

Regional Stroke Strategy

Volume 2 • No. 2 • Spring/Summer 2004

Update from the Regional Stroke Coordinator

Chris O'Callaghan

Since our last newsletter in January, there has been a surge of activity in Southwest. A number of workshops have occurred, including the Blood Pressure: Ups and Downs Workshop, the Acute Stroke Management Workshop and the Social Worker Network Workshop. The Blood Pressure Workshop held in March 2004 is a provincial pilot. The workshop was well received and will be offered several times in Southwest in the fall. Additional detail on the above workshops is described in the body of this newsletter.

June is Stroke Month and we are happy to announce that the Regional and District Stroke Centres will be profiled in Southwestern Ontario (SWO) newspapers. Look for the insert describing your District Stroke Centre in your local newspaper. As well, many of the District Stroke Centres are also participating in the Big Bike for Stroke event.

A provincial Tele-Stroke Working group has been struck to bring together the Regional and District Stroke Centres and the three Telehealth networks in Ontario with the purpose of leveraging

the knowledge and successes realized through the integration of technology in:

- (1) the assessment and subsequent administration of Tissue Plasminogen Activator (tPA) within the critical 3-hour window for clinical effectiveness; and
- (2) the coordination of healthcare services related to stroke care across the continuum.

A proposal has been submitted to the Ministry outlining the Tele-Stroke needs for SWO. We look forward to keeping you posted with respect to the above.

This newsletter also provides a feature article describing the Long-Term Care pilot specifically the revision and pilot of a standardized Communication Tool (CT). It describes the recent development



BP: The Ups and Downs Workshop at the Stoneridge Inn, London on March 24th; Dr. Vivek Jain, LHSC Senior Stroke Fellow presenting.

of a Communication Tool used to facilitate and improve the transition between acute and Long-Term Care.

A copy of any reports or resources mentioned in this newsletter can be obtained from Delynne 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



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

HSFO has just released 3 new Nutrition resources:

New! H & S Healthy Living: Healthy Weight & Active Living – English #44814

New! H & S Healthy Living: Fast Food & Eating Out – English #44817

New! H & S Healthy Living: Family Eating – English #44816

You may order any of the above items by calling 1-888-473-4636 ext. 389 or 428 or e-mail your order to csor@hsf.on.ca

Letter from the Editor and SWO Regional Stroke Education Coordinator

Gina Tomaszewski

I am pleased to update you on a few of the workshops that have taken place in recent months.

The Tips and Tools: Train the Trainer Workshop

This workshop took place on February 26th at the Four Points Sheraton with approximately 57 Trainers and the District Stroke Coordinators in attendance.

The Parkwood Rehabilitation Outreach Team assisted with facilitating the workshop. Now that the training teams are set up for each of the districts, Tips and Tools sessions to the Long-Term Care facilities are under way.

Blood Pressure: the Ups and Downs Workshop

This CME workshop took place at the Stoneridge Inn, London on March 24th.

Dr. Vivek Jain, Stroke Fellow at London Health Sciences Centre, and Cheryl Mayer, Advanced Practice Nurse together presented an overview of the Assessment and Diagnosis of Blood Pressure, BP targets, Pharmacotherapy and Lifestyle Strategies. Approximately, 85 health care professionals attended including Community Pharmacists, Occupational Health Nurses, Physicians, Heart Health Coordinators and Primary Nurse Practitioners. Comments from the evaluations reflecting items of value included:

“Guidelines of when to make actual diagnosis of hypertension and methods of treating”; “case study discussions – well presented, interactive problem solving”;

“Current and updated info to pass on to clients in industrial setting”

“How to help patients achieve lifestyle modifications”.

This workshop will be offered throughout Southwestern Ontario. The next session will be September 15th in Kitchener, and September 30th in Tillsonburg.

The Acute Stroke Management Workshop

This workshop took place on May 5th at Arden Park in Stratford. The workshop attracted an audience of 85 health care professionals, including Internists, Emergency Physicians, as well as RNs from Acute care and Emergency. Dr. Vadim Beletsky, Stroke Fellow at London Health Sciences Centre provided an overview of Anatomy and Physiology of Stroke, Neurological Assessment, and Management of Acute Ischemic Stroke. Feedback from evaluations included:

“Neuro examination used daily – nice review.”

