



## Coordinator's Corner:

### Hello and Welcome to the 3rd edition of Stroke Signals

The last 3 months have been very busy in the Organized Stroke Care world. We had the PEI Vascular Health Conference and Stroke Workshop in partnership with Heart & Stroke in May, and much work is being done in preparation for Stroke Distinction in October.

Reta MacDonald returned to her role as Provincial Stroke Coordinator mid-April however accepted a position outside of government. We wish her all the best in her new position.

And so...I'm happy to be back in this role permanently and look forward to continuing to work with you to ensure Islanders continue to receive the best possible stroke care.

Trish

## PATIENT/FAMILY ADVISORS

We are thrilled that **Allan Morrison & Carl Arsenault** are in place as Patient Advisors with the Provincial Stroke Steering Committee & Stroke Distinction Working Group, respectively.

**We continue to look for stroke survivors or caregivers to serve as advisors.** If you know individuals who may be interested in sharing their experience to improve the quality and safety of our stroke services, please invite them to apply via [www.princeedwardisland.ca](http://www.princeedwardisland.ca)

**For more information about the role of stroke patient & family advisors, please contact Ann Millar via email [aemillar@ihis.org](mailto:aemillar@ihis.org) or phone at 902-620-3506/ 1-844-871-0634.**

**DID YOU KNOW?**



## Distinction Readiness

To assist in the preparation for the Stroke Distinction surveyor visit, there will be **Mock Tracers** performed in **August**. Sites included in the tracers are: Acute care at the PCH and QEH (IEMS, ED, Acute Stroke Unit, medical units): Inpatient Rehabilitation unit 7 (QEH); Ambulatory stroke services at PCH, QEH, the Community Transition Service (Kings County), and Secondary Stroke prevention services – PCH, the Polyclinic and Primary care (HTN, INR clinics).

Look for a memo with dates and times that the personnel conducting the mock tracer/ survey will be visiting your site.

Any questions contact: Trish Helm- Neima, Provincial Stroke Coordinator [thelm-neima@ihis.org](mailto:thelm-neima@ihis.org) (902) 368-6527

**Stroke Distinction Surveyor Visit October 1-5, 2018**

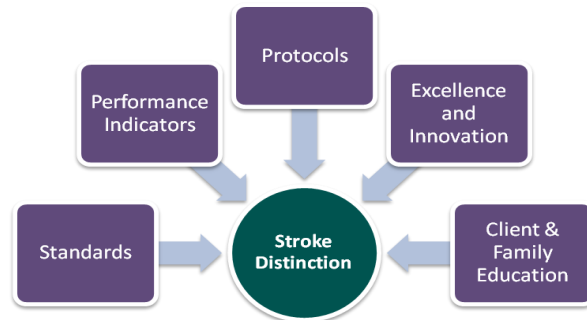
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## Stroke Distinction: Overview and Update

**What is Stroke Distinction?** Stroke Distinction is a program from Accreditation Canada, developed in partnership with Heart and Stroke, Canada. It follows standards that are based on the [Canadian Stroke Best Practices](#), and in-depth, stroke-specific performance indicators and protocols.

The Distinction program has 5 components: Standards, Performance Indicators, Protocols, Excellence & Innovation, and Client & Family Education.



**Standards** These are *medical* treatment guidelines, and can be general or specific. There are 3 sets of standards: Acute, Inpatient Rehabilitation and Integrated Services. One example of an acute standard is: *The stroke team responds rapidly to ED requests for evaluation of a suspected stroke client to optimize opportunities for time-sensitive interventions.*

**Performance Indicators** are used to measure the progress towards the goal of excellence. These are how we measure our progress and can be found in the “Stroke Dashboard”. Example: *Proportion of clients with initial dysphasia screening at admission (must be  $\geq 85\%$ ).*

**Protocols** Implementing stroke protocols are a key component of excellence in stroke services. Using protocols helps stroke services remain consistent, high quality, and evidence based. Example of a Rehabilitation Protocol: *Initial assessment of rehabilitation needs.*

**Excellence and Innovation** The HPEI OSCP has chosen our Telestroke Rehabilitation Program as our special project to demonstrate innovation and excellence. This program is being used in a variety of ways, such as assisting in the transfer of care of patients from inpatient rehabilitation to district west ambulatory services, and increasing access to health care professionals for clients from their homes.

**Client and Family Education** Client, family, and caregiver education is an integral part of stroke care and should be addressed across the continuum of stroke care. During the on-site visit, each site seeking Stroke Distinction must provide the evaluators with evidence of successful client and family education, including appropriate materials to give to patients and their families, as well as documentation of education provided in a consistent location on the patient’s chart.

**Survey Dates are October 1-5<sup>th</sup> 2018.** There will be on-going education and communication to physician and staff about Stroke Distinction, including “Did You Knows” and Mock Tracers.

**If you have any questions regarding distinction, please contact the Organized Stroke Offices – Trish, Ann and Tina would be happy to help!**



## PRESENTATIONS

Throughout May & June a number of groups have met with staff of the Organized Stroke Care Program Staff and physician champions to learn more about integrated stroke services as well as Stroke Distinction.

