



Stroke Distinction: Did You Know?

Primary and Secondary Stroke Prevention

Primary prevention can be a *population-based approach* to prevent disease among communities or an individually based clinical approach to disease prevention, directed toward preventing the initial occurrence of a disorder in otherwise healthy individuals.

Secondary prevention is an *individually based clinical approach* aimed at reducing the risk of a recurrent vascular event in individuals who have already experienced a stroke, angina, transient ischemic attack, myocardial infarction, heart failure, heart rhythm abnormalities, structural heart disease, vascular cognitive impairment or peripheral vascular disease.

(Canadian Stroke Best Practice Recommendations: Secondary Prevention of Stroke 7th Edition - 2020 UPDATED; Toronto, Ontario Canada: Heart and Stroke Foundation).

Distinction Standard: The health system establishes stroke prevention clinics to provide secondary stroke prevention services for those who have experienced a stroke or transient ischemic attack.

Enhance client experience and improve outcomes

Mitigate risk and increase efficiency

Improve teamwork and communication

AT HEALTH PEI: Survey Visit October 31-Nov 3

The stroke care program collaborates with HPEI Primary Care Networks providing primary and secondary stroke prevention which includes education on health and risk reduction self-management.

The Provincial Secondary Stroke Prevention Clinic (PSSPC) at the Polyclinic, Charlottetown provides a comprehensive interdisciplinary approach to prevention of first or recurrent stroke, conduct detailed assessments by a range of healthcare disciplines, facilitate timely access to appropriate diagnostic testing and interventions, and provide education to patients and families. They also promote continuity of care between acute care facilities, rehabilitation services, the patient, their family and caregivers, primary care providers, and other community care service providers.

Since the implementation of the Provincial Secondary Stroke Prevention Clinic in 2018, there has been a 47% reduction in hospital admissions for Transient Ischemic Attack (TIA).

For more information on the Provincial Secondary Stroke Prevention Clinic:

- <https://src.healthpei.ca/pei-organized-stroke-care-program-information>

For information regarding the Primary Care Networks:

- <https://www.princeedwardisland.ca/en/information/health-pei/health-centres-offer-primary-care>



Questions Accreditation Canada Surveyors May Ask Staff:

1. How do patients get referred for stroke prevention services?
2. What is your role in primary or secondary stroke prevention?