

Knowledge Translation Tools and Resources

Introductions

Here you will find acute stroke care tools and resources related to 1) dysphagia screening and management; 2) mobility; 3) aphasia and communication; and 4) transitions. The tools and resources listed under “General” relate to all four topics while those resources that are specific to one topic are listed separately under their related category.

General

Stroke Network of Southeastern Ontario

<https://www.strokenetworkseo.ca>

Canadian Best Practice Recommendations for Stroke Care

<https://www.strokenetworkseo.ca/best-practice-and-education/guidelines-and-recommendations#section-canadian-best-practice-recommendations-for-stroke-care>

1. Assessment and Management of Dysphagia & Malnutrition following Stroke – see <http://www.strokebestpractices.ca/stroke-rehabilitation/assessment-and-management-of-dysphagia-and-malnutrition-following-stroke/> and <http://journals.sagepub.com/doi/pdf/10.1177/1747493015622461> page 247
2. Mobility – see <http://journals.sagepub.com/doi/pdf/10.1177/1747493015622461> page 246
3. Aphasia and Communication - <http://journals.sagepub.com/doi/pdf/10.1177/1747493016643553> pages 476-477
4. Transitions – see <http://www.strokebestpractices.ca/transitions/>

Quality-Based Procedures: Clinical Handbook for Stroke (Acute and Post Acute)

<https://www.strokenetworkseo.ca/best-practice-and-education/guidelines-and-recommendations#section-quality-based-procedures-for-stroke-care>

Professional Stroke Education Inventory (CorHealth Ontario)

<http://ontariostrokenetwork.ca/professional-stroke-education-inventory/>

CorHealth Ontario’s Professional Stroke Education Inventory is a repository of tools, resources and programs that support health care professionals working in stroke care.

Provincial Interprofessional Stroke Core Competency Framework

<http://ontariostrokenetwork.ca/core-competencies-for-stroke/>

The online Provincial Interprofessional Stroke Core Competency Framework aims to provide health care professionals working in stroke with a clear, comprehensive way to achieve the core competencies needed for evidence-based stroke care. The framework supports a baseline level of competency province-wide, and encourages stroke specific professional growth.

The framework consists of a set of core stroke competencies for six disciplines- Nursing, Occupational Therapy, Physical Therapy, Speech-Language Pathology, Social Work, and Recreation Therapy. The framework includes a self-rating scale which allows health care providers to identify priority learning areas. Each competency contains learning objectives, recommended learning resources/knowledge

translation tools and suggested evaluation methods

Examples for use include:

- Staff orientation
- Team education
- Self-learning plans
- Performance appraisal goals
- Accreditation
- Professional Reflective Practice

Visit the Core Competencies page of the OSN website at: <http://ontariostrokenetwork.ca/core-competencies-for-stroke/>

Acute Stroke Unit Orientation (developed by Southwestern Ontario 2015): A Self-Directed Acute Stroke Unit Learning Program for Nurses and Allied Health Team

<http://swostroke.ca/acute-stroke-unit-orientation/>

Acute Stroke Care in Lanark Leeds and Grenville Counties (Video)

Beginning on May 2, 2016 Stroke Survivors in Lanark, Leeds and Grenville counties have access to specialized stroke care at the Acute Stroke Unit in Brockville through the partnership of Perth and Smiths Falls District Hospital and Brockville General Hospital. Stroke Unit Care is known to improve survival rates and to optimize recovery and return home. In this video Linda and Joan (stroke survivors) and their families describe the importance of acute stroke unit care.

Video <https://www.youtube.com/watch?v=ZXZupdiQUMo>

Shared Work Day and Field Training Stroke Educational Support Program

<https://www.strokenetworkseo.ca/best-practice-and-education/education-opportunities#section-shared-work-day-field-training-stroke-educational-support-program>

This professional education stroke fund is designed to facilitate the development of individual or group stroke-specific knowledge, expertise and networking.

Taking Action For Optimal Community and Long Term Stroke Care (TACLS)

<https://www.strokenetworkseo.ca/best-practice-and-education/community-and-long-term-care#section-taking-action-for-optimal-community-and-long-term-stroke-care-taccls>

This resource replaces the Tips and Tools for Everyday Living Manual. It is closely linked with the HSF Canadian Stroke Best Practice Recommendations and is an evidence-based resource that provides guidance around how to provide safe care for people who have had a stroke and are living in community and long-term care settings. Developed primarily for healthcare workers such as personal support workers, health care aides, home care attendants, and rehabilitation assistants, it can also be used by organizations engaged in education or orientation for these healthcare providers, and any other healthcare professionals who work with people who have had a stroke and their families. PowerPoint slide decks, notes pages, and master test your knowledge question and answer document are also available. These PowerPoint slide decks are a teacher resource, and provide key information from the full TACLS document, along with test your knowledge quiz questions.

Brain Body & You Workshop Series (St. Lawrence College Brockville October 18, 25, November 1 & 8)

<https://www.strokenetworkseo.ca/best-practice-and-education/education-opportunities#section-the-brain-body-and-you-st-lawrence-college-kingston-october-5-12-19-26-2016>

Take advantage of one or more of these FREE four hour workshop modules in the 4 part series “THE BRAIN THE BODY AND YOU”. This series is designed for front-line staff (eg. PSW, RPN, RN, Rehabilitation Assistants and Restorative Care Aides) who care for stroke survivors and other complex patient populations in the community, acute care, complex continuing care, Long Term Care and other related settings. Topics include:

- Stroke Care-Prevention To Life after Stroke & Continence
- Communication & Behaviour
- Mobility
- Nutrition, Hydration & Feeding

Tips and Tools for Everyday Living A Guide for Stroke Caregivers Putting It into Practice Video Series

<https://www.strokenetworkseo.ca/best-practice-and-education/community-and-long-term-care#section-tips-tools-for-everyday-living-a-guide-for-stroke-caregivers-putting-it-into-practice-video-series>

These videos are designed to complement popular sections of the Tips and Tools for Everyday Living: A Guide for Stroke Caregivers (2010) and education programs currently underway across Ontario and Canada. Five of these videos are designed for front line staff and one has been developed for family and community education.

