

## 2012-2013 Highlights

### Sarnia-Lambton District Stroke Centre

---



At Bluewater Health, the clustered Acute Stroke Unit has been in place for two years and continues to provide excellent care to acute stroke patients admitted to hospital. Continuous cardiac monitoring is uncovering paroxysmal atrial fibrillation in this patient population and enables treatment to be initiated decreasing the patient's future risk of stroke.

The Bluewater Health abstract, "Implementing a Clustered Acute Stroke Unit at a Community Hospital Improves Patient Care," was selected for oral presentation at the third Annual Canadian Stroke Congress. Linda Dykes, Manager of the Stroke Program was accompanied by Debbie Matchett, Clinical Manager, Krista Steeves, Physiotherapist, and Liz Anthony, Admissions Nurse. Our presentation was well received and cited by the moderator as an excellent example of why we have Canadian best practices, and why we have this forum to share these "golden nuggets."



Over the past year, the District Stroke Centre has participated in rehabilitation work at the local, regional and provincial levels. In 2012, the Erie St. Clair LHIN held a three day strategic planning event for rehabilitation that informed the *Rehabilitation System Strategic Plan for the Erie St. Clair Region*. The Report received LHIN Board approval and is now being implemented. The stroke and rehabilitation programs at Bluewater Health are actively engaged in moving the plan forward along with our LHIN partners.



We are also working closely with the Stroke Recovery Association of Sarnia-Lambton to enhance services for stroke survivors returning home. The community agency hosts the Living with Stroke Program, offering sessions spring and fall. Tracy Christopher, the Administrative Assistant for the Stroke Program, completed the training and co-facilitated the program with Larry Spencer, a stroke survivor. The sessions were very well received!

Linda Dykes  
District Stroke Coordinator