








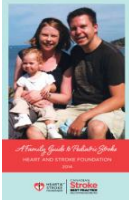

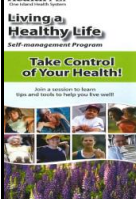
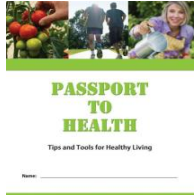





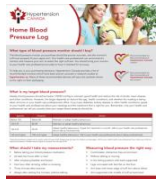



Patient & Family Education Across the Continuum of Stroke Care



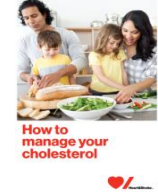


Inventory of Recommended Print Materials as of Sept 2018 X indicates resource is currently distributed in this area	ED	Inpatient - Acute	Inpatient - Rehab	Ambulatory Rehab	SSPC	Primary Care	Home Care	Comments
Patient Pathway & Expectations								
 <p>*NEW: One Step at A Time: The Pathway through Stroke Care and Recovery</p>		X	X					
 <p>Stroke Navigator Rack Card</p>	X	X	X	X	X	X	X	
 <p>Provincial Rehabilitation Unit Patient Handbook</p>			X					
 <p>Transferring Patients</p>			X					

								
Ambulatory Stroke Rehab Services brochure & Referral	x	X	X			x	x	
					x	X		
TIA factsheet					x	X		
<p>*NEW: TIA/non-disabling stroke pkgs (referral to Secondary Stroke Prevention Clinic & TIA Guide)</p>	x					x		
	avail	X	X (+ info for online version)	X	X	x	x	
Your stroke journey	avail	X	X (+ info for online version)	X	X	x	x	
								
Community of Survivors Postcard								

 <p>Stroke in Young Adults (PDF only) https://www.canadianstroke.ca/sites/default/files/resources/Stroke_Young_FINAL.pdf</p>								As needed
 <p>A family guide to pediatric stroke</p>								As needed
 <p>Post Stroke Checklist</p>					x			
<p>Stroke Engine website direction sheet</p>			x					
Self-management								
 <p>Living a Healthy Life brochure</p>			x		x	x		

 <p>PASSPORT TO HEALTH Tips and Tools for Healthy Living</p> <p>Name: _____</p>			X		X	X	
 <p>Health PEI Your Medication List</p>			X		X		
H&S Health Promotion programs & services / website info			X		X		
Stroke Signs & Action							
 <p>Learn the signs of stroke</p> <p>Face Is it drooping?</p> <p>Arms Can you raise both?</p> <p>Speech Is it hard to understand?</p> <p>Time Call 911</p> <p>Are you FAST? Increase the quality you get. Remember FAST! heartandstroke.ca/FAST</p> <p>FAST Stroke Signs</p>	X				X	X	
 <p>Stroke Emergency Checklist</p> <p>FAST Stroke Signs</p> <p>FAST Stroke Signs</p> <p>FAST Stroke Signs</p>	X						
Risk Factors							

 <p>Home Blood pressure monitoring, CHEP guidelines, info sheet</p>					x	X		
 <p>Blood pressure record wallet card</p>			x		x	x		
 <p>Managing your blood pressure</p>								
<p>Hypertension Clinic Flow Sheet and Info Pkg</p>						x		
 <p>Provincial Diabetes Program and Diabetes Drug Program Referral Form</p>								

 <p>Client Family Learning Checklist</p> <ol style="list-style-type: none"> 1. Ask the client to read the checklist and discuss the checklist with the provider. 2. Identify what the client needs to learn on your next visit. 3. Identify what the client needs to learn on the next visit. 4. Identify what the client needs to learn on the next visit. 5. Identify what the client needs to learn on the next visit. 6. Identify what the client needs to learn on the next visit. 7. Identify what the client needs to learn on the next visit. 8. Identify what the client needs to learn on the next visit. 9. Identify what the client needs to learn on the next visit. 10. Identify what the client needs to learn on the next visit. <p>Diabetes Client Education Materials http://www.healthpei.ca/carepathways/clienteducation</p>					x	X	
 <p>Staying healthy with diabetes (Diabetes Canada)</p>					x	X	
 <p>How to manage your cholesterol</p>			x	x	X		
 <p>Quit Kit for Smoking Cessation</p>					x	X	
 <p>There are many ways to quit smoking pamphlet</p>		x				X	

**smokers'
helpline**

1-877-513-5333
smokershelpline.ca

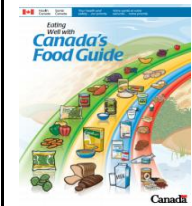
Smokers' Helpline (CCS)

x X



For smokers not ready to quit/ Help a smoker quit/ (CCS)

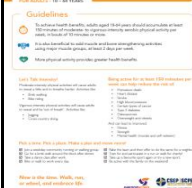
x X



Canada's Food Guide

x X




Canadian Physical Activity Guidelines



Canadian Physical Activity Guidelines



100 Healthy Things You Can Do in Minutes

 <p>Healthy Weight Action Plan</p>								
<p>Manage Your Stress/ Stress Test (printable from http://www.heartandstroke.ca/get-healthy/reduce-stress/manage-your-stress) *Coping with Stress* is now obsolete</p>					x	X		
Patient and Family Safety								
 <p>Fall Prevention in Acute Care</p>			X		x			
<p>Don't Fall, Stand Tall</p>							x	
 <p>Preventing Falls</p>							x	