

Northwestern Ontario Regional Stroke Network

Fewer Strokes. Better Outcomes

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Vision

**Fewer strokes.
Better outcomes.**

Mission

To continuously improve stroke prevention, care, recovery and re-integration

June is Stroke Month

Stroke and Dementia Background

The focus of 2014 Stroke Month (June) will be Stroke and Dementia. The Alzheimer's Society of Ontario (ASO) has agreed to partner with Ontario Stroke Network for this focus.

Key Messages

STROKE, DEMENTIA AND HEART DISEASE SHARE COMMON RISK FACTORS AND EACH INCREASES THE RISK OF THE OTHER

- Vascular cognitive impairment (or a decline in thinking skills caused by brain cells having been deprived of vital oxygen and nutrients) affects up to 60 per cent of stroke survivors and is associated with poorer recovery and decreased ability to function.
- Pre-existing dementia increases the risk of stroke.
- Vascular damage increases the risk of dementia more than the increase of plaques and tangles in the brain.

RISK FACTORS FOR STROKE, DEMENTIA AND HEART DISEASE CAN BE MITIGATED BY THE SAME HEALTHY LIFESTYLE CHANGES, I.E. EXERCISING, EATING RIGHT, CHALLENGING THE BRAIN AND STAYING SOCIAL

- In older adults without Alzheimer's disease, those who were very physically active were 40 per cent less likely to develop Alzheimer's disease than those who were inactive.
- Healthy eating can reduce the risk of heart disease and stroke. And by reducing the risks of these diseases, the risk of dementia is also decreased.

THE PUBLIC, PHYSICIANS, PATIENTS AND THEIR CARE PARTNERS NEED KNOWLEDGE AND STRATEGIES TO ADDRESS DISEASE PREVENTION, EARLY DIAGNOSES AND DISEASE MANAGEMENT

- Approximately one in three people will develop stroke, dementia, or both, and the incidence for both increases exponentially with age.
- Improving the care system by identifying opportunities for collaboration toward healthier lifestyles will benefit all Ontarians.
- In honour of Stroke Month, the Ontario Stroke Network, the Alzheimer Society of Ontario, and the Heart and Stroke Foundation are collaborating on similar messages and recommendations.

30 Days to Better Brain Health Challenge - June 2 - July 2, 2014

Alzheimer Society, Thunder Bay

The Better Brain Health Challenge is a team-based contest whereby participants receive weekly tasks to complete that work to: challenge their brains, be socially active, choose a healthy lifestyle, and protect their head. Four (4) or more friends, family members, or colleagues get together and have some fun while getting healthy. The proof will be in the photos you take...bonus points for creativity and enthusiasm.

The NWORSN put in a team "Brain Attack" for this Challenge as part of Stroke month activities. The team: Sharon Jaspers, Shelly Brown, Esme French and Pauline Bodnar.

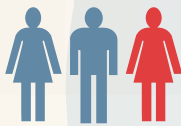


Team Challenge fitness activity

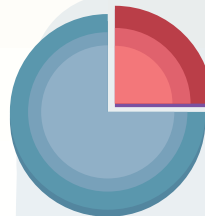


STROKE AND DEMENTIA

STROKE, DEMENTIA AND HEART DISEASE SHARE COMMON RISK FACTORS AND EACH INCREASES THE RISK OF THE OTHER



APPROXIMATELY **ONE IN THREE** ONTARIANS WILL DEVELOP STROKE, DEMENTIA OR BOTH



25%
ONE IN FOUR HOSPITALIZED STROKE PATIENTS EVALUATED WITHIN THE FIRST YEAR AFTER A STROKE HAVE DEMENTIA



UP TO **THREE IN FIVE** STROKE SURVIVORS WILL DEVELOP VASCULAR COGNITIVE IMPAIRMENT



LESS THAN HALF OF ONTARIO'S OLDER ADULTS GET THE RECOMMENDED **2½** HOURS OF MODERATE-TO-VIGOROUS PHYSICAL ACTIVITY PER WEEK

LIFESTYLE PLAYS AN IMPORTANT ROLE IN REDUCING RISKS



OLDER ADULTS WHO ARE VERY PHYSICALLY ACTIVE ARE **40% LESS LIKELY** TO DEVELOP ALZHEIMER'S DISEASE THAN THOSE WHO ARE INACTIVE



MORE THAN 60% OF CANADIAN ADULTS ARE EITHER OVERWEIGHT OR OBESE, A MAJOR RISK FACTOR FOR HEART DISEASE AND STROKE



BY REDUCING THE RISK OF HEART DISEASE AND STROKE, THE RISK OF DEMENTIA ALSO DECREASES. SO ... **EAT WELL, MOVE, GET SOCIAL AND CHALLENGE YOUR BRAIN!**

Team Update

Farewell and good luck to **Katie Amadeo**. Katie finished up her term as Dietitian with the Stroke Prevention Clinic, inpatient stroke and pediatrics at Thunder Bay Regional Health Sciences Centre. Our sincere thank you to Katie for the excellent care that she provided to her patients during her time with us.

