

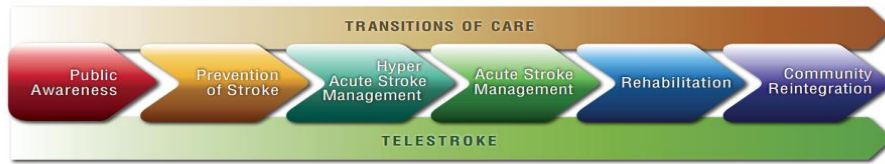
Patient and Family Education: Best Practice Recommendations across the Stroke Care Continuum

The following document highlights the core patient education topics to be addressed across the continuum of care as outlined by Canadian Stroke Best Practice Recommendations for [Managing Stroke Transitions of Care](#).

For each topic, we have identified the methods by which Health PEI's Organized Stroke Care Program Staff currently provide this education as well as resources provided to patients/families. A separate document provides an inventory of recommended resources.

Please note that in all references to individualized teaching in the following document(s) there is the understanding it includes family/ significant others and that the approach is one of interactive patient involvement.

**Canadian Stroke Best Practice Recommendations for Patient & Family Education:
Health PEI Summary of Organized Stroke Care Program Processes and Materials**



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STROKE AWARENESS & ACTION

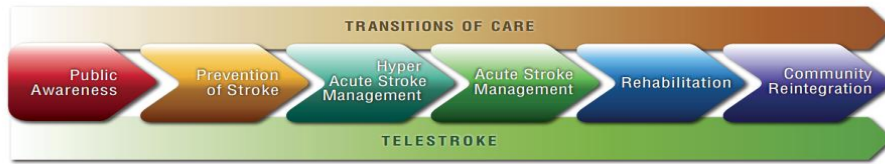
Who: Heart & Stroke + HPEI

Topic:	Signs of Stroke/ Call 911/ Never drive self
Teaching Method:	Individualized teaching, print materials, & public campaigns
Resources:	FAST bookmark (+ embedded in other stroke materials); Stroke Emergency Checklist; HPEI Website; Your Stroke Journey p. 32
Additional methods:	IEMS ambulance wrap; FAST posters; TV & radio Heart & Stroke public campaigns & monitoring; potential new campaign with IEMS; HPEI Staff Education

Topic:	Risk factors
Teaching Method:	Individualized teaching & print materials
Resources:	<p>Passport to Health; Living a Healthy Life</p> <ul style="list-style-type: none"> • High Blood Pressure = BP record wallet card; Managing Your Blood Pressure; Referral to Primary Care Hypertension Clinic; Home Blood Pressure Monitoring • Obesity/ High Sodium Diet = dietitian referral; Canada’s Food Guide; H & S website • Diabetes= Diabetes program referral & pamphlet (Diabetes Services & The Provincial Diabetes Program); Diabetes Program Client Education Materials (http://www.healthpei.ca/carepathways/clienteducation) • High Cholesterol= How to Manage your Cholesterol • Lack of Exercise= Canadian Physical Activity Guidelines • Smoking= Ottawa Model of Smoking Cessation/Quit Kits; There are Many Ways to Quit Smoking; Smokers’ Helpline; For Smokers Who Don’t Want to Quit; Help a Smoker Quit • Sleep Apnea= TBD • Family History = TBD <p>Your Stroke Journey pg 32-35, pg 35-41, pg 42-45</p>

Topic:	Risk of stroke for all age groups from newborns to children, young adults and older adults
Teaching Method:	public campaigns
Resources:	See above

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HYPERACUTE CARE

Who: IEMS + ED

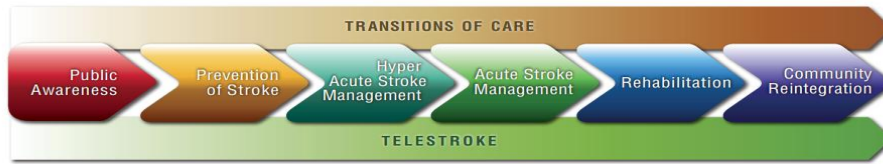
Topic:	Types of Stroke/ Cause of stroke for individual patient/ Diagnostic tests (CT; MRI; Carotid imaging; ECG)/ Involvement of neurosurgery if applicable
Teaching Method:	Individualized teaching by physician and nursing staff & print materials
Resources:	Discharge summary; Your Stroke Journey pg. 10-12, pg. 13-14, pg. 15
Additional methods:	Documentation in patient chart

