

Stroke Prevention & Vascular Health Resources

Stroke Prevention Clinic (SPC) Info

Stroke Network of Southeastern Ontario Website -About Us Section has SPC Info including Regional SPC Brochure & Stroke Prevention for Primary Care Infographic:

<https://www.strokenetworkseo.ca/about/stroke-prevention-clinics>

Brockville General Hospital SPC Contact Info:

<https://www.strokenetworkseo.ca/about/stroke-prevention-clinics#section-Brockville-Stroke-Prevention-Clinic-Brockville-General-Hospital>

Brockville SPC Referral Form:

https://www.strokenetworkseo.ca/sites/default/files/files/brgh_spc_referral_form_may2021.pdf

Kingston Health Sciences Centre SPC Contact Info:

<https://www.strokenetworkseo.ca/about/stroke-prevention-clinics#section-Kingston-Stroke-Prevention-Clinic>

Kingston SPC Referral Form:

https://www.strokenetworkseo.ca/sites/default/files/files/spc_referral_form_feb_2018.pdf

Perth & Smiths Falls District Hospital Vascular Protection Clinic Contact Info-

Perth Great War Memorial Hospital Site

<https://www.strokenetworkseo.ca/about/stroke-prevention-clinics#section-Vascular-Protection-Clinic-Perth--Smiths-Falls-District-Hospital--Great-War-Memorial-Site>

Perth Vascular Protection Clinic Referral Form:

https://www.strokenetworkseo.ca/sites/default/files/files/vpc_referral_external_2021.pdf

Perth Vascular Protection Clinic-Primary Care Stroke Prevention Infographic

https://www.strokenetworkseo.ca/sites/strokenetworkseo.ca/files/vpc_2021_april_infographic_.pdf

Quinte Health Care SPC Contact Info –Belleville General Hospital Site:

<https://www.strokenetworkseo.ca/about/stroke-prevention-clinics#section-Quinte-Stroke-Prevention-Clinic-Belleville-General-Hospital-Site>

Quinte SPC Referral Form:

<https://www.strokenetworkseo.ca/sites/default/files/files/SPC%20Referral%20-%20Nov2019%20%289%29.pdf>

Secondary Stroke Prevention Education & Resources

Stroke Network of Southeastern Ontario Website: <https://www.strokenetworkseo.ca/>

- **Prevention & Vascular Health Section** <https://www.strokenetworkseo.ca/best-practice-and-education/prevention-and-vascular-health>
- Presentation - Secondary Stroke Prevention across Care Continuum Webinar: https://youtu.be/pqyg3_Bi6qQ%20
- **Education Opportunities:** <https://www.strokenetworkseo.ca/best-practice-and-education/education-opportunities>
- **COVID Stroke Care Resources includes virtual care:** <https://www.strokenetworkseo.ca/projects/covid-19-stroke-care-resources-use-seo>

Canadian Stroke Best Practices Website: <https://www.strokebestpractices.ca/>

- **Prevention Section:** <https://www.strokebestpractices.ca/recommendations/secondary-prevention-of-stroke>
- **Virtual Healthcare Toolkit (2020):** <https://heartstrokeprod.azureedge.net/-/media/1-stroke-best-practices/csbpr7-virtualcaretools-13may2020.ashx?rev=285d2ea8b90e49b38483d3a85d0317ec>

Ontario Stroke Prevention Clinic Core Elements and related resources:

<https://www.corhealthontario.ca/resources-for-healthcare-planners-&-providers/piwp/Ontario-Core-Elements-for-Stroke-Prevention-Clinics-Implementation-Toolkit.docx>

Ontario Secondary Stroke Prevention Resources: <https://www.corhealthontario.ca/resources-for-healthcare-planners-&-providers/stroke-general/piwp/secondary-prevention/resources>

Patient Resources:

- **Stroke Prevention Patient Summary:**
https://www.strokenetworkseo.ca/sites/default/files/files/spc_pods_document_fillable_version_july_10_2020.pdf
- **TIA Fact Sheet:**
<https://heartstrokeprod.azureedge.net/-/media/pdf-files/canada/health-information-catalogue/entia-factsheet.ashx?rev=3ccca80eae1245f797d7c0154769cc7a>
- **Stroke Warning Signs: FAST**
<https://heartstrokeprod.azureedge.net/-/media/pdf-files/canada/other/signs-of-stroke-and-heart-attack-bookmark-en.ashx?rev=fd0127bf5140477396270262670632e1>

Samples of Vascular Risk Reduction Resources

Stroke Network of Southeastern Ontario Website-Prevention & Vascular Health Section (includes many resources listed below): <https://www.strokenetworkseo.ca/best-practice-and-education/prevention-and-vascular-health>

General:

- **Vascular Health Resources Directory** from SouthEasthealthline.ca
- <https://www.southeasthealthline.ca/libraryContent.aspx?id=20754>
- **Canadian Cardiovascular Harmonization of Guidelines Endeavour (C-CHANGE)** including education opportunities and CPD case base learning modules: <https://www.cchangeguidelines.com/>
- **EMR Tools** including for Chronic Disease Management starting with Diabetes and Hypertension from eHealth Centre of Excellence: <https://ehealthce.ca/EMR-support.htm>

Atrial Fibrillation

- **Anticoagulation Adherence Guide with Resources:**
https://www.strokenetworkseo.ca/sites/default/files/files/anticoagulation_adherence_barriers_and_opportunities_appendix_feb_2020_final_0.pdf
- Canadian Stroke Best Practice Recommendations for Anticoagulation for Individuals with Stroke & AFib:
- <https://www.strokebestpractices.ca/recommendations/secondary-prevention-of-stroke/anticoagulation-for-individuals-with-stroke-and-atrials-fibrillation>
- Thrombosis Canada Anticoagulation Dosing in Atrial Fibrillation Algorithm:
http://thrombosiscanada.ca/?page_id=502

Depression - Post Stroke Depression Reference guide for Stroke Prevention Clinics and Primary Care:

https://www.strokenetworkseo.ca/sites/default/files/files/post_stroke_depression_screening_management_barriers_and_opportunities_appendix_2020_final_0.pdf

Diabetes - Resources for Health Care Providers from Diabetes Canada:

<https://www.diabetes.ca/health-care-providers>

Dyslipidemia-Pocket Guide from Canadian Cardiovascular Society

https://ccs.ca/app/uploads/2020/11/Lipids_Gui_2016_EN.pdf

Heart Failure- Pocket Guide from Canadian Cardiovascular Society

<https://ccs.ca/app/uploads/2021/05/2021-HF-Gui-PG-EN-2.pdf>

Hypertension

- **Highlights of Hypertension Canada Guidelines 2020-2022:**
https://guidelines.hypertension.ca/wp-content/uploads/2020/08/2020-22-HT-Guidelines-E-WEB_v3b.pdf
- **Hypertension Management Program Toolkit and Resources for Primary Care Providers** located on Ontario Health-CorHealth Ontario website:
<https://www.corhealthontario.ca/resources-for-healthcare-planners-&-providers/hmp>
- **Hypertension Management EMR Tool** from eHealth Centre of Excellence-to access complete:
<https://www.surveymonkey.com/r/RMPS3WB>
- **Blood Pressure Poster** from Stroke Network SEO:
https://www.strokenetworkseo.ca/sites/default/files/files/blood_pressure_poster_rev_nov_22_draft.pdf
 - **Blood Pressure Handout** from Stroke Network SEO:
https://www.strokenetworkseo.ca/sites/default/files/files/blood_pressure_handout_draft_0%281%29.pdf
- **Sodium Reduction Poster:**
https://www.strokenetworkseo.ca/sites/default/files/files/reducingsalt_poster_2x3_cropsbleed.pdf
- **Hypertension Management Medical Directive Template**
<https://www.corhealthontario.ca/Management-of-Hypertension-Medical-Directive-Template.pdf>
- **Hypertension Management Quality Improvement Toolkit**
<https://www.corhealthontario.ca/resources-for-healthcare-planners-&-providers/quality-improvement-toolkits/Hypertension-Management>
- **Patient Resources-Blood Pressure**
 - **Blood Pressure Tracking Card for Patients** from Heart and Stroke:
<https://heartstrokeprod.azureedge.net/-/media/pdf-files/canada/other/en-blood-pressure-wallet-card-v3-web.ashx?rev=f2b84c75dd2b4219978e349067054004>
 - **Managing Your Blood Pressure Booklet** from Heart and Stroke:
<https://heartstrokeprod.azureedge.net/-/media/pdf-files/canada/health-information-catalogue/en-managing-your-blood-pressure.ashx?rev=c38fbd38c8294ea1a9758bd7b92e0116&hash=D24A8248198D80718DF4CE90C7D899D2>
 - **Blood pressure Measurement postcard** from Hypertension Canada:
<https://guidelines.hypertension.ca/wp-content/uploads/2021/05/HC-BP-Postcard.pdf>
 - **Blood Pressure Action Plan** from Hypertension Canada:
https://guidelines.hypertension.ca/wp-content/uploads/2021/02/HTC_Brochure_BPAActionPlan.pdf