A warm welcome back to **Cayla Mantis**. Cayla returned to her Dietitian role following the birth of her second child in May. During Cayla's leave she enjoyed spending time with her girls, skiing, visiting her husband's family in Arizona and hoola hooping!

Another warm welcome goes out to **Laura Peters**, Physiotherapist (0.2 FTE) for acute inpatient stroke. Laura writes:

"I am excited to be joining the interprofessional stroke team and begin my new position as one of the acute inpatient Physiotherapists. My background includes completing my Bachelor of Science (Behaviour, Cognition and Neuroscience) and Bachelor of Human Kinetics at the University of Windsor before completing the Master of Science (Physiotherapy) program at McMaster University. Born and raised in Windsor ON, I had my first Northern Ontario experience last year as a Physiotherapy student and couldn't wait to return after graduation. I am thrilled to have the opportunity to work with such a knowledgeable and energetic team."



Laura Peters

The Northwestern Ontario Regional Stroke Network Staff

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Northwestern Ontario Regional Stroke Network Education Fund Application

What is the Northwestern Ontario (NWO) Regional Stroke Network Education Fund?

It is a fund to assist clinicians working in stroke care across the continuum to incorporate best practices through learning opportunities or projects focused on evidence based practices in stroke care.

NEW! Now available on line:

http://tbrhsc.net/clinical_partners/regional_stroke_program/video_resources.asp

Who can apply?

Health care providers working in stroke care across the continuum throughout the NWO region.

How can you apply?

To obtain an application or for more information please contact:

Elaine Edwards,
Regional Stroke Educator

Thunder Bay Regional Health
Sciences Centre

807-684-6706

edwardse@tbh.net
nwostroke@tbh.net

Highlighting our Partners



Judy Mostow

Judy suffered a stroke 8 years ago. Her Story is about “Creating a New Life”. She wants to give back to those who helped her get started with her New Life after stroke. Judy is a Patient and Family Advisory at Thunder Bay Regional Health Sciences Centre. Member of the Stroke Education Advisory Committee. Volunteers at St. Joseph’s Care Group - Moving On After Stroke (MOST) Program, Client Centered Care Committee & Volunteer Services Advisory Committee and Stroke Recovery Network.

“It is hard to talk about oneself, but as a Stroke Survivor, I want to be a survivor role model offering hope to those who are just starting their “ongoing” recovery journey. Encouraging those who are willing to work hard at their rehabilitation, whatever that may involve, that with that hard work, they will see small subtle but ongoing recovery triumphs, when they stop and look back at where they were when they had their stroke, and where they are now.”

Maria Lassonde

In July 2005, 9 years ago, Maria was attending church when she felt something was just not right. Her friend, a nurse, immediately recognized that she was having a stroke and ensured she got to the emergency department right away. Maria received acute care and rehabilitation in Thunder Bay and is now able to resume her favourite activities such as gardening and crocheting.

She volunteers with the Moving on After Stroke programme, takes part in the Stroke Recovery Network Peer Support Group and is a member of the Stroke Rehabilitation and Community Advisory Committee. She says she remains so involved simply because she “enjoys it”!



Robert Fenton

Bob Fenton is honoured to be Chairman of the Aboriginal Advisory Committee for Northwestern Ontario Regional Stroke Network. Bob is, also, a Patient Family Advisor with TBRHSC, a member of the Aboriginal Advisory Committee for Aboriginal Cancer Care TBRHSC, and a Hospice Northwest Palliative Care volunteer.

Bob began his volunteer work at the age of 14, reading to his Great Aunt and other patients at the CNIB Home for the Blind on Cumberland Street. Although Bob does not see himself as a volunteer but rather as a person who shares love, caring and compassion.

He takes his roles very seriously and strives to enhance First Nations patients’ experiences, while at TBRHSC, to be a positive and healthy one.



Highlighting our Partners



Brenda Mason

Brenda Mason, is an Oji/Cree woman, a proud grandmother and was raised in Sandy Lake. Brenda was raised by her aunt and uncle who she knew as mom and dad all her life.

Brenda is a Social Service Worker with St. Joseph's Care Group in Mental Health. She is an original member of the Stroke Aboriginal Advisory Committee and featured in all 3 DVD's produced by the Stroke Programme. Brenda is also a member of the Aboriginal Advisory Committee TBRHSC.

Ernie Duke

Our family is no stranger to stroke. In 1993, at the age of 29, our daughter suffered her first stroke. At that time there were virtually little or no resources or support for her or us as caregivers. Sadly, we lost her to a severe stroke in 2009. In 2006 my wife suffered a stroke.