Topic:	Acute thrombolysis/ Endovascular interventions
Teaching Method:	Individualized teaching & print materials
Resources:	Patient & Family Brochure on tPA, EVT, etc. (in process); Your Stroke Journey pg.21-22

Topic:	Potential outcomes – expectation management
Teaching Method:	Individualized teaching
Resources:	Your Stroke Journey pg.21-24

Topic: For patients discharged directly from the ED	<ul style="list-style-type: none"> • Need for follow-up with primary care and stroke specialists (refer to prevention education) • Risk of recurrence and review of stroke signs and symptoms • Accessing resources and stroke support following discharge
Teaching Method:	Individualized teaching & print materials
Resources:	TIA/non-disabling stroke package for Provincial Secondary Stroke Prevention Clinic referral & TIA Guide (in process with Dr Williams); Stroke Navigator Rack Card; FAST bookmark; Provincial Ambulatory Stroke Rehabilitation Services brochure & referral; Your Stroke Journey pg.45-46, pg. 31-35

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ACUTE INPATIENT CARE

Who: Acute Stroke Unit (& other medical units)

Topic:	Current deficits – what areas may be involved
Teaching Method:	Individualized teaching documented in patient chart on education form / therapist notes; physician
Resources:	Your Stroke Journey pg. 10-12, pg. 13-15

Topic:	Patient safety
Teaching Method:	Individualized teaching & print materials
Resources:	Falls Prevention in Acute Care

Topic:	Family and caregiver safety
Teaching Method:	Individualized teaching documented in patient chart & print materials
Resources:	Clean Hands; Discharge Summary re transfers, supervision, etc.

Topic:	Tests and interventions
Teaching Method:	Individualized teaching by physicians, nursing staff, therapists
Resources:	One Step at A Time: The Pathway Through Stroke Care and Recovery; Your Stroke Journey pg 21-24

Topic:	Initiate discharge planning
Teaching Method:	Started upon admission and documented in chart; Individualized communication with patient & family
Resources:	Your Stroke Journey pg 25-28

Topic:	Potential for home modifications prior to discharge
Teaching Method:	OT & social work; home care
Resources:	Your Stroke Journey pg 78-79; Funding program information

Topic:	Discuss potential pathway for care and likely next setting of care
Teaching Method:	Individualized teaching by physician/ nursing; social work
Resources:	One Step at A Time: The Pathway Through Stroke Care and Recovery; Navigator rack card; Provincial Ambulatory Stroke Rehabilitation Services brochure & referral; Your Stroke Journey pg. 18-20 pg 25-30; Transferring Patients;

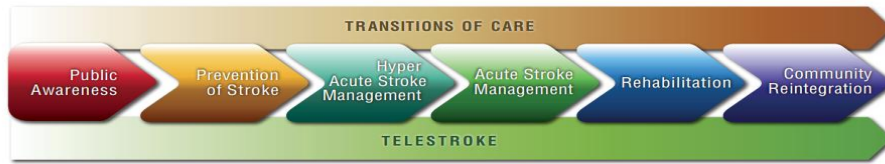
Topic:	Focus on self-management and involvement of family and informal caregivers in daily activities
Teaching Method:	Therapists & nursing communicate expectations
Resources:	Your Stroke Journey pg 78-84, pg 86-90; Living a Healthy Life; Passport to Health

Topic:	Medications: purpose, schedule, interactions, compliance
Teaching Method:	Individualized teaching, medication review & print materials
Resources:	Your Medication List; Discharge Summary; Your Stroke Journey pg 45-46

Topic:	Activities to prevent complications
Teaching Method:	Individualized teaching by nursing & rehab; printed materials
Resources:	Bowel/bladder protocols; Falls prevention in Acute Care; Your Stroke Journey pg 23
Additional Methods:	Swallowing screens & dietary adjustments; medication & movement for DVT prophylaxis

Topic:	Accessing resources and stroke support following discharge from acute care
Teaching Method:	Individualized teaching & print materials
Resources:	Social work; Ambulatory Stroke Rehab Services/ Community Transition Services/ home care referral; Navigator Rack Card & post d/c follow-up

