


Evaluation

For the **Provincial Stroke Rounds Planning Committee:**

- To plan future programs
- For quality assurance and improvement

For **You:** Reflecting on what you've learned and how you plan to apply it can help you enact change as you return to your professional duties

For **Speakers:** The responses help understand participant learning needs, teaching outcomes and opportunities for improvement




[Online Evaluation](#)

Please take 2 minutes to fill out the evaluation form, either online or in the room.
Thank you!

1

**Smart Tips for Stroke Care:
A healthcare providers
guide**



Jenna Weck, Regional Community & LTC Coordinator, CESN
Sue Verrilli, Regional Education Coordinator, NEOSN
- on behalf of the Smart Tips Writing Group

2

Mitigating Potential Bias

- The Provincial Stroke Rounds Committee mitigated bias by ensuring there was no industry involvement in planning or education content
- The Ontario Regional Education Group (OREG) host member, on behalf of the Provincial Stroke Rounds Committee, reviewed the initial presentation supplied by the speaker(s) to ensure no evidence of bias.

3

Disclosures of Affiliation, Financial Support & Mitigating Bias

Speaker Names:
Sue Verrilli and Jenna Weck

Affiliations:
Northeastern Regional Stroke Network; Central East Regional Stroke Network; Ontario Regional Education Group; Provincial Community and Long-Term Care Coordinators

Financial Support:
This session/resource has not received financial or in-kind support. The Smart Tips resource was financed through all 11 Stroke Networks of Ontario

Mitigating Potential Bias:
There are no conflicts or mitigating bias to disclose

4

Learning Objectives

Following this presentation, participants will be able to:

1. Explain the historical background behind the development of Smart Tips for Stroke Care, including process utilized, target audience and intention for use
2. Outline the structure of the Smart Tips for Stroke Care resource
3. Describe where to find Smart Tips for Stroke Care and identify practical applications for everyday use

5



POLL

6

Background & Development of Smart Tips

- Long Term Care (LTC) is an important part of the stroke continuum. In Ontario, approximately 25% of the population in LTC has a diagnosis of stroke.
- This significant proportion of LTC residents with stroke indicates the need for disease specific education.
- Currently, there is a gap in education materials on stroke for LTC staff.
- With a mandate to advance the stroke system, the 11 Stroke Networks of Ontario decided to collaborate to address this gap.

7

Process for Development

- A writing group of 10 individuals from across the 11 Stroke Networks of Ontario was established.
- Consultation with representatives from LTC determined that any resource developed needed to be brief (readable within 3-5 minutes), visual, and written at a level appropriate for front line Personal Support Workers.
- Following this consultation, the group completed an environmental scan to identify the content for the new resource.

