to all those who provide care to stroke patients across the continuum. The day will feature speakers, workshops and poster presentations encompassing a wide range of topics from evidence based data to recent initiatives and innovations in stroke rehab.

For more information contact Janet Tozer at (519) 685-4000 ext. 44049 or e-mail: [janet.tozer@sjhc.london.on.ca](mailto:janet.tozer@sjhc.london.on.ca)

## 5<sup>th</sup> World Stroke Congress, Vancouver, BC

June 23-26, 2004.

For more information visit the website: [www.kenes.com/stroke2004](http://www.kenes.com/stroke2004)

## Blood Pressure Action Plan

Ontarians are learning how to control their blood pressure through Heart and Stroke's dynamic Blood Pressure Action Plan™. With support from the healthcare community over 21,000 Ontarians have already completed the Blood Pressure Action Plan or Heart & Stroke Risk Assessment! But we still have a long way to go, and we need your help!

Accessing the Blood Pressure Action Plan™ is easy for patients – just visit [www.heartandstroke.ca](http://www.heartandstroke.ca) <<http://www.heartandstroke.ca>>.

To order free promotional fliers, brochures or patient referral pads to promote the Blood Pressure Action Plan™ in your community visit <http://www.heartandstroke.ca/hypertension> or call 1-888-473-4636



# Regional Stroke Strategy

Volume 2 • No. 1 • January 2004

## Update from the Regional Stroke Coordinator

Chris O'Callaghan

Welcome to the first Southwestern Ontario Stroke Strategy Newsletter of 2004. We hope that you had a restful and enjoyable holiday season. The fall and early winter has been a busy time for the SWO Stroke Strategy, particularly in regard to educational initiatives.

We welcome Sharon Mytka who has joined the Southwestern Ontario Stroke Strategy Team as the Regional Prevention and Thames Valley Coordinator. Sharon brings an extensive background in Public Health and more recently regional network development and facilitation through her work with Specialized Geriatric Services at St. Joseph's Health Care in London. Sharon can be reached at (519) 685-8500 ext. 32264 or via e-mail at Sharon.Mytka@lhsc.on.ca. Sharon's work will focus on establishing access to stroke prevention services across the continuum and supporting Thames Valley providers in implementing priorities for their community. Please join me in welcoming Sharon to the team.



Gina Tomaszewski, the SWO Stroke Education Coordinator has been working with our regional and provincial colleagues to offer a number of stroke educational initiatives including Stroke Best Practice Guidelines, REPS (Rehabilitation Education Program for Stroke) and Supported Conversation Workshops offered by the Aphasia Institute. In September 2003 the provincial pilot for a secondary stroke prevention workshop was held in London. Feedback was very positive and the program is being tweaked for use across the region and province. Please refer to the SWO Stroke Education Coordinator section for further details and information on these and other upcoming events.

Walter Gretzky, national spokesperson for the Heart and Stroke Foundation, visited the LHSC Stroke Unit on October 16, 2004. Mr. Gretzky's visit was part of a province-wide television and public relations campaign promoting awareness of the signs and symptoms of stroke. Hopefully, you have seen the public service announcements in your local media. Posters promoting awareness of stroke signs and symptoms are available by e-mailing your request to [css@hsf.on.ca](mailto:css@hsf.on.ca).



*RN Kira Lumme chats with Walter Gretzky, of the Heart and Stroke Foundation, at the recent public awareness launch of the Ontario Stroke Strategy on October 16, 2003. Mr. Gretzky visited the Stroke Unit at LHSC, University Campus. He also met with patients and staff from the Clinical Neurosciences team.*

In this current Fiscal Year (2003/2004) the Ministry of Health and Long-Term Care (MoHLTC) plans to make further District Stroke Centre and Stroke Prevention Clinic designations. We are hopeful that Southwestern Ontario may receive some additional designations. However, at the time of printing of this January 2004 newsletter, the MoHLTC has not announced new designations.

The development of our web site has been delayed due to other activities taking priority. We truly hope that we will be able to share the link for the web site in the next edition of this newsletter.

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.

# Letter from the Editor and SWO Regional Stroke Education Coordinator

Gina Tomaszewski

Several workshops have occurred since our last newsletter.

## REPS (Rehabilitation Education Program for Stroke)

The REPS Librarian and Mentor Workshops took place in November and December. REPS is an on-line continuing education program for SLPs, OTs, RNs, and PTs. Learners who participate in the program receive support from a Librarian Internet Trainer and from a Mentor. There are a total of 35 health care professionals participating as Mentors across the Southwest in the REPS program.

