

Learning Opportunities for Therapists and Assistants

Topic	Learning Concept	Learning Resources	Relevant Stroke Network Opportunities
Anatomy and Physiology of Stroke	<p>Demonstrates an understanding of the neuroanatomy and physiology of stroke and transient ischemic attack, including:</p> <ul style="list-style-type: none"> • Types of stroke and their causes: • The functions of each major area of the brain • The effects of stroke: <ul style="list-style-type: none"> ○ Cognitive and perceptual deficits ○ Weakness or paralysis ○ Sensory changes ○ Emotional and/ or behavioural changes ○ Communication difficulties ○ Swallowing difficulties ○ Vision problems ○ Fatigue ○ Bowel and bladder dysfunction 	<ul style="list-style-type: none"> • Your Stroke Journey (YSJ) pp 12-14, 47-76 • Taking Action for Optimal Community and Long Term Stroke Care (TACLS): section 2 • For additional information about the effects of stroke see TACLS sections 3-6 • Sinai Health Stroke Video: Intro to Stroke 	<ul style="list-style-type: none"> • Brain, Body & You workshop: Stroke Care • Stroke Rehab 360
Recovery after Stroke	<p>Demonstrates an understanding of Neuroplasticity and Stroke Rehabilitation</p> <p>Demonstrates an awareness of the Community Stroke Rehabilitation Program</p>	<ul style="list-style-type: none"> • Stroke Network of Southeastern Ontario Community Stroke Rehab Program brochure • Sinai Health video: Recovery after Stroke 	

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Promoting Independence in Mobility and Activities of Daily Living	<p>Recognizes that stroke can affect the movement, motor function and independence of persons with stroke</p> <p>Utilizes safe, proper handling and positioning of the person with hemiplegia to prevent complications and optimize mobility and function.</p> <p>Recognizes that stroke impacts a person with stroke's ability to complete ADL's and how to provide assistance that aligns with therapy goals and supports independence</p>	<ul style="list-style-type: none"> • TACLS 6.2 • Stroke Network SEO video: Mobility • Sinai Health Video: Functions for Daily Living • Canadian Stroke Community-based Exercise Recommendations Update 2020 • West GTA Stroke Network Virtual Classroom module (free to create account): Upper Extremity Management • Sinai Health Video: Function for Daily Living 	<ul style="list-style-type: none"> • NDT Courses • Stroke 360
Cognitive, Perceptual and Behaviour Changes following Stroke	<p>Demonstrates an understanding of the cognitive, perceptual and behavioural issues that can occur with stroke and how these can impact safe and independent participation in daily activities.</p>	<ul style="list-style-type: none"> • YSJ pp 65-72 • TACLS 4.1, 4.2, 4.3, 5.1, 5.3 • Stroke Network SEO video: Cognitive, Perceptual and Behaviour problems 	<p>Brain, Body & You workshop</p>
Stroke Risk and Prevention	<p>Identifies the signs and symptoms of stroke and TIA and recognizes that this indicates a medical emergency</p> <p>Describes the modifiable and non-modifiable risk factors for stroke and the appropriate intervention</p>	<ul style="list-style-type: none"> • YSJ pp 34-35 • Stroke Network SEO video: Recognize and React to the signs and symptoms of stroke • Heart and Foundation of Canada: FAST video 	
The Inter-professional Team	<p>Demonstrates knowledge of the other disciplines' roles in the management of a person with stroke and has an understanding of the concept of interprofessional collaborative practice.</p>	<ul style="list-style-type: none"> • YSJ pp20-22 	

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Psychosocial effects of Stroke	Demonstrates an understanding of the psychosocial effects of a stroke, recognizes their signs/symptoms and their impact on a person with stroke's well being and engagement/motivation/participation in therapies and ADL's <ul style="list-style-type: none"> ○ Recognizes the need to communicate concerns to another team member when warranted 	<ul style="list-style-type: none"> • TACLS 5.2 • West GTA Stroke Network Module: Post Stroke Depression • Sinai Health Video: Adjustment after Stroke 	Brain, Body & You workshop
Communication	Demonstrates understanding of the types of communication disorders that can occur after a stroke including aphasia, dysarthria, and apraxia and their impact on daily functioning, activity engagement, and OT/PT treatment <ul style="list-style-type: none"> ○ Demonstrates effective communication strategies when interacting with persons with stroke applying principles of Supported Conversation for Adults with Aphasia. 	<ul style="list-style-type: none"> • Aphasia Institute video: "They know more than they can say" • Aphasia Institute Intro Module • YSJ pp 50-53 • TACLS 6.1 • Sinai Health Video: Swallowing and Communication after Stroke 	Brain, Body & You workshop
Skin Care	Demonstrates awareness of the risk of skin breakdown after a stroke, and implements prevention strategies in collaboration with interprofessional team members	TACLS 3.6	Brain, Body & You workshop
Nutrition	Understands the relationship of nutrition, hydration, modified diets, and alternative-feeding methods as it relates to participation in OT/PT treatment.	TACLS 3.3, 3.4	Brain, Body & You workshop
Swallowing	Demonstrates an understanding of dysphagia and its management.	YSJ pp56-57 Stroke Network SEO video: Meal assistance and Hydration	Brain, Body & You workshop

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Continence Management	Identifies common continence issues related to stroke and deficits (e.g. cognition, perception etc.) that may impact continence goals.	YSJ pp58-60 TACLS 3.5	Brain, Body & You workshop
Transitions of Care	Collaborate with the team and the person with stroke to ensure effective and efficient transfers of care and information to the next stage and setting of care.	YSJ p27-29 Sinai Health Video: Transition Home	

Additional Resources to consider:

[GRASP Program](#) from the University of British Columbia, [Video by NEO Stroke Network](#)

[Canadian Partnership for stroke recovery videos:](#)

- Fatigue/ energy conservation
- Managing attention impairment
- Recreation and leisure
- Anxiety and frustration
- Stress after stroke
- Organizing, planning and processing after stroke
- Upper Extremity management after stroke
- Memory impairment after stroke
- Steps to self-care and psychological resilience
- Unilateral spatial neglect
- Practical communication skills after stroke
- Improving physical activity after stroke