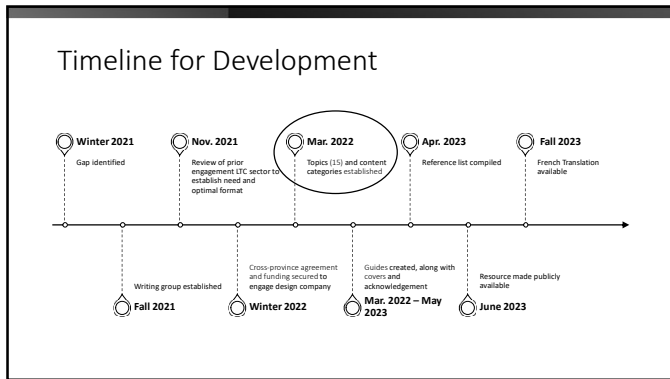


8

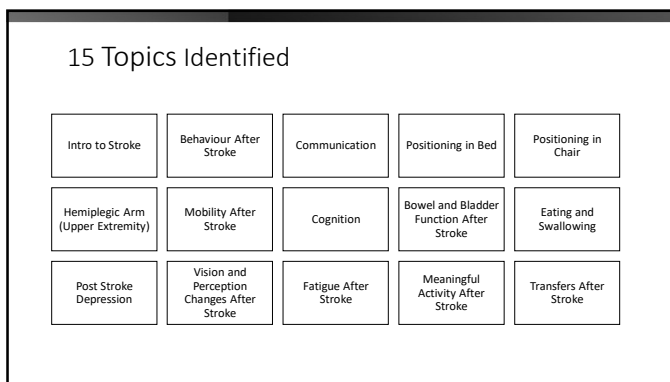
Writing Group

- Eileen Britt, Regional Rehab and Community Coordinator, **Central South Stroke Network**
- Margo Colver, Regional Community and LTC Coordinator, **Southwestern Ontario Stroke Network**
- Heather Jenkins, Regional Education Coordinator, **Stroke Network of Southeastern Ontario**
- Anik Laneville, Occupational Therapist, Best Practice Team, **Champlain Regional Stroke Network**
- Michelle Mohan, Regional Education Coordinator, **Toronto West Stroke Network**
- Kayla Purdon, Regional Community and LTC Coordinator, **Stroke Network of Southeastern Ontario**
- Tara Thomas Tarcza, Regional Community and LTC Coordinator (Interim), **Central East Stroke Network**
- Maggie Traetto, Regional Community and LTC Coordinator, **West GTA Stroke Network**
- Sue Verrilli, Regional Education Coordinator, **Northeastern Ontario Stroke Network**
- Jenna Weck, Regional Community and LTC Coordinator, **Central East Stroke Network**

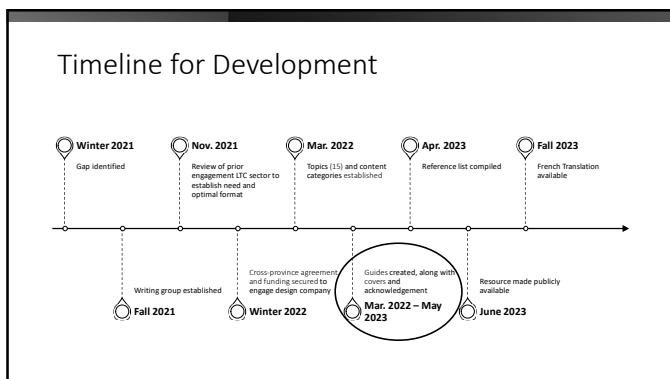
9



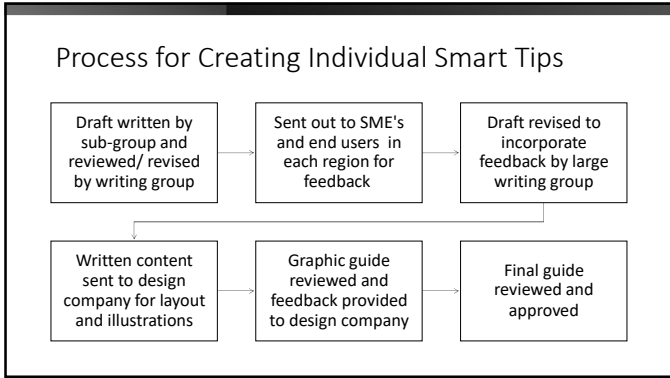
10



11



12



13

Acknowledgements

We wish to thank the dedicated group of healthcare professionals who contributed to the writing and/or review of SMART TIPS for Stroke Care.

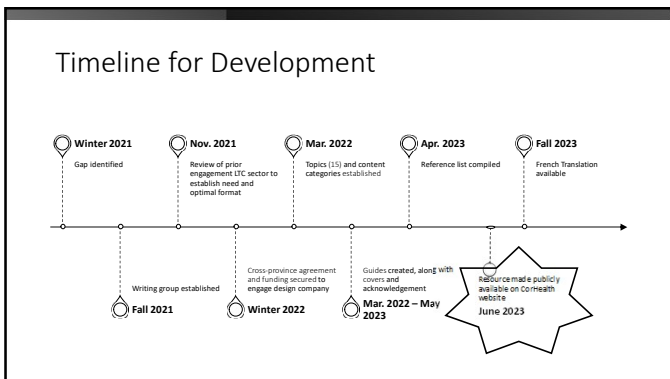
We also wish to thank *Over the Atlantic* for their support, patience, passion and creativity in bringing the content of this resource to life.