## Supported Conversation for Adults with Aphasia Workshops

The Aphasia Institute has commenced the delivery of two-hour workshops in the Southwest for health care providers interacting with individuals who have aphasia. The workshop in London on December 15th was well attended. The workshop focuses on strategies to enhance communication between the aphasic stroke survivor and the health care professional. In terms of what participants found to be of most value – here is what they had to say:

- “the techniques and strategies outlined will be of benefit in communicating with aphasic patients”
- “provided me with a number of quick practical communication tips and tools”

Additional sessions are planned for February and March. For more information on dates and locations please refer to the section on Community/Regional/Provincial Events.

## Tips and Tools

With the Tips and Tools pilot completed in the Southwest, we will now be training RNs, OTs, SLPs, and PTs interested in facilitating Tips and Tools sessions to healthcare providers working in Long Term Care facilities in the Southwest. The workshop is planned for February 26: Four Points Sheraton in London. If you are interested in becoming a Tips and Tools Trainer, contact your District Stroke Coordinator or myself.

## Blood Pressure CME Workshop

Also on the horizon is a CME workshop: Blood Pressure: the Ups and Downs. This workshop is targeted to Family Physicians, Primary Nurse Practitioners and community Pharmacists. The workshop reviews the Canadian BP guidelines, BP Management and Treatment, and the Impact of Lifestyle Therapies on BP in hypertensive adults. The first workshop will occur in March, in London, and additional workshops are planned for the District Stroke Centres in the Southwest.

## Stroke Rounds

Stroke Rounds will continue to be videoconferenced to the District Stroke Centres in 2004. During the latter part of 2003, Stroke Rounds were videoconferenced from LHSC, University Campus to two District Stroke Centres in the Southwest. However, commencing in 2004 we will be videoconferencing to three sites. Videoconferencing of Stroke



Dr. Yongchai Nilanont presenting the topic: Inflammation and Infection in Atherosclerosis and Stroke, at Stroke Rounds, LHSC, University Campus. The session was video-conferenced to Chatham-Kent District Stroke Centre and Huron Perth District Stroke Centre.

Rounds allows healthcare professionals from the District Stroke Centres to participate in continuing stroke education. For further information regarding Stroke Rounds please contact your District Stroke Coordinator.

For further information on any of the programs described above please contact Gina Tomaszewski at (519) 685-8500 ext. 35268 or email: gina.tomaszewski@lhsc.on.ca

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## FAQ's

? Please contact us if you have a FAQ of your own. ?

? **Q:** Under what conditions should a patient with a TIA be anticoagulated? ?

? **A:** Indications: Immediate anti-coagulation is indicated in TIA/Stroke patients with identified cardiac source of emboli, and in situations where there is a high-risk of recurrent emboli such as: atrial fibrillation, atrial flutter, mitral stenosis, prosthetic valves, recent MI, LV thrombus and severe LV dysfunction. ?

? Absolute contra-indications are: ?

- Blood on CT scan, and ?
- in the acute phase, a large cerebral infarct (full middle cerebral artery territory or more). ?

? Relative contra-indications are: Pregnancy, recent bleeding(GI, GU, CNS, respiratory), hemostatic defects, recent or contemplated surgery, frequent falls or poor balance, unsupervised patients with senility, alcoholism, psychosis, or lack of patient understanding. ?

? Situations requiring referral are: Arterial dissection, cerebral venous thrombosis, hyper-coagulable states, severe intra-cranial stenosis, severe basilar stenosis or occlusion. ?

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## Publications of Note

The Aphasia Institute has prepared a series of publications:

Talking to Your Doctor  
 Talking to Your Nurse  
 Talking to Your OT  
 Talking to Your Counselor or Chaplain  
 What is Aphasia?