The change in available resources and support on all fronts was amazing. At that time we became and continue to be involved in the Stroke Recovery Peer Support Group. I was asked to represent our group on the Northwestern Ontario Regional Stroke Network Rehabilitation and Community Advisory Committee and continue to do so. As a volunteer, stroke awareness and improvement in after stroke care are very important.



Are you interested in learning more about stroke? Do you like to learn independently?

....If you answered yes, take advantage of the Hemispheres Stroke Competency Series, available FREE from the NWORSN.

What is Hemispheres?

- multi-level, interactive, comprehensive, web-based educational series
- Designed to train all levels of users: nurses, allied health professionals and physicians
- Curriculum is web-based - once you create an account you may log on from any computer
- You will be given a license key code to enter and you will create an account

- You will complete the test in the first module within 2 months of being provided the license key code
- You will complete the entire series within one year of being provided the license key code

Computer Requirements

Your computer must meet the requirements below:

- Internet Explorer 7.0+ (8.0+ recommended), Firefox 1.5+, Safari 3.1+, Chrome 4.0+, Opera 9.64+
- Flash 11.0+

- Cookies must be enabled in your browser
- Screen resolution of 1024 x 768 or greater
- Popups must be allowed in order to view course material
- Adobe Reader is required to view completion and CE certificates.

To view demo go to: <http://www.apexinnovations.com/>

For more information contact Elaine Edwards Regional Stroke Educator at edwardse@tbh.net or 807-684-6706

Highlights from 2014 Stroke Forum

The “Northwestern Ontario Regional Stroke Forum - Focus on Hyperacute and Acute Stroke Care” took place at the Valhalla Inn, Thunder Bay, Ontario.

March 20 (evening) and March 21 (all day) 2014

The Learning Objectives:

- Increase knowledge of optimal stroke care for high risk TIA and minor (non-disabling) stroke.
- Gain awareness of the new TIA triage toolkit for Northwestern Ontario
- Identify resources to assist with triaging TIA patients in Northwestern Ontario.
- Describe the available resources for quality based procedures for stroke
- Improve knowledge on the current stroke best practice recommendations pertaining to hyperacute and acute stroke management.
- Increase knowledge of current stroke research.
- Explain the evidence supporting the use of the new oral anticoagulant medications.
- Identify common stroke mimics.

Considerable pearls of wisdom were shared by the renowned speakers.

Further information can be found at www.nwestroke.ca (2014 Stroke Forum tab). This includes the speakers' profiles and presentations.



Network Activities

Diehards Ride the Big Bike for Heart and Stroke

On May 22nd the Diehards team rode together on the Heart & Stroke Big Bike Ride. The Diehards have participated annually on the Big Bike Ride for 10+ years under the leadership of co-captains Rita Tosolini and Jan Mior. Many riders return every year while new faces are always welcomed. All agree- the Big Bike is lots of fun.

Thanks to the Diehards for their years of contributing to fundraising to the Heart & Stroke. You do make a difference!



Provided by The Heart & Stroke Foundation



Provided by The Heart & Stroke Foundation

Network Activities

NURSING AWARD OF EXCELLENCE

Shelly Brown



l-r Caterina Kmill, Director of the Regional Stroke Program; Susan Fraser, TBRHSC Board Chair; Shelly Brown, Registered Nurse, Regional Stroke Network - Stroke Nurse, Rhonda Crocker-Ellacott. Award winner Shelly Brown is a Registered Nurse/Stroke Nurse with the Regional Stroke Network.

Congratulations to Shelly Brown, Clinical Stroke Nurse who received a Nursing Award of Excellence from Thunder Bay Regional Health Sciences Centre during Nursing Week in May.

In her presentation of the award, Caterina Kmill, Regional Director of the Northwestern Ontario Regional Stroke Network spoke about Shelly:

Shelly Brown is an example of excellence in nursing. She works very closely with her patients, patients' families, nurses, physicians and other team members. Her attitude and dedication to her work are exceptional. Shelly was nominated three separate times for this award. The first, by Dr. Elena Sokolova, a neurologist that works closely with Shelly. Here are some of the things she had to say about Shelly.

"She always demonstrates compassion and dignity. She is very committed to the service of patients and a few times she demonstrated to others that some stroke patients have better rehabilitation potential if nurses spend extra effort with them."

Shelly has exceptional knowledge of stroke and her prior experience in the neurosurgery unit is an additional asset that she brings to her current practice. Shelly uses her knowledge to educate and mentor new and experienced staff.

Shelly was also nominated by the staff of 2A Renal and Stroke as well. They had nothing but positive things to say about her.

"Shelly always has a smile on her face. She is always willing to sit down and help someone understand just what has happened with their patients. Quite often, Shelly can be found in front of the PACS surrounded by staff and students as she takes them through images."

Shelly always works with her patients and their families. She often spends extra time with each of them to ensure they understand the issues at hand. Shelly consistently provides the definition of patient and family centred care to her patients.