“Pathophysiology of TIA and Stroke – great”

“Everything was excellent and well presented”

“The entire session was very informative; case discussion excellent”.

This workshop will be offered again in December in Windsor, and in Owen Sound in March of 2005.

I would like to thank the presenters for their time and commitment with all the above workshops.

Planning is in progress to offer a gross neuroanatomy

session to interested health care professionals via video-conferencing in June. Dr. Lee Cyn Ang Neuropathologist at London Health Sciences Centre will provide a review of basic neuroanatomy and demonstrate a brain dissection.

The summer and early fall season will be busy with planning for Best Practice Guideline (BPG) launches in each of the Districts. I will be working with the District Stroke Coordinators with the development of these workshops. Stay tuned for more details regarding the BPG launches in our fall newsletter.

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

FAQ's

- Q:** 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:** If someone has had an endarterectomy and years later has had a TIA or Stroke, are there any recommendations on the use of clopidogrel?
- A:** Unfortunately, there is limited data available on the use of Clopidogrel in Stroke/TIA patients. There should be more data available in the next 2 years from the MATCH, FASTER and PROFESS trials. In the CAPRIE trial (Lancet 1996;348:1329-1339), Clopidogrel 75mg po daily was shown to decrease the combined risk of stroke, MI and vascular death in patients with known atherosclerotic disease (recent MI or stroke or PVD) by an additional 8.7% versus ASA 325mg a day.
- If someone has had a TIA/Stroke with known history of carotid artery disease, it is appropriate to treat with an anti-platelet agent such as ASA or Clopidogrel or ASA/Dipyridamole combination.
- Our practice is to treat with ASA first and then change to Clopidogrel with recurrent events.

Stroke Centres Update

Bluewater Health District Stroke Centre

Submitted Paula Gilmore

The District Stroke Centre of Sarnia-Lambton continues to be an active collaborative member in supporting and implementing coordinated stroke care according to best practice. We welcome Carol Mason who joined the District Stroke Centre as the Clinical Resource Nurse in February 2004. Carol brings extensive experience to the position with over 30 years of nursing practice and she also presently teaches in the nursing program at Lambton College. Carol can be reached at (519) 464-4400 ext. 5617 or via e-mail at cmason@bluewaterhealth.ca.

The Lambton County Stroke Strategy Working Group had its' second meeting March 30, 2004. The working group has begun work on the local workplan in order to prioritize and implement best practice stroke care in Sarnia-Lambton.

Other accomplishments include:

- Destination Policy has been signed between Bluewater Health and the County of Lambton
- tPA protocol is in effect in the Emergency Department
- Dysphagia screening tool has been



developed and is going through hospital approval

- Clustering of acute stroke patients continues on the medical unit
- Review of the acute care stroke protocol is ongoing
- Three mentors have been trained in REPS, and learners are being recruited.
- A team of health care professionals from Bluewater Health attended the Tips and Tools: Train the Trainer Workshop in London, on February 26, 2004. Tips and Tools will be implemented at Sumac Lodge in Sarnia in May 2004.
- A speech-language pathologist from Bluewater Health has been trained by the Aphasia Institute to provide education to health care professionals on how to improve communication with people experiencing aphasia. Aphasia workshops will be organized in the future.
- Bluewater Health participated in Stroke Rounds with London Health Sciences Centre on April 28.
- Two social workers from Bluewater Health attended the SWO Stroke Social Worker Network Workshop April 23, 2004.
- In March 2004 a Sarnia newspaper ran an article on the District Stroke Centre and profiled a person who received excellent outcomes following tPA administration

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

Chatham-Kent Stroke Strategy Working Group

Submitted by Laurie Zimmer

The stroke-working group continues to work very hard in a collaborative effort as we move forward with best practice stroke care for our residents of Chatham-Kent. The last few months have been very busy for the Chatham-Kent District Stroke Centre as we prepare for the implementation of stroke thrombolysis treatment and the establishment of our ambulance bypass and repatriation agreement.