Each booklet consists of pictographic materials health care professionals can use to improve communication with individuals who have aphasia. To order a copy of the above, please contact The Aphasia Institute at 416-226-3636 ext.17, or by e-mail: [www.aphasia.ca](http://www.aphasia.ca)

### Please Note:

#### Evidence-Based Review of Stroke Rehabilitation

The website address has changed to:  
<http://www.ebrsr.com>

The Review is also available on CD Rom from Norine Foley at (519) 685-4292 ext. 42738 or by e-mail: [norine.foley@sjhc.london.on.ca](mailto:norine.foley@sjhc.london.on.ca)

#### Understanding Transient Ischemic Attack (TIA)

The Heart and Stroke Foundation, with support from Sanofi-Synthelabo Canada Inc., is very pleased to announce the launch of Understanding Transient Ischemic Attack (TIA). Understanding TIA is a workbook resource intended for TIA patients, their family and/or caregivers. The workbook features such topics as: the difference between TIA and Stroke, cause of TIAs/-strokes, diagnosis, treatment, risk factors for stroke, and more.

To order your copy contact the HSFO at: 1-888-473-4636 ext. 389 or ext. 428. Electronic copies can also be downloaded from [www.heartandstroke.ca](http://www.heartandstroke.ca)



## Stroke Centre Update

### Bluewater Health District Stroke Centre – Submitted by Gail Ellison

The Lambton Hospitals Group has changed its name to Bluewater Health to better reflect our philosophy of being the bridge of care our community depends on: a bridge back to health and renewed well being. The priority for Bluewater Health remains to provide the very best possible care for our patients, and to meet the needs of all our communities.

It is with great pleasure that we announce Paula Gilmore's appointment as District Stroke Coordinator for Bluewater Health and the Lambton community. Paula is well prepared to accept the challenge of implementing the Ontario Stroke Strategy in our community.

Paula is an Occupational Therapist at Bluewater Health. She has also worked in the homecare sector. Recently, Paula completed a graduate degree in Occupational Therapy at the University of Western Ontario. Paula has published several papers on therapeutic approaches to stroke patients.

Paula began her new role on January 5th, 2004. She may be reached at (519) 464-4500 ext. 5617, or by e-mail at [pgilmore@bluewaterhealth.ca](mailto:pgilmore@bluewaterhealth.ca)

### Profile of the Month:

#### Doris Noble RN, BA District Stroke Coordinator for Huron Perth



Doris graduated from the Perth Huron Regional School of Nursing in 1973 and began her career in critical care at Victoria Hospital in London Ontario. In 1975, she continued her career in critical care as a staff nurse in the ICU at Stratford General Hospital. From 1994 until her present role she was the Clinical Resource Nurse for Critical Care providing leadership, education and research for clinical trials. In 2000, she graduated from the University of Western Ontario with a BA.

On July 1<sup>st</sup> 2003, Doris assumed the role of District Stroke Coordinator. Stratford General Hospital has been administering tPA in their ICU since 1999 and stroke care is a high priority in this health care facility. The Huron-Perth District includes: The Alexandra Marine and General Hospital, South Huron Hospital, Huron-Perth Healthcare Alliance and Listowel and Wingham Hospital Alliance. The District Stroke Steering Committee has an enthusiastic membership with a keen interest to implement the Best Practice Guidelines for stroke across the continuum of care. Doris can be contacted at: [doris.noble@hpha.ca](mailto:doris.noble@hpha.ca) (519) 272-8210, ext 2298.

## Stroke Centres Update (cont)

completed and in the process of being signed off. We have set an implementation date of January 19, 2004.

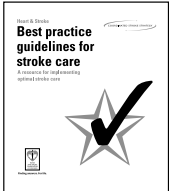
- Planning has been ongoing for an Urgent TIA Clinic to be held at our Freeport Site. We have commitments from 2 neurologists and are in the process of hiring an ACNP for the clinic. We have set a tentative implementation date of February 2004 to open.
- Living with Stroke education series for stroke survivors and their families is in the planning process. We have set a tentative implementation date of February 2004.
- We have agreed to be part of a pilot for the Stroke in LTC Project. A communication tool to facilitate transfer from acute care and rehab to LTC facilities will be piloted. This project will start in the New Year.

For more information please contact Tammy Tebbutt, District Stroke Coordinator at: (519) 749-4300 ext. 2605 or [tammy.tebbutt@grhosp.on.ca](mailto:tammy.tebbutt@grhosp.on.ca)

Now available

### Best Practice Guidelines for Stroke Care:

A Resource for Implementing Stroke Care



The four page overview is also available in french



# What's Happening

## Best Practice Guidelines Launch

Grey Bruce District Stroke Centre launched the Best Practice Guidelines for Stroke Care on Dec. 5, 2003. The workshop focused on the rehabilitation management guidelines. Thirty rehabilitation professionals from across the district attended. The workshop resulted in consensus on five action plans to be developed and implemented. Consistency of management and practice, equity and access to treatment, evidence-based practice and outcome measurement were recurring themes. The rehabilitation community throughout Grey Bruce expressed their commitment to this process to ensure best practice stroke management for all individuals who require it.