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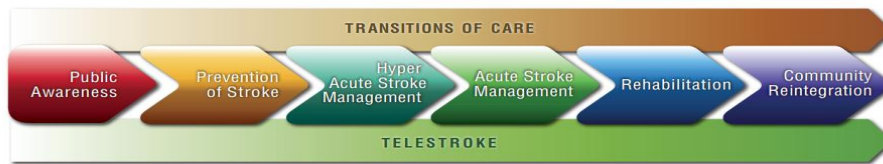
Topic:	Expectations for recovery following discharge, addressing issues incl depression, post stroke fatigue, rehab needs & access, and issues for social reintegration
Teaching Method:	Individualized teaching documented in patient chart either on education form or therapist progress notes & print materials
Resources:	Your Stroke Journey pg 60-70, pg 72-76, pg 92-100; Provincial Ambulatory Stroke Rehab Services brochure/referral & monthly education information

Topic:	Access to community resources and stroke support groups
Teaching Method:	Individualized teaching by various team members, incl social work & navigation
Resources:	Heart & Stroke Community of Survivors postcard

Topic:	Re-access to healthcare system
Teaching Method:	Individualized teaching
Resources:	Referral to appropriate health services, including primary care, home care and Ambulatory Stroke Rehab Services; discharge summary to primary care provider; navigator f/u

Topic:	Advance care planning and personal health directives
Teaching Method:	Goals of care plan is discussed, established, and documented on patient chart
Resources:	Health Care Directive Form; Advance Care Planning Workbook; Advance Care Planning Wallet Card; Your Stroke Journey pg 106-109

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STROKE REHABILITATION

Who: Acute Stroke Unit; Unit 7; Provincial/ District Ambulatory Rehab

Topic:	Educate patients about goal-setting so they can actively participate in goal setting and care planning
Teaching Methods:	Individualized teaching documented in patient chart on education form / therapist progress notes; print materials
Resources:	Provincial Rehabilitation Unit Patient Handbook

Topic:	Information regarding specific individualized rehabilitation needs
Teaching Methods:	Individualized teaching documented in patient chart on education form / therapist progress notes
Resources:	

Topic:	Roles of each of the rehabilitation team members involved in care
Teaching Methods:	Individualized introductions; print materials
Resources:	Provincial Rehabilitation Unit Patient Handbook; Your Stroke Journey pg 18-20

Topic:	The types of rehabilitation exercises and activities that could and should be done between scheduled sessions with therapists
Teaching Methods:	Individualized teaching documented in patient chart on education form / therapist progress notes & print materials
Resources:	instruction sheet at bedside

Topic:	Patient, family caregiver safety while participating rehabilitation
Teaching Methods:	Individualized teaching documented in patient chart on education form / therapist progress notes; print materials
Resources:	Provincial Rehabilitation Unit Patient Handbook; Falls Prevention in Acute Care; Clean Hands

Topic:	Self-management skills for mobility and activities of daily living
Teaching Methods:	Individualized teaching documented in patient chart either on education form or therapist progress notes; print materials
Resources:	Exercise recommendations, including general i.e. Canadian Physical Activity Guidelines AND individually tailored (<i>Exercise in the Community After Stroke brochure in process</i>); Your Stroke Journey pg 78-90;

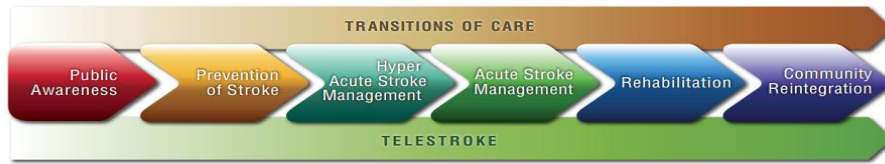
Topic:	Discharge planning, type of care needed after discharge, and required modifications to living setting prior to discharge from inpatient rehab
Teaching Methods:	Started upon admission and documented in chart; ongoing communication with patient/family; patient/family conference
Resources:	Bedside white board; Your Stroke Journey pg 25-28 pg 78-79; Funding program information

Topic:	Information regarding resuming vocational, educational & driving activities
Teaching Methods:	Individualized recommendations
Resources:	often involving OT & neuropsychology ; letter to DMV; recommendations in patient chart & d/c summary; Your Stroke Journey pg 85-86 pg 96-100

Topic:	Access to therapists and programs for ongoing rehabilitation in outpatient and community settings
Teaching Methods:	Individual discussion and referral; patient/family conference
Resources:	Ambulatory Stroke Rehab Services brochure and referral; Home Care referral (incl. Community Transition Service)

Topic:	Access to community resources and stroke support groups
Teaching Methods:	Individualized teaching by various team members, incl social work & navigation
Resources:	Navigation services; Heart & Stroke Community of Survivors postcard; Living with Stroke program; Individualized info based on needs and availability (i.e. TIME, Music & Movement, etc.)