- **Patient Self-Management** which includes how to take a Blood Pressure: <https://www.corhealthontario.ca/resources-for-healthcare-planners-&-providers/hmp/section-3-patient-self-management>

Indigenous Health

- **Indigenous Interprofessional Primary Care Team-** <http://iipct-tmt.com/>
- **Indigenous Health Cultural Competency Courses & Stroke Related Resources**
 - <https://www.strokenetworkseo.ca/best-practice-education/prevention-vascular-health#section-Indigenous-Health>

Kidney Wise Toolkit from Ontario Renal Network: <https://www.ontariorenalnetwork.ca/en/kidney-care-resources/clinical-tools/primary-care-tools/kidneywise/toolkit>

Physical Activity

- **Exercise Prescription (Exercise is Medicine Canada):**
 - [PDF Fillable](#)
 - [Paper Completion](#)
- **Physical Activity Maps:** <https://www.southeasthealthline.ca/libraryContent.aspx?id=22379>
 - **HPE Physical Activity Map:** https://www.southeasthealthline.ca/healthlibrary_docs/Physical%20Activity%20Map%20for%20HPE%20FINAL%20October%202%202018.pdf
 - **KFL&A Physical Activity Map** https://www.southeasthealthline.ca/healthlibrary_docs/Physical%20Activity%20Map%20for%20KFLA%20FINAL%20Oct%202%202018.pdf
 - **LLG Physical Activity Map** https://www.southeasthealthline.ca/healthlibrary_docs/Physical%20Activity%20Map%20for%20LLG%20FINAL%20Oct%202%202018.pdf

Recreational Substance Use-Cannabis-Canada's Lower Risk Cannabis Use Guideline: <https://www.camh.ca/-/media/files/pdfs---reports-and-books---research/canadas-lower-risk-guidelines-cannabis-pdf.pdf>

Smoking Cessation:

- **Ottawa Model for Smoking Cessation:** <https://ottawamodel.ottawaheart.ca/>
- **Smoking Cessation Services/Resources:** <https://www.southeasthealthline.ca/listServices.aspx?id=10359>
 - **HPE Smoking Cessation Map:** https://www.southeasthealthline.ca/pdfs/hpe_public_health_local_quit_smoking_support_guide.pdf
 - **KFL&A Smoking Cessation Map:** https://www.southeasthealthline.ca/pdfs/kfla_smoking_cessation_supports.pdf
 - **LLG Smoking Cessation Map:** https://www.southeasthealthline.ca/pdfs/lgl_health_unit_smoking_resources_for_tobacco_for_general_public.pdf
- **Smoking Cessation Medical Directive Samples:** <https://www.corhealthontario.ca/resources-for-healthcare-planners-&-providers/vascular-health-general/medical-directives>
- **Smoking Cessation Quality Improvement Toolkit:** <https://www.corhealthontario.ca/resources-for-healthcare-planners-&-providers/quality-improvement-toolkits/Tobacco-Use-Cessation>