Mary Solomon  
District Stroke Coordinator  
Grey Bruce District Stroke Centre

## Health Promotion Think Tank Day – Southwestern Ontario

A health promotion think tank day for Southwestern Ontario is being planned for the end of April. Bringing together people from across our region who work at the various levels of health promotion, the day will build and extend local and regional partnerships. Together we will explore opportunities for coordinating our efforts. Members of the planning committee are Donna Mitchell (Ontario Prevention Clearinghouse), Cheryl Mayer (LHSC Secondary Prevention Clinic), Lisa Mitchell (HHRC), Sharon Mytka (RS Prevention Coordinator), Doris Noble (DSC for Huron Perth), Mary Martin Rowe (OPC), Coreen Duke-Carroll (HSFO) and Ruby Brewer (Healthy Living, London and Middlesex).

Sharon Mytka  
Thames Valley and Regional  
Prevention Coordinator

## Ontario Stroke Nursing Network (OSNN)

OSNN is a network of nurses engaged in stroke care across the continuum. OSNN will enable nurses to communicate, develop and implement action plans to promote best practice stroke care. The OSNN would like your help. If you are nurse working in stroke care please take the time to complete the online questionnaire at: [www.heartandstroke.ca/profed](http://www.heartandstroke.ca/profed).

1. Select Coordinated Stroke Strategy
2. Select Ontario Stroke Nursing Network

Once you are in the Ontario Stroke Nursing Network page you can also click onto OSNN Flyer.

## Stroke Education Days

The Waterloo/Wellington District Stroke Centre is hosting 2 Stroke Education Days on January 14 and 29<sup>th</sup>, 2004. We will be covering the Tips and Tools material as well as Bladder Continence and CPR recertification. Our target audience is personal support workers and professional staff working with stroke patients in acute care, rehabilitation and the community. Both days are filled to capacity and we will be educating approximately 150 people. Vendors from the community will be setting up displays to profile available community resources. Thank you to the Heart & Stroke Foundation for their support of this initiative.

Tammy Tebbutt  
District Stroke Coordinator  
Waterloo/Wellington District  
Stroke Centre

## Stroke Centres Update

### Chatham-Kent Stroke Strategy Working Group

Submitted by Laurie Zimmer

The Chatham-Kent Stroke Strategy Working Group continues to work very hard in a collaborative effort as we move forward with initiatives from the Region as well as within our own community of Chatham-Kent.

With a District Stroke Coordinator in place partnerships and linkages have been established throughout our community as we are able to move ahead with this exciting opportunity to provide quality, consistent, integrated stroke care for all residents of Chatham-Kent. Efforts continue toward accomplishing the nine priorities for stroke care in the Chatham-Kent workplan. These programs involve preparing for implementation of stroke thrombolysis readiness with the establishment of Bypass and Repatriation Agreements for March 31, 2004. Other activities include:

- Plans to launch an awareness campaign to promote the designation of Chatham-Kent as a District Stroke Centre.
- On December 1, 2004, six Mentors took part in the Mentor Workshop for the REPS program. The Mentors



are: Linda Mckinlay, Pam Prangley, Sheila Campbell-Vanboxtel, Ellen MacDonald-Beacock, Val DeRooy and Jen Burnham. This community has shown tremendous interest and support as we have recruited eleven learners to participate in this exciting new educational program. Chatham-Kent is very proud of our Mentors and Learners, as they will provide wonderful leadership and support to the REPS program.

- An educational session for the Emergency Physicians and Staff was provided on December 2, 2003. Dr. Vivek Jain presented BP Management for the Acute Stroke, Neurological Exam in the ER, and CT of the Head Interpretation. Cheryl Mayer APN, also presented on the LHSC Secondary Prevention/Urgent TIA Clinic. The feedback received from the physicians and staff was very positive. We thank Gina and her team for a job well done.
- Next steps include: developing strategies to implement Tips & Tools and the Outreach Rehabilitation Project to our community partners; launching and promoting the Best Practice Guidelines in the District; and to continue to identify and provide collaborative educational opportunities, such as Stroke Rounds.