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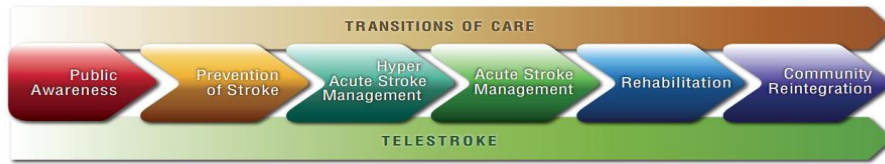


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Topic:	Re-access to healthcare system
Teaching Methods:	Individualized recommendations
Resources:	referral to appropriate health services, incl primary care, home care and Ambulatory Stroke Rehab Services; d/c summary to primary care provider; navigator f/u

Topic:	Advance care planning and personal health directives
Teaching Method:	Goals of care plan is discussed, established, and documented on patient chart
Resources:	Health Care Directive Form; Advance Care Planning Workbook; Advance Care Planning Wallet Card; Your Stroke Journey pg 106-109

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STROKE PREVENTION

Who: ED; Acute Stroke Unit; Unit 7; Provincial/ District Ambulatory Rehab; PSSPC + Primary Care

Topic:	Signs of Stroke/ Call 911/ Never drive self
Teaching Method:	Individualized teaching, print materials, & public campaigns
Resources:	FAST bookmark (+ embedded in HPEI materials); HPEI website ; Your Stroke Journey p. 32
Additional methods:	IEMS ambulance wrap; FAST posters; TV & radio; Heart & Stroke public campaigns & monitoring; potential new campaign with IEMS; Primary Care & Home Care Staff Education

Topic:	Risk factors
Teaching Method:	Individualized teaching & print materials
Resources:	<p>Passport to Health; Living a Healthy Life</p> <ul style="list-style-type: none"> • High Blood Pressure = BP record wallet card; Managing Your Blood Pressure; Referral to Primary Care Hypertension Clinic; Home Blood Pressure Monitoring • Obesity/ High Sodium Diet = dietitian referral; Canada’s Food Guide; H & S website • Diabetes= Diabetes program referral & pamphlet (Diabetes Services & The Provincial Diabetes Program); Diabetes Program Client Education Materials (http://www.healthpei.ca/carepathways/clienteducation) • High Cholesterol= How to Manage your Cholesterol • Lack of Exercise= Canadian Physical Activity Guidelines • Smoking= Ottawa Model of Smoking Cessation/Quit Kits; There are Many Ways to Quit Smoking; Smokers’ Helpline; For Smokers Who Don’t Want to Quit; Help a Smoker Quit • Sleep Apnea= TBD • Family History = TBD <p>Your Stroke Journey pg 32-35, pg 35-41, pg 42-45</p>

Topic:	Effects of stroke in months following index event – risk for depression, cognitive changes, sleep apnea, post stroke fatigue; and provided strategies and self-management skills so patients, families and caregivers can manage in community and home settings
Teaching Method:	Individualized teaching documented in patient chart either on education form or therapist progress notes; print materials; telehealth
Resources:	Monthly education session via telestroke; Your Stroke Journey pg 60-70, pg 72-76, pg 78-90, pg 92-100; Living a Healthy Life; Passport to Health; Living with Stroke

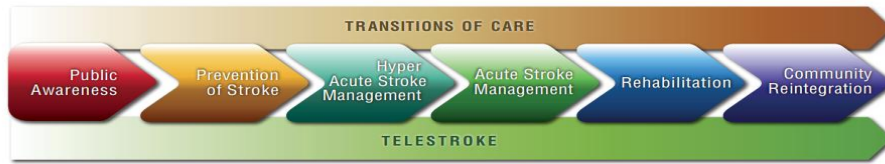
Topic:	Medication Management/ Adherence to drug Therapy
Teaching Method:	Individualized teaching by physicians and nursing staff & print materials
Resources:	Self med program; medication review at patient/family conference; medication list on discharge summary; Your Stroke Journey pg 45-46

Topic:	Atrial fibrillation risks and management as appropriate
Teaching Method:	print materials & online modules by H&S
Resources:	TBD

Topic:	Access to community resources and stroke support groups
Teaching Method:	Individualized teaching; print materials; online information via Heart & Stroke website
Resources:	Social work & Navigation services; Heart & Stroke Community of Survivors postcard; Living with Stroke program; Individualized info based on needs and availability (i.e. TIME, Music & Movement, etc.)