Groups have included ELT, ER/other physicians and Health PEI Managers and Staff across the continuum via Lunch and Learns, PEI Stroke Conference, Grand Rounds, staff meetings, etc.

Pictured below: Staff of West Prince Primary Care Network.



## 11<sup>th</sup> Annual World Stroke Congress



**Montreal, Canada**  
**October 17<sup>th</sup> - 20<sup>th</sup>, 2018**



## COMMUNITY RESOURCES

The annual **Caring for Caregivers Day** was held on **Saturday, June 16** at Milton Community Hall. Keynote presenter Gil Grimes, MD provided a fabulous talk on Caregiver Resilience – Taking Care of You. The agenda also included Blair Corkum on financial considerations for caregivers, a community resource rapid fire, importance of physical activity talk & demonstration. During the lunch hour caregivers had an opportunity to visit community booths, have mini shoulder & hand massages, mini manicures and mini therapeutic touch sessions. To wrap up the day John MacAllar provided original and classic tracks.

**Coming this fall: (Summerside)**  
**Caring for Caregivers – A Special Day for You!**

To register or more information contact the Heart and Stroke Foundation 902-892-7441 or [jenilyn.delong@heartandstroke.ca](mailto:jenilyn.delong@heartandstroke.ca)



Canadian Cancer Society  
Société canadienne du cancer

## Staff Learning Opportunities

### Telestroke

Monthly learning sessions are available via Telestroke on the Second Thursday of the month at 12:15. Archived presentations are available on You Tube channel via the following secure link:

<https://tinyurl.com/rehabstafftraining>

### Atlantic Canada Stroke Conference

Dates: November 2-3, 2018  
Location: Lord Nelson Hotel, Halifax NS  
Audience: Primary Care Providers, Nurses and other Ancillary Health Care Providers  
<https://medicine.dal.ca/departments/core-units/cpd/conferences.html>

Contact: [Gillian Reid](#) | 902-494-2173

### PEI Vascular Health Conference & Stroke Workshop

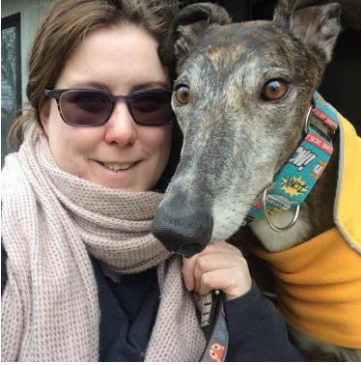
The PEI Vascular Health Conference and Stroke Workshop was held on May 10 & 11, 2018.

**Highlights included:** Dr. Thais Coutinho speaking on women's heart health, Liam Kelly (exercise prescription) and Dr. Donald T. Stuss (frontal lobe function).

**We also had a fantastic line up of:** Local physicians and healthcare providers and three presentations of people with lived experiences of heart disease, stroke and caregivers.

## PEOPLE PROFILES - our partners in Stroke Care

### Dr. Heather Williams MD FRCPC CSCN (EMG), BSc.



Dr. Heather Williams is a general neurologist with an interest in stroke who is currently practicing in Charlottetown. She completed her medical school training at the Memorial University of Newfoundland and her residency training at the University of Ottawa. She has a specific interest in stroke prevention and is working with a great team in PEI to improve stroke care for Islanders. Dr. Williams originates from New Brunswick and moved to PEI in 2017.

**Fun Fact:** In her spare time she takes care of her three greyhounds and enjoys exploring PEI.

### Mary Trainor B.N. Clinical Lead, Provincial Acute Stroke Unit



Mary was born and raised on PEI. She attended the University of NB in Fredericton where she received her Nursing Degree. After graduating, she began her career in Saint John working in general medicine but her interest in neurology led her to the neurology unit. After several years, she moved and devoted the next 18 years to the neurology/ neurosurgery unit at Vancouver General. In 2008, Mary returned home to PEI and found work on Unit 1. When the Provincial Acute Stroke Unit was opening in 2010, she knew she wanted to utilize her interest and experience in the care of patients affected by neurological injury. She became the Clinical Lead when the unit opened in April 2010.

As Clinical Lead, Mary enjoys the combination of the team leadership role and patient care. Mary states it has been interesting to be involved from the beginning of the Provincial Organized Stroke Care program and notes it continues to evolve over time with advancements in program organization and patient care.

**Fun Fact:** Mary enjoys cycling and will be participating in the Gran Fondo in Guysborough NS this September.

## Patient and Family Education



Educational capacity will be evaluated based on:

- **Client educational materials are available and accessible; available in a variety of languages; available in appropriate formats**
  - The program uses many Heart & Stroke materials that are available in a multitude of languages
- **Clients report receiving education regarding their stroke, recovery, and self-management**
  - Education is provided in 1:1 sessions covering multiple topics relevant to their own situation
  - Monthly in person or videoconference education sessions
- **A standardized tool is used to document components of education; a consistent location in client chart; documentation of education provided by each healthcare profession with specific content recorded**
  - We have a standardized online form to document stroke specific education information

**Stroke Distinction Surveyor Visit October 1-5, 2018**