External Reviewers
We wish to thank the many individuals from a variety of professional disciplines across the care continuum who contributed their time in providing input to this resource.

• Deanne Bourcier	• Leah Higgins	• Abby Pettit
• Heidi-Jane Bellizzi	• Jennifer Wilksey	• Holly Perkins
• Monika Bhattacharya	• Emma Alun	• Angela Phillips
• Bonnie Brummer	• David Hayes	• Clark Pridell
• Emily Brunl	• Richard Kelloway	• Janis Power
• Susan Burrey	• Laura King	• Christine Preston
• Barb Caccamo	• Laura King	• Alex Friedl-Brown
• Sabrina Carabla-Mazzoni	• Bernice Kivulide	• Stefanie Richards
• Katie Charbonneau	• Jeffrey Labonde	• Sherry Rock
• Catherine Cox	• Corey Langham	• Angela Robinson
• Melissa de Witt	• Alicia Legault	• Eugénie Savelle-Minocci
• Amy de Rancq	• Erin MacLellan	• Jeni Stork
• Brenda Doney	• Sarah Lee	• Monique Stowell
• Anna Dube	• Christine Monro	• Michelle Simpson
• Kyrstin Eason	• Karen Muller	• Holly Sloan
• Beverly Foubert	• Sany Marone	• Lori Smith
• Erin Fitzgerald	• Theresa McCreary	• Maria Stafford
• Paula Freyzer	• Julie McComby	• Lindsay Taylor
• Jill Gibson	• Theresa McConnell	• Pauline Trenchard
• Jackie Gilpin	• Elizabeth McKay	• MaryLynn Turk
• Sarah Green	• Rhonda McNeill-Whitman	• Katie Whelan
• Elaine Griffin	• Mackenzie McFowish	• Lynn Winnett
• Dana Gustaf	• Shannon Meehan	• Rachel Wong
• Teresa Guilla	• Elizabeth Palmrose	• Sherry Wright
• Andrea Hall	• Emily Palmer	• Christal Lawson

We also wish to thank Over the Atlantic for their support, patience, passion and creativity in bringing the content of this resource to life.

14



15

Goal of Smart Tips



- Highlight common changes due to stroke and strategies for managing these changes.
- Resource could be used as a complete booklet or broken down by individual topic.
- Smart Tips document is available freely. Content and images available for all to use (with credit to the source).

16

Target Audience



- Resource designed for PSW's in LTC and provides information on stroke deficits and tips for safe and effective care.
- However, anyone interested in stroke care can benefit from using this resource, including PSWs in the community, family members, etc.

17

Intended Use

- Highlights stroke deficits and tips for safe and effective care
- Intended as a quick 'primer' on the topic



Examples for use:

- Orientation
- At bedside (in the moment)

18

Quick Guide Overview

Smart Tips for Stroke Care

Vision and Perception After Stroke

A paragraph on why the topic is important

What you should know

Smart Tips - Always follow the care plan!

Seek extra support

19

Introduction to Stroke

Did You Know?

- Stroke is the leading cause of death and leading cause of disability in America.
- Stroke is a leading cause of long-term disability.
- Stroke is a leading cause of long-term disability.
- Stroke is a leading cause of long-term disability.

How does the brain work?

The brain is the control center of the body. It sends messages to all the organs and muscles in the body. It also controls your thoughts, feelings, and actions.

What is a Stroke?

A stroke occurs when the blood supply to part of your brain is interrupted or reduced, depriving brain tissue of oxygen and nutrients.

Two Common Types of Stroke

- Ischemic:** Most strokes are ischemic. They occur when a blood vessel in the brain is blocked by a clot.
- Hemorrhagic:** A stroke occurs when a blood vessel in the brain ruptures and bleeds.

What is a TIA?

A transient ischemic attack (TIA), often called a "mini-stroke," is a brief episode of stroke-like symptoms that does not last long enough to cause permanent brain damage.