Topic:	Re-access to healthcare system
Teaching Method:	Individualized recommendations
Resources:	Referral to appropriate health services, including primary care and Ambulatory Stroke Rehab Services; discharge summary to primary care provider; Navigator f/u

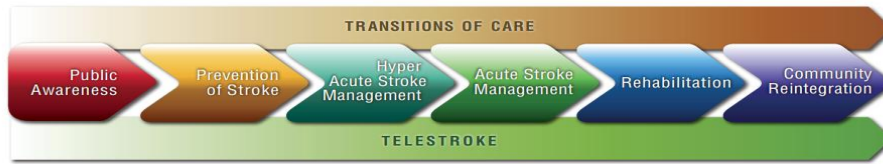
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Topic:	Advance care planning and personal health directives
Teaching Method:	Goals of care plan is discussed, established, and documented on patient chart
Resources:	Health Care Directive Form; Advance Care Planning Workbook; Advance Care Planning Wallet Card; Your Stroke Journey pg 106-109

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TRANSITIONS

Who: ED, Acute Stroke Unit, Unit 7, Provincial/ District Ambulatory Rehab, Home Care, Primary Care; Community & Long Term Care

Topic:	Self-management skills for activities of daily living
Teaching Methods:	Individualized teaching documented in patient chart on education form / therapist progress notes
Resources:	home programs; self-med program; Your Stroke Journey pg 78-90; Living a Healthy Life; Passport to Health; Living with Stroke

Topic:	Types of services and primary contact for health care professionals at the next stage and/or setting
Teaching Method:	Individualized information & print materials
Resources:	referral to appropriate health services, incl primary care, home care and Ambulatory Stroke Rehab Services; Ambulatory Stroke Rehab Services brochure + Navigation rack card; transition telestroke appointment via Unit 7 & District West; patient discharge summary & instructions

Topic:	Appropriate expectations for recovery of deficits, time frames and likely transition points appropriate to the individual
Teaching Method:	Individualized teaching documented in patient chart on education form / therapist progress notes; patient/family conferences
Resources:	Your Stroke Journey pg 28-30

Topic:	Physical adjustments including medication compliance, post-stroke fatigue, strategies to prevent complications and recurrent stroke
Teaching Method:	Individualized teaching in patient chart either on education form or therapist progress notes & printed materials
Resources:	Your Stroke Journey pg 31-46, pg 48-58, pg 63-65; handouts from staff (i.e. energy logs, etc.); Living with Stroke

Topic:	Address functional issues – ongoing rehabilitation and physical activity recommendations, personalized plan of care and goal setting
Teaching Method:	Individualized plans and follow-up
Resources:	Provincial Ambulatory Stroke Rehab Services brochure/referral; <i>Exercise in the Community After Stroke brochure in process</i> ; handouts from staff

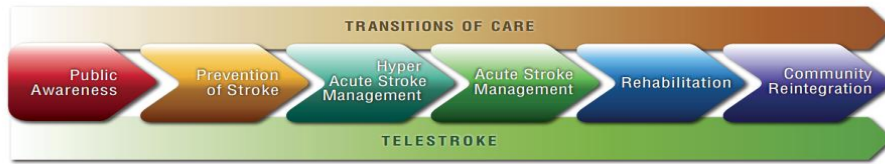
Topic:	Address psychosocial issues, i.e. depression, family support, referrals to community resources
Teaching Methods:	Individualized teaching; Individualized info/referral via social work; printed materials
Resources:	depression & anxiety screening and discussion; social work & navigation services; collaborative mental health in primary care/ community mental health; respite services; Your Stroke Journey pg 60-63 pg 72-74; Heart & Stroke Community of Survivors postcard; Living with Stroke program; Individualized info based on needs and availability