Shelly was also nominated by a

patient's daughter who said: "I want to nominate Shelly Brown for an award of excellence. She is the definition of excellence. A few weeks ago, my father had a stroke and Shelly came and met with us while in the emergency room. Her calm demeanor was very much appreciated by family. In the most trying of times, Shelly was calm and collected. She answered every question my family had. When the doctor left, Shelly stayed behind and took a few moments to ensure that we all understood just what had happened and what the process was going to be for the next few days. Before Shelly left, without hesitation, she hugged me. I will forever be grateful for that. Shelly deserves to be recognized for the time and effort she takes with each and every one of her patients. Since my father's stroke, I have had many interactions with Shelly while on the unit. Her dedication to her patients is second to none. Thank you Shelly."

I know that I speak not only for myself but the whole stroke team when I say Shelly is an amazing person and we are all so very proud of her.

Upcoming

June 13th - Stroke and Alzheimer display tables near the grand staircase - 9:30 - 1:30

June 19th - Walk with Doc - Birch Point, Boulevard Lake - 7:00 p.m. All are welcome

June 24th - Video conference "Stroke and Dementia" - Dr. Black - 12:00 - 1:00 - for details please contact P. Bodnar at bodnarp@tbh.net

June 25th - Stroke and Alzheimer display tables at 55+ Centre, River Street, Thunder Bay

Stroke in the News

Local stroke survivors laud 'MOST' program

By Heather Latter
Staff writer

Three stroke survivors from Rainy River District have learned about strategies to manage the daily challenges of living with a stroke after completing a program called "MOST" (Moving On after Stroke), which was offered via teleconference through St. Joseph's Care Group in Thunder Bay.

"The first month it was hard to talk about your problems," said Melvin Jourdain, noting since they were linked into connections in Kenora and Thunder Bay, they were discussing personal issues with strangers.

"But after a while, I got used to people and opened up more," he added.

"So now I'm going to miss it."

"I thought a lot about what's happened to me . . . and now I know everybody had a problem," remarked Clint Sisco.

"And I came here and met a couple of people who were in the same way."

Sisco admitted he didn't think the program was for him at first.

"I said I'll go again next week, I'll go again next week, and pretty soon I had gone through the whole thing," he remarked.

"And I think I learned."

Wilma Chapman, meanwhile, enjoyed the program, noting it "was all fun."

The trio had been meeting weekly since September, participating in more than 20 sessions to tackle subjects such

"We inspired each other. It was the group support."

—Wilma Chapman

as self-management of health and how stroke affects the way your feel.

Other topics included goal-setting, relaxation, having fun and enjoying recreation, nutrition, pain and sleep, alternate therapies, and community resources—to name a few.

There even was a session where family and friends were invited to participate.

Each session ran for two hours, with the first hour being discussion and the second hour focusing on exercise.

"Recovery from stroke can be a long, uphill journey requiring determination, commitment, and a strong dose of courage," said Marilyn Erwin, the stroke prevention clinic nurse.

"The latest graduates from the MOST program held here in the Fort have exhibited all of these qualities to reach their graduation day," she noted.

Jourdain said he learned a stroke affects different people in different ways.

"I was paralyzed all on one side," he recalled. "I was lying like a rag—just useless."

"That's what I thought I was."

His recovery has included learning to walk and talk again.

All three said the "MOST" program was helpful.

"I would recommend it to others," Chapman said, citing

goal-setting as being helpful.

"We set our own goals," she noted.

"She [the co-ordinator in Thunder Bay] wrote them down and then next week she'd ask if we completed that goal," explained Jourdain.

"It inspired us to try our best."

"We inspired each other," echoed Chapman. "It was the group support."

Despite the program wrapping up last Thursday, the local stroke survivors want to continue to meet—perhaps once a month.

"I'm so excited," Erwin enthused. "I didn't even suggest it—it came from them."

She's hoping it will be the start of a local support group for stroke survivors.

"The stroke prevention clinic encourages anyone who has had a stroke, even as long as 10 years ago, to contact them if interested in making use of this excellent program," Erwin added.

She noted it also runs a shorter local program, with no exercise involvement, in the spring.

In order to participate in the "MOST" program, which runs once a year, the individual has to have completed therapy due to the physical component of it.

For more information, call 274-3261 ext. 4542.

FORT FRANCES

Clinics keep folks on path to good health

THE CHRONICLE-JOURNAL

Fort Frances-area residents can learn about living a healthier lifestyle at Riverside Health Care's community stroke prevention clinics.

Clinic spokeswoman Marilyn Erwin says that people should adopt the following motto: "Treat your body with respect, don't let it suffer from neglect," instead of just making a News Year's resolution to lose weight, exercise more and stop smoking.

Another common promise, after spending more on holiday festivities and gifts than intended, is to budget better and avoid impulse buying, she said, noting that can be summed up as "new gadgets won't bring spender's sorrow, if I don't own what I can borrow."