Chatham-Kent is very excited to have Walter Gretzky, national spokesperson for the Heart and Stroke Foundation visit on May 26th. A Garden Party for stroke patients and families in celebration of life after stroke was held from 2:00 – 4:00 pm on the Riverbank of our new facility. Mr. Gretzky spoke to the residents of Chatham-Kent at our Stroke Health Fair at our Senior Center to increase awareness of the signs and symptoms of stroke and stroke treatment available at the District Stroke Centre. Other guest speakers included Dr. Donald Brisbin, Internal Medicine and Nancy Snobelen, Program Director for Rehabilitation and Continuing Care.

Other events include:

- Our Big Bike Ride for Stroke to be held May 19th.
- The Chatham-Kent District Stroke Centre is very pleased to receive Secondary Prevention Clinic designation and is looking forward to reducing the incidence and recurrence of strokes in our area through early detection.

- Continued education to our professionals has been a priority in Chatham-Kent. Several workshops have occurred such as video-conferenced Stroke Rounds in collaboration with London Health Sciences Centre (LHSC), and Stroke Thrombolysis training for Emergency and Intensive Care Nurses, Stroke Physicians, Respiratory Therapists, CT and Diagnostic Staff, as well as EMS training by our local EMS in preparation for the TPA consideration for patients with signs and symptoms of stroke.

Next steps include: developing linkages to implement Tips & Tools; maintain momentum with REPS; plan our Best Practice Guideline launch on Rehabilitation; and develop our Secondary Prevention Clinic for Chatham-Kent.

For more information please contact Laurie Zimmer, District Stroke Coordinator for Chatham-Kent at (519) 352-6401 ext. 6900 or lzimmer@ckha.on.ca

Essex Stroke Strategy Working Group

Submitted by Andrea Drummond

Stakeholders in stroke care in the Windsor Essex area have been very busy this past winter, participating in numerous events and projects that have been occurring. The Supported Conversation for Adults with Aphasia Workshop, presented by Lorraine Podolsky in March, was a huge success with enrollment surpassing expectation and capacity. Sixty attendees represented the continuum of care in our district, with acute care, rehabilitation and community agencies participating. There continues to be great interest in another workshop, and we hope to be able to meet this need in the near future.

Also, the Windsor Essex District has been actively involved in the Integrated Strategic Alliances Network (ISAN) Long-Term Care Initiative and Pilot Project. Hotel Dieu Grace Hospital's Neurology Unit as well as Windsor Regional Hospital's Rehabilitation Unit participated in Phase One of the Pilot. Windsor Essex will continue to participate with the project, with the Rehabilitation Unit participating in Phase Two of the Pilot Project.

Windsor Essex's involvement in both the REPS and Tips and Tools Program continues, with a total of 36 learners and mentors participating in REPS, and six highly motivated Tips and Tools trainers have also been recruited.

With our new enhanced designation from the Ministry of Health and Long-Term Care, we look forward to new and exciting initiatives that will continue to improve stroke care in our District.

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

Grey Bruce District Stroke Centre

Submitted by Mary Solomon

"It is impossible to travel faster than the speed of light, and certainly not desirable, as one's hat keeps blowing off."

– Woody Allen

I think this is an apt description of the Grey Bruce District Stroke Centre (DSC) at this time. We are either going at the speed of light or halting abruptly as barriers are acknowledged, dismantled or circumvented or as new opportunities present. We are still managing many of the same challenges especially recruitment issues, which have slowed our progress in secondary

prevention and acute care. In other areas of the continuum we continue to forge ahead with enthusiasm.

Here are the highlights:

- Best Practice Guidelines in Rehabilitation Workshop was held in December with 30 participants from all sectors of the continuum and disciplines. The day resulted in a report recommending a framework for rehabilitation. The Local CEOs have mandated the Grey Bruce Health Network Rehabilitation Resource Group in collaboration with the Grey Bruce DSC to administer this project.
- A recommendation for clustering of stroke patients in Owen Sound has been made. Needs assessment for competencies in stroke care has been developed and will result in an education plan.
- A session on stroke and risk factors was presented at the Cardiac Rehabilitation Program.
- The local Stroke Recovery Group sponsored an "Evening on Aphasia" in collaboration with the DSC. Two members with aphasia introduced the evening and explained aphasia using overheads with the assistance of a member's 12-year-old daughter. A scenario was used with the audience to demonstrate aphasia and the video "Supported Conversation for Aphasic Adults" was shown.
- A Tips and Tools Mobility Session was held with PSW students from Fanshawe College.
- Ontario Prevention Clearinghouse and the Women's Health Network with the DSC are hosting a Women's Focus Group on Health with an emphasis on stroke.
- Partners in Health, the Ontario Prevention Clearinghouse and the DSC are hosting a networking

afternoon on health promotion – “Connecting the Dots”. The purpose of the meeting is to bring together representatives from organizations in Grey and Bruce to discuss community-wide stroke prevention and health promotion across the continuum of stroke management.