For more information please contact Laurie Zimmer, District Stroke Coordinator for Chatham-Kent at (519) 352-6401 ext. 3256 or [lzimmer@ckha.on.ca](mailto:lzimmer@ckha.on.ca)

### Essex Stroke Strategy Working Group

Submitted by Andrea Drummond

Over the last few months, the District Stroke Centre Windsor Essex has been busy exploring new partnerships, initiating new programs, and further developing and promoting programs already in place.

Having secured faculty from the University of Windsor as members of the Working Group, the opportunity presented itself to explore possible joint initiatives. With interest from the local Heart and Stroke Foundation office, and the local and national Canadian Auto Workers, we are pursuing a joint initiative that will also bring the private sector in as a partner. Our goal is to increase knowledge of both stroke prevention and risk-factor awareness, using the workplace as our venue. It is our hope that we will create a portable education program that can then be taken to other places of work to address the public awareness needs. The CAW has shown keen interest in this initiative. We will also build into this program, a research component that the University of Windsor will provide leadership and resources for. Further, discussions are taking place with the CAW regarding a national education program for CAW leaders this coming fall. Other accomplishments include:

- The Secondary Prevention Clinic is operational now, with both a dedicated Advanced Practice Nurse and Clerical Assistant. We are expanding our database and hope to collect valuable

information to assist in program evaluation and planning. Our next steps are to refine the Clinic processes, and then expand the service to begin receiving referral from family physicians.

- With wonderful support at the leadership level, members of the local Rehabilitation community have shown great interest in the REPS initiative. So far, we have recruited two Librarian Trainers, nine Mentors and 21 Learners with the number of Learners growing. Further, a close working relationship has developed with the leaders of the Inpatient and Outpatient District Rehabilitation services in the district.

Our challenges now, are developing strategies to disseminate the Tips & Tools program in the Long Term Care settings, as well as, launching and promoting the Best Practice Guidelines in the District.

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

### Grey Bruce District Stroke Centre

Submitted by Mary Solomon

Grey Bruce District Stroke Centre continues to celebrate successes and endure and learn from challenges. The greatest challenge to the continuum of stroke care in Grey and Bruce counties is the critical shortage of physicians especially internists. Though development continues for the clustering of stroke patients and a secondary prevention



strategy, physician recruitment is a major issue. Despite the challenges, the DSC is moving forward. Here are reasons to celebrate:

- Susan Wentworth has joined the DSC team as our Advanced Practice Nurse.
- A “Thank you” breakfast for DSC supporters was held to celebrate our first year in action.
- TIA protocols for all emergency departments are in the consultation phase.
- Revision of the pre-printed orders for ischemic stroke is nearing completion.
- Tips and Tools sessions were completed at Central Park Lodges in Owen Sound.
- The DSC made presentations at the Stroke Collaborative, Ontario Hospital Association Convention and our local Discharge Planners’ Day.
- A Stroke Recovery Group has been established and will start meeting regularly in January. It was a feature news item on The New NX TV and in many of our community newspapers.
- Videoconferencing of London Stroke Rounds has commenced.
- A workshop on Supported Conversation for Adults with Aphasia was held on November 5, 2003 with thirty-one people participating.
- Grey Bruce Health Services Dysphasia Initiative won the Best Practice Poster Presentation – “Best Practice Meets Rural Reality” at the OHA Convention. This initiative adapted the Heart and Stroke Dysphagia Guidelines to meet rural needs and resources.

The DSC continues to contribute to a number of regional, provincial and research initiatives, and is looking forward to the adventures ahead...

For more information please contact Mary Solomon, District Stroke

Coordinator, at: (519) 376-2121 ext. 2920 or msolomon@gbhs.on.ca

### Huron Perth District Stroke Working Group

Submitted by Doris Noble

The September, Working Group meeting was well attended with representation from all eight hospitals in Huron-Perth, as well as CCAC, EMS, the Perth Health Unit and Grey Bruce Huron Perth District Health Council. Gina Tomaszewski provided an excellent overview of the Best Practice Guidelines for the continuum of stroke care. Coreen Duke reviewed the new education materials available from Heart and Stroke. Kevin McNab, Quality Assurance Manager for Huron County EMS provided information on various aspects of paramedic service.