Erwin said that the "good news" is that people can be helped with both goals at the stroke prevention clinics which run Monday, Wednesday and Friday mornings.

"Very few people realize that the clinics lend home-testing, blood-pressure machines for an average of six weeks," she said.

"We also help clients understand the significance of the readings, and where to go from there."

"We also loan high-quality pedometers for a similar length of time, and help clients develop a walking plan," Erwin said.

At the clinics, people will also find a wealth of free booklets on healthy eating and cholesterol control, and many other guides to living well.

"We even discuss smoking cessation with helpful methods to aid in your success to become tobacco free," Erwin added.

For a clinic appointment, call 274-3261 ext. 4542.

Riverside Health Care operates hospitals in Fort Frances, Emo and Rainy River, and Rainycrest Long-Term Care Home and La Verendrye Non Profit Supportive Housing in Fort Frances.

Stroke Champion Award: 2014 Recipient - Marilyn Erwin, RN

Each year the Northwestern Ontario Regional Stroke Network honours a champion in stroke care from our region. The recipient of the NWO Stroke Champion Award is an individual or organization who demonstrates strong leadership, and who goes above and beyond in the areas of professionalism, innovation, advocacy, and communication. They may be described as someone who "inspires by example".

The 2014 Stroke Champion Award was presented to Marilyn Erwin. Marilyn is a registered nurse who has worked as the Stroke Prevention Clinic Coordinator at Riverside Health Care Facilities in Fort Frances since 2008. Highlights from her nomination letter include:

"Marilyn has engaged with other stakeholders in promotional efforts. For example, both our municipal sports complex and a privately-run fitness centre provided her with complimentary passes; these passes were then made

available to individuals that participated in a discussion about their own risk factors for stroke."

"Where Marilyn stands apart is her willingness to go the 'extra mile'. Over the past 6 years, Marilyn has also been a great support for the Moving on After Stroke self-management program... Marilyn is always available to support the participants during their first session, arranges volunteers for ongoing support as needed and goes above and beyond by arranging media awareness of the graduates of the program. In addition, Marilyn has agreed to initiate a local stroke support group."

"In her most original initiative, she partnered with the local library/technology centre to provide a hands-on introduction to the use of the internet. Participants were then guided toward practical sites for stroke and self-management. Not only did the participants benefit, the library

technician gained valuable insight into the barriers that may be experienced by individuals when using electronic devices."

We congratulate Marilyn on her innovation, creativity, enthusiasm and ongoing dedication to stroke prevention and care in Northwestern Ontario.

Past winners of the NWO Stroke Champion Award include:

2008 Todd Kennedy, Ontario March of Dimes – Stroke Recovery Network

2009 Denise Taylor, Physiotherapist – Special Rehabilitation

2010 Brenda Mason, Member – Stroke Aboriginal Advisory Committee

2011 Trish Nelson, Director – Physical Rehabilitation (retired)

2012 Dr. John Hargadon, Psychiatrist

2013 Irene Erickson, Physiotherapist – Special Rehabilitation (retired)

Research Update

1. Recruiting/Open Dr. Margaret Sweet

Accelerate IIV-MC-EIAN - Assessment of Clinical Effects of Cholesteryl Ester Transfer Protein Inhibition with Evacetrapib in Patients at a High Risk for Vascular Outcomes (HRVD).

CLOTBUST-ER - A Phase 3, Randomized, Placebo- Controlled, Double-Blind Study of the Combined Lysis of Thrombus with Ultrasound and Systemic Tissue Plasminogen Activator (tPA) for Emergent Revascularization (CLOTBUST-ER) in Acute Ischemic Stroke

2. Not Recruiting/Open Dr. Margaret Sweet

IRIS: A randomized, placebo-controlled trial of pioglitazone, compared with placebo, for prevention of stroke and myocardial infarction after ischemic stroke and transient ischemic attack.

3. Recruiting/Open administered by Clinical Teams Esme French/ Pauline Bodnar

Stroke Self-Management Rehabilitation Trial (SMART)

4. Not Recruiting/Not Open Dr. Ayman Hassan

SOCRATES: A randomized, double-blind, multinational study to prevent major vascular events with Ticagrelor compared to aspirin (ASA) in patients with acute ischaemic stroke or TIA

5. In Development/Not Open Dr. Ayman Hassan

THE INCIDENCE OF CAROTID ARTERY DISEASE IN NORTHWESTERN ONTARIO. PART 1

The Incidence of Carotid Artery Disease in Northwestern Ontario. Part 1: Exploring the Prevalence and Characteristics of Patients with Carotid Artery Disease

Primary Investigator: Dr Ayman Hassan

Purpose:

The purpose of this initial research project is to perform a retrospective review of stroke patients who presented as outpatients to the Stroke Prevention Clinic and inpatients admitted to the Thunder Bay Regional Health Sciences Centre, in order to define the prevalence and risk factor of carotid artery disease in Northwestern Ontario. Previous studies have established that the incidence and etiology of stroke varies with race and ethnicity, however the incidence and characteristics of carotid artery disease are not well defined for the Northwestern Ontario population. The study will serve as a foundation for a more thorough review including prospective stroke patients presenting to the Clinic/hospital, which will be developed in the future as a separate study (Part 2).

