


**Evaluation**

For the **Provincial Stroke Rounds Planning Committee:**

- To plan future programs
- For quality assurance and improvement

For **You:** Reflecting on what you've learned and how you plan to apply it can help you enact change as you return to your professional duties

For **Speakers:** The responses help understand participant learning needs, teaching outcomes and opportunities for improvement



[Online Evaluation](#)

Please take 2 minutes to fill out the evaluation form, either online or in the room.  
Thank you!

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**Smart Tips for Stroke Care:  
A healthcare providers  
guide**



Jenna Weck, Regional Community & LTC Coordinator, CESN  
Sue Verrilli, Regional Education Coordinator, NEOSN  
- on behalf of the Smart Tips Writing Group

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**Mitigating Potential Bias**

- The Provincial Stroke Rounds Committee mitigated bias by ensuring there was no industry involvement in planning or education content
- The Ontario Regional Education Group (OREG) host member, on behalf of the Provincial Stroke Rounds Committee, reviewed the initial presentation supplied by the speaker(s) to ensure no evidence of bias.

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**Disclosures of Affiliation, Financial Support & Mitigating Bias**

**Speaker Names:**  
*Sue Verrilli and Jenna Weck*

**Affiliations:**  
*Northeastern Regional Stroke Network; Central East Regional Stroke Network; Ontario Regional Education Group; Provincial Community and Long-Term Care Coordinators*

**Financial Support:**  
*This session/resource has not received financial or in-kind support. The Smart Tips resource was financed through all 11 Stroke Networks of Ontario*

**Mitigating Potential Bias:**  
*There are no conflicts or mitigating bias to disclose*

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**Learning Objectives**

Following this presentation, participants will be able to:

1. Explain the historical background behind the development of Smart Tips for Stroke Care, including process utilized, target audience and intention for use
2. Outline the structure of the Smart Tips for Stroke Care resource
3. Describe where to find Smart Tips for Stroke Care and identify practical applications for everyday use

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### Background & Development of Smart Tips

- Long Term Care (LTC) is an important part of the stroke continuum. In Ontario, approximately 25% of the population in LTC has a diagnosis of stroke.
- This significant proportion of LTC residents with stroke indicates the need for disease specific education.
- Currently, there is a gap in education materials on stroke for LTC staff.
- With a mandate to advance the stroke system, the 11 Stroke Networks of Ontario decided to collaborate to address this gap.

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### Process for Development

- A writing group of 10 individuals from across the 11 Stroke Networks of Ontario was established.
- Consultation with representatives from LTC determined that any resource developed needed to be brief (readable within 3-5 minutes), visual, and written at a level appropriate for front line Personal Support Workers.
- Following this consultation, the group completed an environmental scan to identify the content for the new resource.




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### Writing Group

- Eileen Britt, Regional Rehab and Community Coordinator, **Central South Stroke Network**
- Margo Colver, Regional Community and LTC Coordinator, **Southwestern Ontario Stroke Network**
- Heather Jenkins, Regional Education Coordinator, **Stroke Network of Southeastern Ontario**
- Anik Laneville, Occupational Therapist, Best Practice Team, **Champlain Regional Stroke Network**
- Michelle Mohan, Regional Education Coordinator, **Toronto West Stroke Network**
- Kayla Purdon, Regional Community and LTC Coordinator, **Stroke Network of Southeastern Ontario**
- Tara Thomas Tarcza, Regional Community and LTC Coordinator (Interim), **Central East Stroke Network**
- Maggie Traetto, Regional Community and LTC Coordinator, **West GTA Stroke Network**
- Sue Verrilli, Regional Education Coordinator, **Northeastern Ontario Stroke Network**
- Jenna Weck, Regional Community and LTC Coordinator, **Central East Stroke Network**