Signs and Symptoms of Stroke

- Face drooping
- Arm weakness
- Speech difficulty
- Time to call 911

Common effects of Stroke

- Weakness or numbness in the face, arm, or leg
- Changes in vision
- Changes in hearing
- Changes in taste or smell
- Changes in balance or coordination
- Changes in personality or behavior
- Changes in memory
- Changes in thinking or judgment
- Changes in language
- Changes in ability to understand or write
- Changes in ability to read
- Changes in ability to perform tasks
- Changes in ability to perform tasks
- Changes in ability to perform tasks

Recovery after a stroke is possible.

Recovery after a stroke is possible. Recovery after a stroke is possible. Recovery after a stroke is possible.

20

Hemiplegic Arm and Hand

What you should know

The shoulder is made up of several muscles and ligaments which support the joint. Many muscles are attached to the shoulder blade (scapula) and the humerus (upper arm bone). These muscles are responsible for moving the arm and hand.

After a stroke, the muscles that control the arm and hand may be weakened or paralyzed. This can make it difficult to move the arm and hand. It is important to work with a physical therapist to strengthen the muscles and improve the range of motion.

Smart Tip - Always follow the plan

Always follow the plan. Always follow the plan. Always follow the plan.

Smart Tip - Always follow the plan

Always follow the plan. Always follow the plan. Always follow the plan.

Seek extra support

Seek extra support. Seek extra support. Seek extra support.

"As many as 72% of adult stroke patients report at least one episode of shoulder pain within the first year after stroke" -CSBP

Highlights the importance to never pull on the affected arm

21

Fatigue After Stroke

Smart Tip **Stroke Care**

What you should know

- Stroke is a leading cause of disability in the United States and is associated with fatigue, depression, and cognitive impairment.
- Stroke-related fatigue is different from normal fatigue. It is often more severe and can last for a long time.
- Stroke-related fatigue can affect your ability to do daily activities, work, and exercise.
- Stroke-related fatigue can also affect your mood and cognitive function.
- Stroke-related fatigue can be managed with lifestyle changes and medical treatment.

Smart Tip **Manage Your Energy**

- Plan your day to include rest and energy-saving strategies.
- Take short breaks throughout the day.
- Use assistive devices to help with daily tasks.
- Ask for help from family, friends, or healthcare providers.

Preventive Health Screenings

- Regular checkups to monitor blood pressure, cholesterol, and blood sugar.
- Regular exercise to improve cardiovascular health.
- Healthy diet to maintain a healthy weight.

Plan Ahead

- Identify tasks that are most difficult for you.
- Break tasks into smaller, manageable steps.
- Use time-saving devices and services.
- Ask for help from family, friends, or healthcare providers.

Get Involved

- Join support groups for stroke survivors.
- Participate in community activities.
- Volunteer to help others.

Seek extra support

- Ask your healthcare provider for a referral to a fatigue specialist.
- Consider cognitive behavioral therapy (CBT) to manage fatigue.
- Use assistive devices to help with daily tasks.

Post-Stroke fatigue is generally under-diagnosed -CSBPR

Prevalence rates of post-stroke fatigue are substantial, varying between 38-73% -CSBPR

22

Cognition After Stroke

Smart Tip **Stroke Care**

What you should know

- Stroke can affect your ability to think, learn, and remember.
- Stroke-related cognitive impairment can affect your ability to do daily activities, work, and exercise.
- Stroke-related cognitive impairment can also affect your mood and quality of life.
- Stroke-related cognitive impairment can be managed with lifestyle changes and medical treatment.

Smart Tip **Manage Your Energy**

- Plan your day to include rest and energy-saving strategies.
- Take short breaks throughout the day.
- Use assistive devices to help with daily tasks.
- Ask for help from family, friends, or healthcare providers.

Preventive Health Screenings

- Regular checkups to monitor blood pressure, cholesterol, and blood sugar.
- Regular exercise to improve cardiovascular health.
- Healthy diet to maintain a healthy weight.