Research Question/Hypothesis:

This research study poses the questions: What are the characteristics of patients with carotid artery disease in Northwestern Ontario? How can this translate to whether we are meeting the needs for the patient on a regional level?

National Nurses Week

**Beyond the Bed: A Celebration of Nurses in Stroke Network Roles
National Nursing Week – May 12-18, 2014**

There is a variety of positions in the NWORSN that are held by nurses. The following is a brief description of their roles.

REGIONAL STROKE NETWORK

TEAM: As part of the overall Ontario Stroke System, the Northwestern Ontario Regional Stroke Network has dedicated staff whose roles are regional and focused. Currently, two positions on the Regional Stroke Network Team are held by nurses.

Regional Director- Northwestern Ontario Regional Stroke Network:

Caterina Kmill, RN

Caterina plans, implements and evaluates all operations of the Northwestern Ontario Regional Stroke Network. Caterina is also responsible for coordinating a system of stroke care that is evidence-based, integrated, comprehensive, and covers the full continuum of care.

Regional Stroke Educator: Elaine Edwards, RN

Elaine co-ordinates and facilitates learning opportunities related to stroke throughout the continuum of care from prevention, acute care, rehabilitation to community reengagement including long-term care. Elaine also participates on regional, provincial, and national stroke committees.

CLINICAL STROKE TEAM: is an interdisciplinary team. The following positions are held by nurses:

Clinical Stroke Nurse: Shelly Brown, RN and Barry Ducharme, RN

Shelly and Barry are responsible for providing leadership, coordination, and evaluation of services for stroke patients at TBRSHC including patient navigation during the acute stroke protocol tPA process. The Clinical Stroke Nurses participate in the development, implementation and evaluation of the Stroke Clinical Pathway, collaborate with all team members to coordinate care along the stroke continuum and advocate for patients and families throughout their hospital stay. They support and enhance the uptake of best practice recommendations for stroke care and serve as resources to various care providers in the acute care setting. They also promote and contribute to the education and research goals of the Northwestern Ontario Regional Stroke Network.

Patient and Family Educator: Janice Rusnak, RN

Janice is our Patient and Family Stroke Educator at TBRHSC. Her role involves providing educational support for all stroke patients and their families and caregivers during their acute care stay. Janice works in conjunction with the multidisciplinary stroke team to enhance the uptake of best practice guidelines in stroke care. She also contributes to the research goals of the Northwestern Ontario Regional Stroke Program.

SECONDARY STROKE PREVENTION CLINIC:

An Interprofessional approach to stroke prevention.

Nurse Practitioner: Sharon Jaspers, NP PHC

Sharon provides assessment of patients for stroke risk as well as educates, implements and monitors primary and secondary prevention strategies. Within the scope of practice, the nurse practitioner initiates and manages the care of clients with chronic stable illness by providing effective pharmacological, complementary or counseling interventions. Sharon also provides support, coaching and education to nurses in Community Stroke Prevention Clinics

COMMUNITY STROKE PREVENTION CLINICS:

Patients with stroke and TIA are seen by nurses to monitor risk factors and assist with strategies to prevent reoccurrence.

Lynn Bertin, RN - Wilson Memorial General Hospital, Marathon

Marilyn Erwin, RN - LaVerendrye Hospital, Riverside Health Care Facilities Inc., Fort Frances

Jennifer Manitowich, RN - Lake of the Woods District Hospital, Kenora

Lisa Seamark, RN - Sioux Lookout Meno Ya Win Health Centre, Sioux Lookout

Stroke Evaluation Report

Coming Soon –Stroke Evaluation Reports for Fiscal Years 2012/2013

The Ontario Stroke Report Card (2012/13) for the North West Local Health Integration Network is planned to be publically released by the Ontario Stroke Network the week of June 16, 2014 along with a one-page interpretation document for the NW LHIN. The report card covers key indicators from public awareness and patient education, prevention of stroke, acute stroke management, stroke rehabilitation and reintegration. An accompanying interpretation document has been prepared and provides a performance overview as well as areas of progress and needing improvement, planned activities and opportunities for LHIN and stroke network collaboration.

The Ontario Stroke Evaluation Report, published annually by the Ontario Stroke Network & System, the Canadian Stroke Network and the Institute for Clinical Evaluative Sciences is expected to be released in October 2014. The report includes data on key indicators relating to the quality of stroke care in Ontario and the 14 LHINs.