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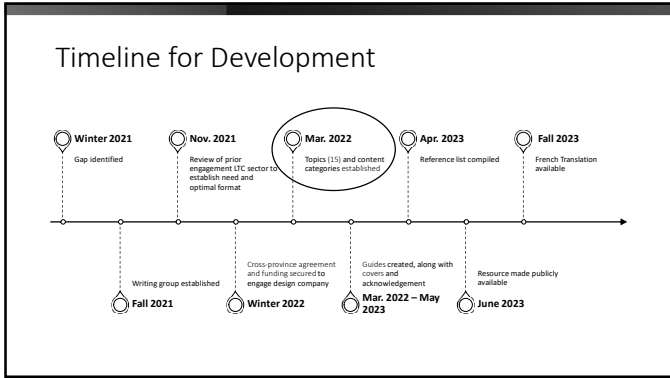
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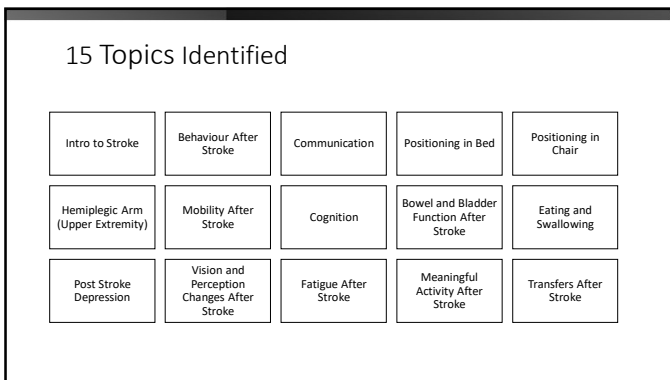
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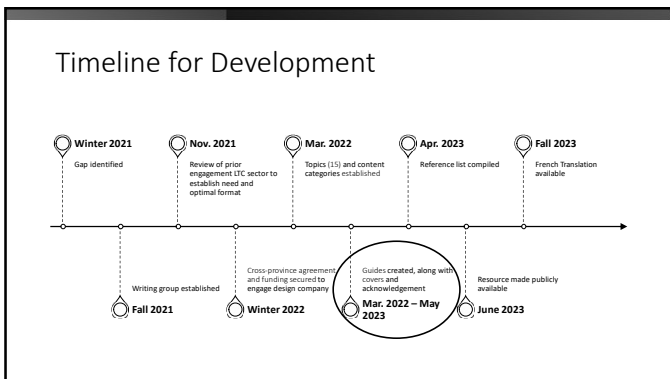
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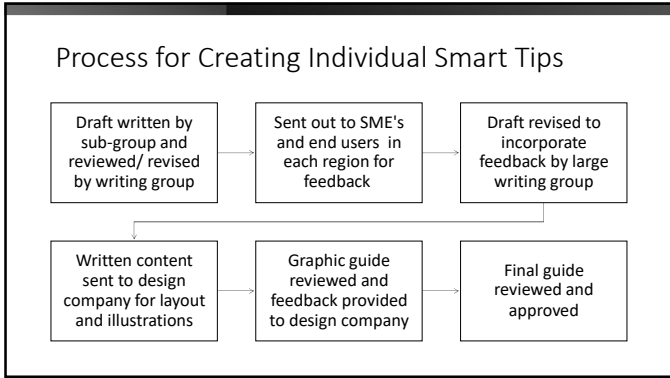
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### Acknowledgements

We wish to thank the dedicated group of healthcare professionals who contributed to the writing and/or review of SMART TIPS for Stroke Care.

We also wish to thank *Over the Atlantic* for their support, patience, passion and creativity in bringing the content of this resource to life.

**External Reviewers**  
We wish to thank the many individuals from a variety of professional disciplines across the care continuum who contributed their time in providing input to this resource.