- DSC participated in presentations at the InterUrban Stroke Workshop in London.
- A number of district professionals attended the Tips and Tools: Train the Trainer workshop. Local workshops are being organized.
- Long-Term Care Communication Tool Pilot is proceeding at two sites in Grey Bruce – Meaford and Wiarton.
- A session on stroke, risk factors and aphasia was presented to 30 volunteers of the Grey Bruce Community and Support Services.

So we continue to move forward and sometimes pause to catch our many hats...

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

On March 18th, we were very pleased to have a visit to our centre by the Honourable George Smitherman, Minister of Health, to officially announce funding and designation of a Secondary Prevention Clinic for Huron and Perth. He toured our facility including the Emergency Room and Radiology and also visited two of our stroke survivors.

Other events include:

- Our first session of Tips and Tools is currently underway at Huronlea

Long-Term Care facility in Brussels.

- We hosted a health promotion event for 130 staff which featured BP checks, and information on healthy living and BP management. During Nurses Week in May we held a BP clinic in the hospital lobby and had a great response.
- Our Big Bike Ride for Stroke took place on May 14th.
- On April 23rd a Social Worker Network Workshop was held at the Stratford Country Club and the Coordinator gave a synopsis of the District Stroke Coordinator role.
- The Acute Stroke Management Workshop was held at Arden Park on May 5th. Dr. Vadim Beletsky gave a very comprehensive, graphic and entertaining presentation to almost 100 participants that included nurses and physicians.
- A workshop on the Canadian Neurological Scale is in the planning stages for June 8th and will be provided for the Emergency and ICU nurses.
- On June 2, the Coordinator will provide an overview of the Stroke Strategy at “Nursing Matters”, a forum supported by the Nursing Practice Council.
- A submission to local newspapers for the Healthcare Articles Column from the HPHA has been made regarding the District Stroke Centre in Stratford and the Stroke Strategy.
- We continue to have a fantastic turnout at Stroke Rounds video-conferenced from LHSC.
- Dianne Walkom has accepted a position as the Clinical Educator for Medicine and the Chronic Rehabilitation Units. We will miss her, but look forward to her continued support of stroke care education initiatives.

- A posting for a Nurse Clinician for Stroke Care and the Secondary Prevention Clinic is in development and we hope to have the position filled in June.

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

Thames Valley

Submitted by Sharon Mytka

The past three months have been a very busy time in the Thames Valley.

Work groups in Elgin, Oxford and Middlesex have been gathering information to support decision-making around stroke care priorities in their respective communities. Stephanie Loomer, epidemiologist with the Thames Valley District Health Council has provided each group with information on the prevalence of risk factors in their counties. Each work group is now creating an inventory of current services and activities that support the best practice guidelines.

Other accomplishments include:

- Twenty-two health care professionals from the Thames Valley have completed training in Tips and Tools and are preparing to offer these educational sessions to long-term care staff. Workshops are scheduled in May for each of the counties.
- The TIA/Secondary Prevention Clinic and the Cardiac Rehabilitation and Secondary Prevention Clinic (CRSP), both part of London Health Sciences Centre (LHSC), have jointly submitted a funding proposal for a demonstration project that would link TIA clinic patients to CRSP services.
- The Secondary Prevention clinic is now operating 5 days a week and

is pleased that Dr. Richard Chan, a vascular neurologist who has recently joined LHSC, will be involved with the clinic. In response to the new guidelines for managing blood pressure and cholesterol, the clinic staff is revising the related algorithms for care. For more information, contact Cheryl Mayer at (519) 663-3674.