The reports will be posted on the Institute for Clinical Evaluative Science's website: www.ices.on.ca

Stay tuned for more information!

Stroke Nursing News

What's new with the Canadian Stroke Nursing Council?

Check out the most recent issue of "Stroke Nursing Nurse: click on the link

http://ontariostrokenetwork.ca/wp-content/uploads/2014/04/StrokeNursing-news_Winter-Spring2014_final.pdf

Upcoming Education Events

- Provincial Stroke Rounds, "Evaluation and implementation of the Revised Paramedic Prompt Card for Acute Stroke Protocol" June 4, 2014 videoconference (event ID#34824882)
- Advances in Stroke Recovery, Ottawa, ON, June 9-10, 2014
- Dysphagia in stroke, TBRHSC, v/c, live and archive webcast, June 10, 2014 14:00-15:00 EST (Event ID ##35985743)
- Stroke and Dementia, Dr. Sandra Black, Videoconference, June 24, 2014, 12:00-1:00 EST (OTN Event # 35025390)
- A New Approach to Care: Developing a Model of Long-Term Stroke Rehabilitation Management, Dr. Robert Teasell, Videoconference, June 16, 2014 from 8-9 am EST (OTN Event # 35003156, v/c to sign on at 7:45)
- Provincial Stroke Rounds, October 1, 2014 (NWORSN host site), 08:00- 09:00 hrs EST available in person in Thunder Bay, videoconference, live and archive webcast
- Provincial Stroke Rounds, November 5, 2014 and December 3, 2014, 08:00- 09:00 hrs EST available via videoconference, live and archive webcast
- Canadian Stroke Congress, Vancouver, BC, October 4-7, 2014 - <http://www.strokecongress.ca/>
- Stroke Collaborative, Toronto, ON, October 27, 2014 - http://www.heartandstroke.on.ca/site/c.pvI3leNWJwE/b.8697019/k.7395/Stroke_Collaborative.htm
- Identifying and Managing Visual Impairment in Adults after Stroke, host site Sudbury, offered through live videoconference in NWO, November 3, 2014 (event ID # 33685387)
- NDT Intermediate Level Workshop in the Treatment and Management of the Hemiplegic Upper Extremity, St. Joseph's Hospital, Thunder Bay, ON, November 8 & 9, 2014

Registration will open in early September 2014

Stroke Rehab Updates

For more information contact Esmé French, Regional Stroke Rehabilitation Specialist, frenche@tbh.net or 807-684-6498

University of Alberta's Graduate Certificate in Stroke Rehabilitation

- Congratulations to Lindsay Strickland (S-LP, Riverside Health Care Facilities); Laura Swancar (OT, 2A- TBRHSC) and Denise Taylor (PT, 3N-SJCG) who have completed the 3 course certificate in Stroke Rehabilitation offered on-line by the University of Alberta. This was a significant commitment by these clinicians over a three-year time span supported in part by the Northwestern Ontario Stroke Education Fund. The region was offered videoconferenced presentations following each course where highlights of their learnings were shared and valuable information was provided to support quality stroke care.
- As part of their final project a number of very relevant proposals were developed and will help support stroke rehabilitation best practices in Northwestern Ontario. The projects were titled: Proposal for a Regional Aphasia Strategy in Northwestern Ontario; Depression Screening in Clients with Acute Stroke at Thunder Bay Regional Health Sciences Center; and Discharge Planning Strategies to Support Successful Transitions from Inpatient Stroke Rehabilitation in Northwestern Ontario.

- A new session will begin January 2015, with information available at <http://rehabilitation.ualberta.ca/professional-development/certificate-programs/certificate-in-stroke-rehabilitation> or from Shawn Drefs, Continuing Professional Education, Faculty of Rehabilitation Medicine, University of Alberta. Phone: 780 492-1587 or email: sdrefs@ualberta.ca.
- Funding for tuition may be available from the Allied Health Professional Development Fund (<http://www.ahpdf.ca>) or the Northwestern Ontario Stroke Education Fund (contact Elaine Edwards at edwardse@tbh.net)

Depression and Dysphagia Screening Working Groups

- To address best practices and Quality-Based Procedures (QBP's) for stroke, TBRHSC and SJCG have initiated joint working groups looking into aligning with recommendations for depression and dysphagia screening for stroke.

Have a Clinical Stroke Question? Join a Virtual Community of Practice!

- The Toronto Stroke Networks Virtual Community of Practice (TSNs VCoP) is a knowledge translation strategy that was developed in response to identified needs of clinicians in the Toronto Stroke Networks to connect with other clinicians and resources.

The purpose of the VCoP is:

1. Better Knowledge exchange via peer-to-peer support
 2. Improved dissemination and adoption of Stroke best practices
 3. More efficient ways to find relevant people or material resources
 4. Collaboration between stakeholders across the TSNs
- The VCoP is a secure member's only site with a searchable member directory, discussion forums, virtual groups, and a resources repository. Some of the resources are regional. However, we welcome anyone working in stroke to join the VCoP. Perspectives from other regions can only enhance our learning and improve consistency of best practices.
 - The VCoP currently has over 400 members, and over 20 Discussion Forums!