• Deanne Bourcier	• Leah Higgins	• Abby Pettit
• Heidi-Jane Bellizzi	• Jennifer Wilksey	• Holly Perkins
• Monika Bhattacharya	• Emma Alton	• Angela Phillips
• Bonnie Brumner	• David Hayes	• Clark Pridell
• Emily Brunl	• Richard Kelloway	• Janis Power
• Susan Burrey	• Laura King	• Christine Preston
• Barb Caccamo	• Laura King	• Alex Friedl-Brown
• Sabrina Carabla-Mazzoni	• Bernice Kivulide	• Stefanie Richards
• Katie Charbonneau	• Jeffrey Labonde	• Sherry Rock
• Catherine Cox	• Corey Langham	• Angela Robinson
• Melissa de Wit	• Alicia Legault	• Eugénie Sabel-Minocci
• Amy de Rancq	• Erin MacLellan	• Jeni Stock
• Brenda Doney	• Sarah Lee	• Monique Stowell
• Anna Dube	• Christine Monro	• Michelle Simpson
• Kyrstin Eason	• Karen Muller	• Holly Sloan
• Beverly Foubert	• Sany Marone	• Lori Smith
• Erin Fitzgerald	• Theresa McCreary	• Maria Stafford
• Paula Freyzer	• Julie McComby	• Lindsay Taylor
• Jill Gibson	• Theresa McConnell	• Pauline Trenchard
• Jackie Gilpin	• Elizabeth McKay	• MaryLynn Turk
• Sarah Green	• Rhonda McNeill-Whitman	• Katie Whelan
• Elaine Griffin	• Mackenzie McFosh	• Lynn Wilcox
• Dana Gustaf	• Shannon Mether	• Rachel Wong
• Teresa Guilla	• Elizabeth Palmrose	• Sherry Wright
• Andrea Hall	• Emily Palmer	• Christal Lawson

We also wish to thank Over the Atlantic for their support, patience, passion and creativity in bringing the content of this resource to life.

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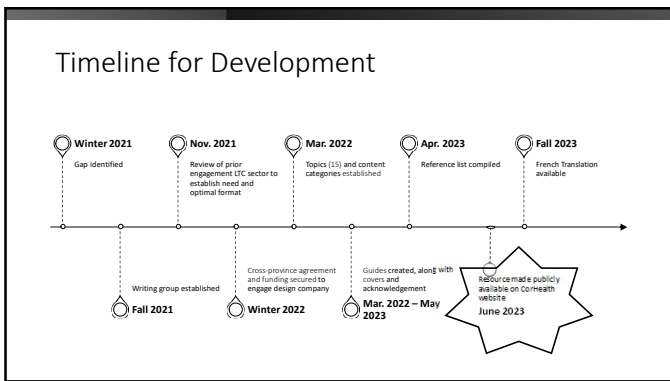
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### Goal of Smart Tips



- Highlight common changes due to stroke and strategies for managing these changes.
- Resource could be used as a complete booklet or broken down by individual topic.
- Smart Tips document is available freely. Content and images available for all to use (with credit to the source).

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### Target Audience



- Resource designed for PSW's in LTC and provides information on stroke deficits and tips for safe and effective care.
- However, anyone interested in stroke care can benefit from using this resource, including PSWs in the community, family members, etc.

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### Intended Use

- Highlights stroke deficits and tips for safe and effective care
- Intended as a quick 'primer' on the topic



Examples for use:

- Orientation
- At bedside (in the moment)

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## Quick Guide Overview

### Vision and Perception After Stroke

A paragraph on why the topic is important

What you should know

Smart Tips - Always follow the care plan!

Seek extra support

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## Introduction to Stroke

**Did You Know?**

- Stroke is the leading cause of death and disability in the United States.
- Stroke is a leading cause of long-term disability in the United States.
- Stroke is a leading cause of long-term disability in the United States.

**How does the brain work?**

The brain is the control center of the body. It sends messages to all the other parts of the body to tell them what to do. The brain is made up of billions of tiny cells called neurons. These cells work together to control everything we do.

**What is a Stroke?**

A stroke occurs when the blood supply to part of the brain is interrupted or reduced, depriving brain tissue of oxygen and nutrients. Brain cells begin to die within a few minutes.

**Two Common Types of Stroke**

**Ischemic Stroke:** Most strokes are ischemic. This means they are caused by a blood clot that blocks the arteries leading to the brain. The clot can form in the brain or travel from another part of the body to the brain.

**Transient Ischemic Attack (TIA):** Sometimes a stroke is temporary. This is called a TIA. It is often called a "mini-stroke." A TIA is a warning sign of a stroke. It is caused by a blood clot that blocks the arteries leading to the brain for a short time. The blood clot then dissolves, and the person's symptoms go away. However, a TIA is a warning sign of a stroke. The person who has a TIA should see a doctor right away. The risk of having a stroke is much higher for people who have had a TIA.