Plan Ahead

- Identify tasks that are most difficult for you.
- Break tasks into smaller, manageable steps.
- Use time-saving devices and services.
- Ask for help from family, friends, or healthcare providers.

Get Involved

- Join support groups for stroke survivors.
- Participate in community activities.
- Volunteer to help others.

Seek extra support

- Ask your healthcare provider for a referral to a cognitive specialist.
- Consider cognitive behavioral therapy (CBT) to manage cognitive impairment.
- Use assistive devices to help with daily tasks.

"Vascular cognitive impairment affects up to 60% of people who have had a stroke" -CSBPR

23

Meaningful Activity After Stroke

Smart Tip **Stroke Care**

What you should know

- Meaningful activity is important for stroke survivors to improve their quality of life.
- Meaningful activity can help with physical, cognitive, and emotional recovery.
- Meaningful activity can also help with social engagement and support.
- Meaningful activity can be managed with lifestyle changes and medical treatment.

Smart Tip **Manage Your Energy**

- Plan your day to include rest and energy-saving strategies.
- Take short breaks throughout the day.
- Use assistive devices to help with daily tasks.
- Ask for help from family, friends, or healthcare providers.

Preventive Health Screenings

- Regular checkups to monitor blood pressure, cholesterol, and blood sugar.
- Regular exercise to improve cardiovascular health.
- Healthy diet to maintain a healthy weight.

Plan Ahead

- Identify tasks that are most difficult for you.
- Break tasks into smaller, manageable steps.
- Use time-saving devices and services.
- Ask for help from family, friends, or healthcare providers.

Get Involved

- Join support groups for stroke survivors.
- Participate in community activities.
- Volunteer to help others.

Seek extra support

- Ask your healthcare provider for a referral to an activity specialist.
- Consider cognitive behavioral therapy (CBT) to manage activity impairment.
- Use assistive devices to help with daily tasks.

"People with stroke who experience difficulty engaging in leisure and other social activities should receive targeted therapeutic interventions" -CSBPR

"Residents in long term care should have access to exercise, leisure opportunities and support to engage in personally valued activities" -CSBPR

24

Initial Feedback

"The Smart Tips for Stroke Care got our team thinking about going 'back to basics' with review for frontline staff. I am working in collaboration with our PT/OT and Charge Nurse, with the vision of providing a different teachable topic every few weeks that would be supported with hands practice at the bedside [such as positioning]."
-Nurse Educator in Acute Care

"I am so thrilled that this important resource came to fruition! I know that it was developed with a lot of thoughtfulness and passion for providing equitable access to critical stroke care information in the LTC sector"
- System Change Expert in Community


Great work! I think these simple tools will be very well used in LTC.
- Director of Care in LTC

"Thrilled to use for patient/family education"
- Manager of Integrated Stroke Unit

25


Free Access to Smart Tips

Download at CorHealth Website:
<https://www.corhealthontario.ca/resources-for-healthcare-planners-&-providers/stroke-general/smart-tips-for-stroke-care>

Scan here: 

Or Contact your Regional Stroke Network

Need more information?



26

Next steps

- French translation coming Fall 2023
- Evaluation process
- Investigating the feasibility of presentation templates to be used for education purposes
- Provincial and Regional approach to marketing the resource
 - Email to key partners/colleagues
 - AdvantAge Ontario Executive Report to Members (August 2023)
 - Posted on Surge Learning (Sept 2023)
 - World Stroke Congress E-Poster (Oct 2023)
 - OLTC Article (Nov 2023)

27

Thank You!



Contact Information: Sue Verrilli sverrilli@hnsudbury.ca
 Jenna Weck weckj@rvh.on.ca


31

Evaluation

For the **Provincial Stroke Rounds Planning Committee:**

- To plan future programs
- For quality assurance and improvement

For **You:** Reflecting on what you've learned and how you plan to apply it can help you enact change as you return to your professional duties



[Online Evaluation](#)

For **Speakers:** The responses help understand participant learning needs, teaching outcomes and opportunities for improvement

Please take 2 minutes to fill out the evaluation form, either online or in the room.
Thank you!

32