- Staff from Woodstock General Hospital, Parkwood Hospital, LHSC, Country Terrace and Chelsey Park participated in phase one testing of a stroke communication tool that would accompany stroke survivors moving into long-term care.
- Heart Health initiatives in the Thames Valley are in transition to a chronic disease prevention/healthy living approach. Coordinators from the three local heart health networks jointly met with the Thames Valley Stroke Strategy Coordinator to exchange information about program plans and to begin to explore opportunities for collaborative efforts in health promotion.
- The Big Bike for stroke events are schedule as follows in the Thames Valley: London June 16, 17, 23, 24; Strathroy, June 11; St. Thomas, May 31; Belmont, June 29; Ilderton, June 12; Dorchester, June 12. For more information call the Heart and Stroke London area office at (519) 679-0641.

For more information, please



contact Sharon Mytka, District Stroke 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 District Stroke Centre continues to promote best practice stroke care in collaboration with community stakeholders. The stroke strategy appears to be gaining momentum. There have been many opportunities for public speaking engagements and numerous projects reaching completion as well new initiatives are under development.

Due to the collaboration and cooperation of all community partners, the Waterloo/Wellington Ambulance Destination and Repatriation Protocol was implemented February 9, 2004. From Feb-Apr 11, 2004 we have seen a total of 37 stroke protocol patients and thrombolized 9 patients. Eighteen of the 37 were bypass patients. This is a significant increase in our stroke protocol patients. It is evident that this protocol is providing increased access to best practice stroke care in our community. An article in our local paper featuring a 23 year old that was successfully thrombolized highlights the positive impact the stroke strategy is having in our community. Other accomplishments include:

- The Secondary Stroke Prevention Clinic at the Freeport Health Centre will be opening on June 25, 2004. We welcome Donna Gill, an Acute Care Nurse Practitioner who will be starting in the Secondary Stroke Prevention Clinic on June 7. Donna has extensive neurology experience and will be an asset to

the District Stroke Centre. The clinic will be staffed with a Nurse Practitioner and 2 Neurologists. Initially, the clinic will be operating two half days per week. The possibility of satellite Secondary Stroke Prevention Clinics in Guelph and North Wellington is being explored.

- The Supported Conversation for Adults with Aphasia Workshop was held in February. There were 50 participants from across the continuum of care with a waiting list of approximately 40 people. The feedback from the workshop was very positive. A Speech Language Pathologist (SLP) from Grand River Hospital has received training from the Aphasia Institute and plans to host further workshops.
- A Living With Stroke Education Series for stroke survivors and their families was started in April. There are 9 modules facilitated by several health care professionals on a weekly basis. The feedback from Living With Stroke attendees has been very positive. The series will be completed in June and there are plans to evaluate and modify as needed. Subsequent sessions will be resumed in September.
- A Tips and Tools education session will be held at Terrace on the Square on June 2 where staff from 3 Retirement Homes and community agencies will attend. Plans to implement additional training sessions at Long-Term Care facilities is being organized.

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

Regional/Provincial Update

Feature Article: Piloting of a Stroke Communication Tool (CT) for Transfer from Acute Care/Rehab to Long-Term Care (LTC)

Supported by the Heart and Stroke Foundation of Ontario, and the Ministry of Health and Long-Term Care

A number of distinct initiatives are taking place across the province to meet the goals of best practice stroke care in both the community and long-term care (LTC). Phase 1 of the Southwest Initiative took place in 2002 and produced the document *Partnerships for Stroke Care in Long-Term Care Facilities* (Stolee and Hillier, 2002), which assessed the current state of stroke care among LTC facilities and their partners. Six key recommendations were highlighted in the report, one of which was selected as the key recommendation to direct Phase II: the improvement and enhancement of linkages with acute care, rehabilitation and community services. To further explore this issue in Southwest, the project staff conducted site visits and interviews with the LTC facilities, acute care units, and rehabilitation units, including CCAC representation in some counties, across the region. After consolidating data from the stakeholder site visits, enhancing communication, awareness and collaboration was identified as the most pressing and necessary action item. The SWO LTC Pilot Project