**Signs and Symptoms of Stroke**

**FAST**

- F**ace drooping
- A**rm weakness
- S**peech difficulty
- T**IME to call 911

**Common effects of Stroke**

- Weakness or numbness in the face, arm, or leg
- Changes in vision
- Changes in hearing
- Changes in taste or smell
- Changes in balance or coordination
- Changes in personality or behavior
- Changes in memory
- Changes in thinking or judgment
- Changes in language or communication
- Changes in ability to walk
- Changes in ability to control bladder and bowels
- Changes in ability to control emotions
- Changes in ability to control pain
- Changes in ability to control temperature
- Changes in ability to control blood pressure
- Changes in ability to control heart rate
- Changes in ability to control breathing
- Changes in ability to control swallowing
- Changes in ability to control eating
- Changes in ability to control drinking
- Changes in ability to control sex drive
- Changes in ability to control fertility
- Changes in ability to control pregnancy
- Changes in ability to control childbirth
- Changes in ability to control breastfeeding
- Changes in ability to control lactation
- Changes in ability to control milk production
- Changes in ability to control milk ejection
- Changes in ability to control milk flow
- Changes in ability to control milk taste
- Changes in ability to control milk smell
- Changes in ability to control milk color
- Changes in ability to control milk consistency
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**Recovery after a stroke is possible.**

Recovery after a stroke is possible. The amount of recovery depends on the size and location of the stroke, the person's age, and the person's overall health. Recovery can be improved with rehabilitation and other treatments.

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## Hemiplegic Arm and Hand

**What you should know**

The shoulder is made up of several muscles and ligaments which support the joint. Many muscles are attached to the shoulder blade (scapula) and the humerus (upper arm bone). The shoulder is a ball-and-socket joint. The ball is the head of the humerus and the socket is the glenoid fossa of the scapula. The shoulder is a very flexible joint. It can move in many directions. This makes it a very important joint for many activities of daily living. However, the shoulder is also a very vulnerable joint. It is easy to dislocate or injure. A dislocation of the shoulder is a serious injury. It can cause pain and swelling. It can also cause damage to the ligaments and tendons. A dislocation of the shoulder should be treated immediately. It is important to seek medical attention if you have a dislocation of the shoulder. A dislocation of the shoulder can be a medical emergency. It can cause serious complications if it is not treated quickly. A dislocation of the shoulder can also cause long-term damage to the joint. It can lead to chronic pain and disability. A dislocation of the shoulder should be treated as soon as possible. It is important to seek medical attention if you have a dislocation of the shoulder. A dislocation of the shoulder can be a medical emergency. It can cause serious complications if it is not treated quickly. A dislocation of the shoulder can also cause long-term damage to the joint. It can lead to chronic pain and disability. A dislocation of the shoulder should be treated as soon as possible. It is important to seek medical attention if you have a dislocation of the shoulder.

**Smart Tip - Always follow the care plan**

**Rehabilitation**

Rehabilitation is a process of restoring function to the affected arm and hand. It involves exercises and activities that help the person regain strength and flexibility. Rehabilitation is an important part of recovery after a stroke. It can help the person regain independence and improve their quality of life. Rehabilitation should be started as soon as possible after the stroke. It should be done regularly and consistently. Rehabilitation can be done at home or in a rehabilitation center. It is important to follow the care plan and to seek extra support if needed.

**Smart Tip - Always follow the care plan**

**Seek extra support**

It is important to seek extra support if needed. This can include a physical therapist, occupational therapist, or a support group. Extra support can help the person cope with the challenges of recovery and improve their quality of life. It is important to seek extra support if needed. This can include a physical therapist, occupational therapist, or a support group. Extra support can help the person cope with the challenges of recovery and improve their quality of life. It is important to seek extra support if needed. This can include a physical therapist, occupational therapist, or a support group. Extra support can help the person cope with the challenges of recovery and improve their quality of life.