Visit us at www.strokecommunity.ca and join us by clicking on "sign up" or "become a member".

American Congress of Rehabilitation Medicine (ACRM) 91st Annual Conference

- Progress in Rehabilitation Research, October 7-11, 2014,
- InterContinental, Toronto Centre and the Metro Toronto Convention Centre, Canada

<http://www.acrm.org/meetings/2014-annual-conference/>



My Stroke Passport: The Journey Starts here.

Introducing our Newest App for Stroke Survivors & their Circle of Care

My Stroke Passport is a mobile toolkit of comprehensive resources for stroke survivors and their caregivers throughout the care journey. Gain a better understanding of your care team, prevent a secondary stroke and learn coping strategies to living with the effects of stroke. This is the stroke survivors passport to recovery!

My Stroke Passport contains:

- 434 essential, high quality resources and links
- 100% aphasia-friendly and audio-enabled

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Available for download now on the iPhone, iPad and iPod Touch!

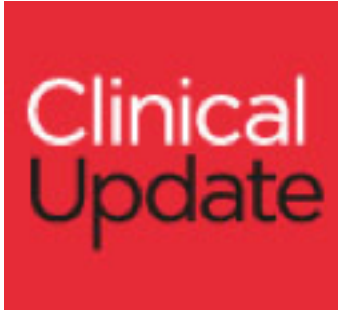
Android Coming Soon.

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www.strokelink.ca

Our mailing address is:

StrokeLink
130 Bloor St W
Toronto, ON M5S 1N5
Canada



Dear Healthcare Providers,

Whether you attended the Heart&Stroke Clinical Update and wanted to review sessions you had missed, or you were unable to attend due to the event's early sell-out, here is your opportunity to revisit the Clinical Update 2013 presentations.

Selected video presentations and presentation slides from Clinical Update 2013 are now available online for all healthcare practitioners at www.heartandstroke.ca/clinicalupdate

SAVE THE DATE

JOIN US FOR THE 45th ANNIVERSARY OF HEART&STROKE CLINICAL UPDATE!

Heart&Stroke Clinical Update -
December 5-6, 2014

[Pre-Conference workshops -
December 4, 2014]

Toronto Hilton Downtown
145 Richmond Street West

Send us an email at hcp@hsf.on.ca if
you want to be the first to know when
registration opens

Health Professional Education, Ontario

Heart and Stroke Foundation

www.heartandstroke.ca/hcp

Changes are Coming to Acute Stroke Care at TBRHSC

Things we have been working on:

- New Stroke preprinted direct orders
- New look Medical Directives
- New Nursing Checklist for Activating the Acute Stroke tPA Protocol
- Changes to the Aspiration/Swallow Risk Screen Tool
- New tPA Information sheets for Patients and Families
- New look Canadian Neurological Stroke Scale (CNSS)
- New Transesophageal Echocardiogram (TEE) information sheets
- Clarifying procedures for acute stroke patients in the Hemodialysis Department

Stroke Prevention Clinics ●

Fort Frances (CSPC)
La Verendrye General Hospital
807-274-3266 ext. 4542

Kenora (CSPC)
Lake of the Woods District Hospital
807-468-9861 ext. 2528

Marathon (CSPC)
Wilson Memorial General Hospital
807-229-1740 ext. 289

Sioux Lookout (CSPC)
Meno Ya Win Health Centre
807-737-2877 ext. 5112

Thunder Bay (SSPC)
Thunder Bay Regional Health Sciences Centre
807-684-6700

Secondary Stroke Prevention Clinic (SSPC)

Upon referral, patients who experience a transient ischemic attack (TIA) or who have had a stroke see a neurologist, nurse practitioner and dietitian. This program addresses stroke prevention in a coordinated and interprofessional manner based on best practices and also educates patients regarding lifestyle changes to modify risk factors for stroke.

Community Stroke Prevention Clinics (CSPC)

Patients with stroke and TIA are seen to monitor risk factors and assist with strategies to prevent reoccurrence.

Telestroke Sites ●

Dryden
Dryden Regional Health Centre
807-223-8200

Fort Frances
La Verendrye General Hospital
807-274-3266

Kenora
Lake of the Woods District Hospital
807-468-9861

Sioux Lookout
Meno Ya Win Health Centre
807-737-3030

Telestroke

The Telestroke Program provides stroke patients in remote areas of the province with 24/7 access to life-saving emergency care that they might not receive without this real-time expert neurological assessment.

Emergency Physicians use Ontario Telemedicine Network to connect with neurologists to obtain urgent diagnosis and treatment advice, including the administration of time-sensitive medication.