Advisory Committee viewed standardizing communications relating to the transfer of patients between sectors as a feasible project within the time frame allocated and the funding available. The project ultimately took the form of the development, piloting, and evaluation of a standardized Communication Tool (CT). It was felt that a CT, that moves with the client as he is admitted to LTC, would facilitate the development of standardized, goal-oriented information on the care plan and enable more immediate transfer of strategies into the client's daily activities, and earlier reactivation. The following outlines the progress to date:

September 2003 to April 2004:

- A multi-sectoral, region-wide Working Group met to develop a Communication Tool (CT), revising the Toronto Stroke Networks' template and based on Tips and Tools. A pilot process was developed, evaluation processes designed, all associated documentation finalized, and regional contacts informed.
- A test of two different formats (check box and narrative) of the CT was completed in Essex, Waterloo/Wellington, Middlesex, Oxford, and Grey-Bruce Counties. This testing stage involved comparing and contrasting the two CTs, using hypothetical data, in order to determine the optimal format. Evaluations from both the acute care/rehab and LTC sectors were compiled and changes made to optimize the CT.

May to July 2004:

- A pilot of the improved check box version of the CT is now occurring in two rehabilitation centres (London, Windsor) and two acute rural community hospitals (Meaford,

Warton), using prospective data as clients transfer to LTC. The pilot launch involved a face-to-face meeting of staff from both sectors.

- Evaluation of the utility of the CT and of the process to improve linkages will be taking place during this period.
- The District Stroke Coordinators will be vital to the dissemination of education and to aid in the collaboration between sectors

Lessons Learned to Date:

- Commitment and collaboration of Advisory and Working Groups is fundamental.
- Enthusiasm of frontline providers is necessary.
- Support of Regional and District Stroke Centres is key.
- LTC welcomes the CT as valuable and necessary.
- The connection made with Tips and Tools is beneficial.
- Communication and linkages are required across all sectors.
- Increased understanding of the importance of the CT, and the benefit to patients is needed.

Next Steps: Recent working group meetings have focused on the factors required to sustain this project and this will continue to be the focus at subsequent meetings. Connection with the Toronto group, that has developed a similar tool, will take place in July, to share experiences and to discuss the possibility of developing a CT to be used across the Province.

For more information about this project please contact:

Alison Greenhill

519-685-8500 ext.72014

alison.greenhill@sjhc.london.on.ca

Laura Parizeau

519-685-8500 ext.72013

laura.parizeau@lhsc.on.ca

Publications of Note

CNS Package

A Canadian Neurological Scale Teaching Package is available from Heart and Stroke Foundation. The teaching package consists of a PowerPoint describing the components of the scale and the scoring; a form to record the results of the Canadian Neurological Scale and a video that may be used for teaching purposes. To obtain a copy of this package please contact Jennifer Bridel at (416) 489-7111 ext.456.

Toolbox Newsletter

The second issue of the Toolbox newsletter is now available from the Heart and Stroke Foundation. The newsletter highlights the success of the Tips and Tools Outreach Project and identifies more tips for stroke care in community and Long-Term Care. To receive an issue contact the Heart and Stroke Foundation of Ontario Order Desk at: csor@hsf.on.ca.

Community Support Services Brochure

This brochure describes a variety of community supports and how to access the community support agency available in your area. To receive a brochure please contact your District Stroke Coordinator.



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

Profile of the Month:

Laurie Zimmer RN, BScN District Stroke Coordinator for Chatham-Kent



Laurie graduated from the St. Clair College Diploma Nursing Program Chatham Campus in 1984 and began then began her career at the Public General Hospital in Chatham. Her initial clinical experiences consisted of: Continuing Care and the Operating Room before settling into Critical Care. Laurie continued her career in Intensive/Progressive Care as a staff nurse, as well as a Critical Care Nurse float, which incorporated Recovery Room, Delivery Room, Nursery, and Emergency. She remained in Intensive Care from 1996 until September 2003 at which time she began her new role as the District Stroke Coordinator for Chatham-Kent. Laurie also returned to the University of Windsor part-time in the fall of 2000 to obtain her BScN.

Laurie is very proud of her role as District Stroke Coordinator, which enables her to provide leadership, foster partnerships and linkages in the implementation of best practice stroke care to the residents of Chatham-Kent.