Topic:	Self-management preparation for the next phase of care
Teaching Methods:	Individualized teaching documented in patient chart either on education form or therapist progress notes; & printed materials
Resources:	Your Stroke Journey pg 48-58; Living a Healthy Life; Passport to Health; Living with Stroke

Topic:	Timeframes for Transitions
Teaching Methods:	d/c planning started upon admission & documented in chart; ongoing communication with patient/family; bedside white board; patient/family conference; patient d/c instructions;
Resources:	

Topic:	Importance of information transfer & provision of written core info about previous stroke related episodes of care to share with stroke experts and recovery team members in next phase of care
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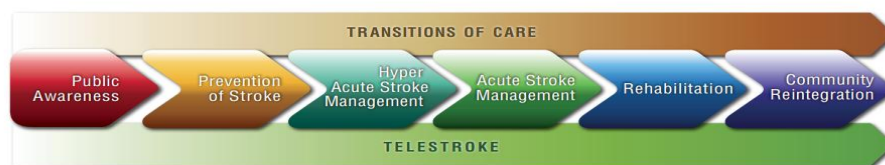


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Teaching Methods:	patient/family conference; patient discharge summary & instructions
Resources:	

Topic:	Advance care planning and personal health directives
Teaching Methods:	Individualized teaching & print materials; goals of care plan are reviewed after transitions
Resources:	Health Care Directive Form; Advance Care Planning Workbook; Advance Care Planning Wallet Card Your Stroke Journey pg 106-109

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COMMUNITY INTEGRATION

Who: Provincial/ District Ambulatory Rehab, Home Care, Primary Care; Community & Long Term Care

Topic:	Self-management skills for mobility, symptom management, medication compliance and activities of daily living
Teaching Method:	Individualized recommendations; Supported Realistic Behaviour Change in primary care
Resources:	Ambulatory Stroke Rehab and primary care f/u; Post-Stroke Checklist; Your Stroke Journey pg 48-58; Living a Healthy Life; Passport to Health; Living with Stroke <i>Exercise in the Community After Stroke brochure in process</i>
Topic:	Types of services available in the community and how to access them – e.g., mobility assistance, meal delivery, communication support
Teaching Method:	Individualized information based on needs
Resources:	Social work, navigation & respective health professional services; Primary Care Case Management Referrals
Topic:	Need for follow-up with primary health care providers for ongoing monitoring and management
Teaching Method:	Patient/family conferences; education sessions; print materials
Resources:	Your Stroke Journey pg 45-46; Primary Care Referrals
Topic:	Appropriate expectations for recovery of deficits, time frames as appropriate to individual situations
Teaching Method:	Discharge planning started upon admission & documented in chart; ongoing communication with patient/family; bedside white board; patient/family conference; patient d/c instructions
Resources:	Your Stroke Journey pg 28-30
Topic:	Physical adjustments including medication compliance, post-stroke fatigue, strategies to prevent complications and recurrent stroke
Teaching Method:	Individualized teaching in patient chart on education form / therapist progress notes & printed materials
Resources:	Your Stroke Journey pg 31-46, pg 48-58, pg 63-65; handouts from staff (i.e. energy logs, etc.); Living with Stroke
Topic:	Address functional issues – ongoing rehabilitation and physical activity recommendations, personalized plan of care and goal setting
Teaching Method:	Individualized plans and f/u
Resources:	Provincial Ambulatory Stroke Rehab Services brochure/referral; <i>Exercise in the Community After Stroke brochure in process</i> ; handouts from staff
Topic:	Social and leisure activity review and importance of resuming social interactions
Teaching Method:	Individualized teaching documented in patient chart on education form / therapist progress notes & printed materials
Resources:	Your Stroke Journey pg 85-86, pg 92-94; Post Stroke Checklist; Wellness Wheel (CBIS)
Topic:	Information re resuming vocational, educational & driving activities
Teaching Methods:	Individualized recommendations
Resources:	OT & neuropsychology ; letter to DMV; recommendations in patient chart & d/c summary; Your Stroke Journey pg 95-100
Topic:	Information on sexuality following stroke
Teaching Methods:	Individualized info provided as needed & printed materials
Resources:	Your Stroke Journey pg 74-76; Living with Stroke program
Topic:	Advance care planning and personal health directives
Teaching:	Goals of Care Plan is reviewed in accordance with policy
Resources:	Health Care Directive Form; Advance Care Planning Workbook; Advance Care Planning Wallet Card; Your Stroke Journey pg 106-109