

2012-2013 Highlights Grey-Bruce District Stroke Centre



We were fortunate to successfully increase the role of our District Stroke Educator to a full-time position in 2012-2013!

Diana Williamson joined our team in November 2012. Her primary role is providing best practice education to health care providers, patients, families, community agencies and partners. With 11 hospitals in our district, that is no small feat. The system of stroke care is complex and Diana has joined our Nurse Practitioner Susan Wentworth to assist providers and patients navigate the system of stroke care through its many transitions.

Our Acute Stroke Team continues to provide clinical support to stroke patients clustered on the medical or step-down unit at Grey Bruce Health Services, Owen Sound. The Patient Safety Checklist, posted in patient rooms, is an important communication tool in enhancing best-practice care. We continue to advocate for an acute/integrated stroke unit and anticipate an opportunity with the restructuring of Rehab and Complex Continuing Care beds in the South West. We are also developing an automatic electronic orderable on the stroke order set to alert our stroke team to stroke patient admissions across all 11 hospitals

Fifteen staff members attended the Rehabilitation Forum held in Komoka in April 2012. Since then, a number of programs have been implemented to extend therapy time. An upper extremity cart allows stroke survivors to practice skills they have learned, group classes have been added Monday through Friday and include ADL class, games class and a "Get Fit While You Sit" class. We are in the initial phase of implementing a patient passport; which is a communication tool that will allow patients and families to track their progress during their rehab journey.

Our Community Stroke Rehabilitation Team received enhanced funding and now consists of eight full-time members: RN, OT, PT, SLP, SW, TRS and two Rehab Facilitators. They continue to demonstrate a positive impact in the lives of stroke survivors and their caregivers and their work has resulting in a decrease in ALC and in-patient length of stay. Several CSRT members started using the Apple iPad to enhance the care and education they provide to clients. In conjunction with the Huron-Perth and Thames-Valley CSRTs we are reviewing our model of care to improve efficiency and ensure timely and increased access to meet the demands for service.

Words of Thanks

The Community Stroke Rehabilitation Team received this note of thanks for a stroke survivor:

Thank you all so much for the help your team has given me since my stroke.

Alison, your skills helped me more than words can say, the word pool is still my happy place.

Stephanie, your help with my memory was wonderful and the chat about proper rest was important and I still practice the exercises.

Sharon, thanks for helping me say I am not the same person I was before the stroke, it has helped me accept the limits I have even so small.

Lynn, my "get out" worker, as I love to call you, thank you for being such a wonderful warm person. The cats love your blankets and the ladies at the shelter said to say thank you.

Kelly, your help in the pool with the lessons was great, thank you.

Such a wonderful group of ladies, anyone that has the change for you to help them is blessed indeed. Thank you from the whole heart for being in my life.

Finally, our Stroke Centre is:

- collaborating with March of Dimes to support the Grey Bruce Stroke Survivor Group
- providing “Living with Stroke Sessions” spring and fall
- hosting a Community of Practice group three times annually
- planning a Community Engagement workshop May 2 and 31, 2013 and a Restorative Care workshop in the Fall of 2013
- preparing for the Quality Based Procedures for Stroke Care introduced by the Ministry of Health.

*Joan Ruston Berge
District Stroke Coordinator*