**As many as 72% of adult stroke patients report at least one episode of shoulder pain within the first year after stroke**

-CSBP

**Highlights the importance to never pull on the affected arm**

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### Fatigue After Stroke

**Smart Tip** **Stroke Care**

**Fatigue After Stroke**

Experiencing a stroke is a traumatic event that can have a significant impact on your life. Fatigue is a common symptom after a stroke, and it can be challenging to manage. This guide provides information on what you should know, smart tips, and how to seek extra support.

**What you should know**

- Stroke-related fatigue is different from regular tiredness. It can be more severe and last longer.
- It can affect your ability to think, concentrate, and perform daily tasks.
- It may be caused by physical exhaustion, emotional stress, or changes in your brain's chemistry.
- It can be managed with rest, pacing, and support.

**Smart Tip** **Manage Your Energy**

**Encourage & Support**

**Seek extra support**

**Prevention**

**Plan Ahead**

**Get Extra Support**

**Post-Stroke fatigue is generally under-diagnosed -CSBPR**

**Prevalence rates of post-stroke fatigue are substantial, varying between 38-73% -CSBPR**

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### Cognition After Stroke

**Smart Tip** **Stroke Care**

**Cognition After Stroke**

Stroke can affect your brain's ability to think, remember, and solve problems. This guide provides information on what you should know, smart tips, and how to seek extra support.

**What you should know**

- Stroke-related cognitive impairment can affect memory, attention, and problem-solving.
- It can be managed with cognitive exercises and support.
- It may be caused by physical damage to the brain or changes in brain chemistry.
- It can be managed with rest, pacing, and support.

**Smart Tip** **Manage Your Energy**

**Seek extra support**

**Vascular cognitive impairment affects up to 60% of people who have had a stroke -CSBPR**

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### Meaningful Activity After Stroke

**Smart Tip** **Stroke Care**

**Meaningful Activity After Stroke**

Engaging in meaningful activities can help improve your quality of life and recovery after a stroke. This guide provides information on what you should know, smart tips, and how to seek extra support.

**What you should know**

- Meaningful activities can improve mood, cognitive function, and physical health.
- It can be managed with rest, pacing, and support.
- It may be caused by physical damage to the brain or changes in brain chemistry.
- It can be managed with rest, pacing, and support.

**Smart Tip** **Manage Your Energy**

**Seek extra support**

**People with stroke who experience difficulty engaging in leisure and other social activities should receive targeted therapeutic interventions -CSBPR**

**Residents in long term care should have access to exercise, leisure opportunities and support to engage in personally valued activities -CSBPR**

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### Initial Feedback

*"The Smart Tips for Stroke Care got our team thinking about going 'back to basics' with review for frontline staff. I am working in collaboration with our PT/OT and Charge Nurse, with the vision of providing a different teachable topic every few weeks that would be supported with hands practice at the bedside [such as positioning]."*  
-Nurse Educator in Acute Care

*"I am so thrilled that this important resource came to fruition! I know that it was developed with a lot of thoughtfulness and passion for providing equitable access to critical stroke care information in the LTC sector"*  
- System Change Expert in Community

*Great work! I think these simple tools will be very well used in LTC.*  
- Director of Care in LTC

*"Thrilled to use for patient/family education"*  
- Manager of Integrated Stroke Unit

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### Free Access to Smart Tips

Download at CorHealth Website:  
<https://www.corhealthontario.ca/resources-for-healthcare-planners-&-providers/stroke-general/smart-tips-for-stroke-care>

Scan here: 

Or Contact your Regional Stroke Network

Need more information?



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### Next steps

- French translation coming Fall 2023
- Evaluation process
- Investigating the feasibility of presentation templates to be used for education purposes
- Provincial and Regional approach to marketing the resource
  - Email to key partners/colleagues
  - AdvantAge Ontario Executive Report to Members (August 2023)
  - Posted on Surge Learning (Sept 2023)
  - World Stroke Congress E-Poster (Oct 2023)
  - OLTC Article (Nov 2023)

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# Thank You!



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    Jenna Weck    [weckj@rvh.on.ca](mailto:weckj@rvh.on.ca)

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## Evaluation

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For **Speakers:** The responses help understand participant learning needs, teaching outcomes and opportunities for improvement



[Online Evaluation](#)

**Please take 2 minutes to fill out the evaluation form, either online or in the room.**  
Thank you!

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