Other accomplishments include:

- An overview of the stroke strategy program has been provided to the Chronic/Rehab Committee, Day Hospital Program, and Critical Care/Medicine Committee.
- We participated in the “Fantastic Five Health and Safety Workshop” on October 23<sup>rd</sup>. There were over 100 attendees from the hospitals in Huron and Perth. We profiled the stroke education material from the Heart and Stroke Foundation as well as blood pressure checks.
- An overview of the Best Practice Guidelines for Emergency Care to the ER Physicians and nurses at Alexandra Marine and General Hospital in Goderich took place on December 3<sup>rd</sup>.
- We partnered with the Diabetic Education Centre’s open house and provided information about stroke as well as primary prevention material from the local Public Health Office.

- Ten ICU/ER nurses and one ER Physician attended the Telestroke Videoconference with the North Network on October 9<sup>th</sup>.
- On November 26<sup>th</sup> ten nurses and a radiologist participated in a video-conference of Stroke Rounds at LHSC. The topic presented by Dr. Yongchai Nilanont about “Inflammation and Infection” was interesting and informative.
- Stratford General Hospital signed the Waterloo/Wellington Destination and Repatriation Documents.
- We have started the REPS program in our district with six staff participating as Mentors.
- We have administered tPA to 8 patients to date as of December 4<sup>th</sup>.
- On November 19<sup>th</sup>, Dr. J. MacNaughton and Dr. D. Tamblyn were invited to Chatham-Kent to speak to their internists about their experience with tPA administration in a community hospital setting.

Next steps are redevelopment of the Huron Perth work-plan. Smaller task groups will be formed to take an inventory of what has been accomplished, what is being done regionally and provincially, and how we can meet the BPG's. In January, LTC, CCAC, and EMS task groups will meet and report back to the Local Level Working Group. The thrombolytic orders will be revised to meet the BPG's and presented to the Critical Care Committee by the end of January. Stratford General



Hospital will also participate in the North Network Telestroke Rounds via videoconference in January.

For more information please contact Doris Noble, District Stroke Coordinator, at: (519) 272-8210 ext. 2298 or [doris.noble@hpha.ca](mailto:doris.noble@hpha.ca) or Dianne Walkom, Clinical Resource Nurse, at: (519) 272-8210 ext. 2297 or [Dianne.walkom@hpha.ca](mailto:Dianne.walkom@hpha.ca)

### Thames Valley

Submitted by Sharon Mytka

Sharon Mytka has joined the Thames Valley Stroke Strategy work groups as part-time Coordinator.

Key accomplishments for Oxford, Middlesex and Elgin include:

#### Oxford County Working Group

At their initial meeting the working group identified several issues of importance to the local stroke strategy. With the arrival of a coordinator who can assume some of the operational duties, the group can now move forward in exploring and addressing these issues.

- In November, Stephanie Loomis, Epidemiologist with the Thames Valley District Health Council, gave an enlightening profile of the stroke risk factors for residents of Oxford County. Stephanie's findings were drawn from data in the Canadian Health Survey 2000/1 produced by Statistics Canada.

#### Middlesex County

- In December, Amanda Terry, Senior Health Planner with the Thames Valley District Health Council and Sharon Mytka attended a meeting of the Middlesex Providers Alliance. This committee has agreed to create a work group, convened and chaired by Mary Robertson of the Middlesex Health Alliance, which will identify the stroke issues and priorities for the stroke strategy in Middlesex

County. This group will begin to meet in January of 2004.

- Four Tips and Tools sessions were provided at Chelsey Park Retirement Community in London. Attendance was good and information was well received.

#### Elgin County

- In response to the presentation, Best Practices for Stroke Care: Resources and Opportunities for Elgin Providers, by Gina Tomaszewski, a group of interested health care providers are coming together to advance the stroke strategy in Elgin County. Tricia Potter is convening the group that will be chaired by Carolyn Kuntz, of the Elgin- St. Thomas Health Unit. Their first meeting is scheduled for January 2004.

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

### Waterloo/Wellington District Stroke Centre

The Waterloo/Wellington District Stroke Centre has had a very busy fall. We have a number of exciting initiatives and accomplishments to report.

- The Organized Stroke Strategy Conference hosted in partnership with the HSFO held on Oct 8, 2003 was very successful. Approximately 200 people attended and the feedback was very positive. We are in the process of partnering with the HSFO again to plan for the Second Annual Stroke Conference to be held in the fall of 2004.
- The Ambulance Destination and Repatriation Committee has been working on an agreement since July 2003. The document is now