Laurie has been happily married for 18 years with three very beautiful children. You can contact Laurie at the Chatham-Kent Health Alliance, lzimmer@ckha.on.ca or (519) 352-6401 ext. 6900

What's Happening

Social Worker Network Workshop

Social Workers working with stroke patients in the southwest region met for the first time on April 23, 2004 to establish a network. In attendance, were Social Workers from both health care institutions (acute and rehab) and community agencies. Our inaugural meeting set the stage providing information from experts about the Ontario Stroke Strategy, the Heart and Stroke Foundation, Health and Social Services and the London Health Sciences Centre CNS unit. The Network members expect to meet throughout the year to



Members of the Social Worker Network in Southwest

discuss topics of interest, education, and advocacy. Anyone interested in the Network may contact Michelle Moreau at (519) 376-2121 ext. 2884 or Veda Goodwin (519) 685-8500 ext. 32211.

The process for ordering CSS resources has now been changed. To order copies of Coordinated Stroke Strategy Professional Education Resources and Best Practice Guidelines for Stroke Care, please call 416-489-7111, 389 or e-mail csor@hsf.on.ca [*with the exception of Posters, BPG 4 pager which is still available at 416-489-7111 x456 or css@hsf.on.ca].

Community/Regional/Provincial Events

International Symposium Thrombolysis & Acute Stroke Therapy

Satellite Symposium of the 5th World Stroke Congress. For more information visit the website www.venuewest.com/thrombolysiswhistler2004

5th World Stroke Congress, Vancouver, BC.

June 23–26, 2004.

For more information visit the website: www.kenes.com/stroke/2004

BP: Ups and Downs Workshop

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

- **September 15th, 2004, Kitchener,** Location to be determined. For more information contact Tammy Tebbutt (519) 749-4300 ext. 2605 or e-mail tammy.tebbutt@grhosp.on.ca or Gina Tomaszewski (519) 685-8500 ext.35268 or e-mail: gina.tomaszewski@lhsc.on.ca
- **September 30th, 2004, Tillsonburg,** location to be determined. For more information contact Sharon Mytka (519) 685-8500 ext. 32264 or e-mail Sharon.Mytka@lhsc.on.ca
- **October 2004:**
 - Chatham
 - Grey Bruce
 - SarniaDates and location for each of the above sites TBA.



- **November 2004:**
 - Stratford
 - WindsorDates and location for each of the above sites TBA.

2nd Annual Organized Stroke Strategy Conference

October 6th, Bingemans Centre, Kitchener; 08:30 am – 4:00 pm. A leading edge conference focusing on secondary stroke prevention for professionals who provide care to patients at risk or recovering from stroke. For further information contact Tammy Tebbutt at (519) 749-4300 ext. 2605 or e-mail: tammy.tebbutt@grhosp.on.ca

7th Annual Stroke Collaborative

The Heart and Stroke Foundation of Ontario is pleased to announce the 7th Annual Stroke Collaborative will be held on October 18, 2004 at the Metro Toronto Convention Centre, South Building, 10:00 – 4:00 p.m. There is NO fee to attend. Lunch and refreshments will be served. For more information or to register visit www.heartandstroke.ca/collaborative or call (416) 489-7111 ext.456.



Get out spokin' for Heart & Stroke become involved in Big Bike For Stroke and support leading edge stroke research! Heighten your hospital or organization's

To Access the Community Support Agency in your Community

Contact the Ontario Community Support Association at 1-800-267-6272 or 416-256-3010 or at www.ocsa.on.ca

- Use the care Finder on-line at www.ocsa.on.ca/carefinder.html
 - E-mail your questions to: ocsainfo@ocsa.on.ca
- Check in the phone book for the Community care Access Centre nearest you.

profile and visibility, raise the awareness in your community about organized stroke care. Gather a team of 29 people for a really good time and for a really great cause. We'll provide the driver while you provide the heart. Support a worthy cause-sign your team up today and get ready to take the ride of your life! Contact your local Heart and Stroke Foundation office for dates and times in your area.

Blood Pressure Action Plan

Ontarians are learning how to control their blood pressure through Heart and Stroke's dynamic Blood Pressure Action Plan™.

Accessing the Blood Pressure Action Plan™ is easy for patients – just visit www.heartandstroke.ca.

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