Front Line Healthcare Staff Education Video Series:

- Recognize & React to the Signs & Symptoms of Stroke for Health Care Providers
- Communication
- Meal Assistance & Hydration
- Cognitive, Perceptual & Behavioural Problems
- Mobility

Family & Community Education:

- Recognize & React to the Signs and Symptoms of Stroke

Educational Posters

<https://www.strokenetworkseo.ca/best-practice-and-education/community-and-long-term-care#section-educational-posters>

These posters are available in wall mount, table top display and handout format. The posters have been developed for the education of frontline care providers and are formatted to provide critical learning points in a highly visual way.

Poster topics include:

- Safe Seating
- Make Feeding Safer
- Post-Stroke Depression
- Blood Pressure
- Communication
- Cognition & Perception
- Stroke Prevention & Care
- Meaningful Activity
- Behaviour

Evidence Based Review of Stroke Rehabilitation (EBRSR)

<http://www.ebrsr.com/>

A comprehensive, research-based synthesis of stroke rehabilitation.

Aphasia and Communication

Aphasia Institute Resources

Professional Training Opportunities

https://www.aphasia.ca/wp-content/uploads/2015/10/Training-Calendar-2016_Jan_Dec.pdf

Aphasia Institute Knowledge Exchange Speaker Series

<http://www.aphasia.ca/home-page/health-care-professionals/knowledge-exchange/>

Aphasia-friendly Resources

<http://www.aphasia.ca/shop/>

Pictographic Tools to Aid Conversation

<http://participics.aphasia.ca/>

Mobility

Hemi Arm Protocol (Southwestern Ontario Stroke Network)

<http://swostroke.ca/hemi-arm-protocol/>

This protocol was developed to support best practice guidelines for the management of the hemiplegic arm. The aim of the protocol is to prevent injury to the hemiplegic arm through careful handling and correct positioning.

PSFDH Move to Improve Program



- Patients, especially seniors, can lose 1-5% of muscle strength every day they don't move.
- You will feel better if you move. Every little bit of activity helps!
- If you are not sure what you are safe to do, ask a member of your healthcare team.



- PSFDH Move to Improve Video – Ways to stay active in the hospital

https://www.youtube.com/watch?v=CQQNkpzl_uM

Dysphagia Screening, Monitoring and Management

Monitoring for Dysphagia Post Stroke Using the Screening Tool for Acute Neurological Dysphagia (STAND): Case Study Video

The following case studies demonstrate the importance of screening, monitoring and managing patients following a stroke for swallowing difficulties, known as dysphagia.

Video <https://youtu.be/UXForp0TbjI>

Module 1: Management of Dysphagia in Acute Stroke - Brockville General Hospital

In this online learning module you will learn the importance of screening stroke survivors for swallowing difficulties known as dysphagia and how to monitor and manage patients following a stroke for dysphagia.

<https://www.strokenetworkseo.ca/sites/strokenetworkseo.ca/learning-modules/dysphagia-1/presentation.html>

Module 2: Dysphagia Screening Tool: STAND - Brockville General Hospital

In this online learning module you will learn how to perform a dysphagia screen using the "Screening Tool for Acute Neurological Dysphagia" also known as the STAND. At Brockville General Hospital, to complete this learning to be able to perform the STAND you will have to complete online learning modules 1 and 2 and then perform 1 return demonstration and 2 bedside patient demonstration with the SLP or a Dysphagia Screening Champion.

Online Module: <https://www.strokenetworkseo.ca/sites/strokenetworkseo.ca/learning-modules/dysphagia-2/presentation.html>

Risks of Swallowing Problems after Stroke: ICES Research Video Series (Moira Kapral)

About 50% patients who have recently had a stroke will experience dysphagia (swallowing problems) which can in turn lead to pneumonia, disability, and even death. That's why guidelines recommend that swallowing tests be conducted in all stroke patients within the first 72 hours after stroke, before taking any food or liquid by mouth.

It was found that 1 in 5 stroke patients were not given swallowing tests, particularly if the stroke was mild, even though all patients who experience stroke (whether severe or mild) are at risk of swallowing problems. They say that all care providers need to be aware of the importance of swallowing tests, since failed tests or missed diagnoses put patients at very high risk of disability, pneumonia and death.

http://ontariostrokenetwork.ca/?mailpoet_router&endpoint=track&action=click&data=WylxOCIsImJlZjZkMCIsljliLCI2MmQ0YSIsZmFsc2Vd

Transitions of Care

Stroke Network of Southeastern Ontario-Community and Long-Term Care Resources

<https://www.strokenetworkseo.ca/best-practice-and-education/community-and-long-term-care>

Resources supporting health care providers with implementing transitions of care best practices.

SouthEasthealthline.ca – Stroke Resources (Home and Community Care South East LHIN)

<https://www.strokenetworkseo.ca/community-supports#section-interactive-community-resources-websites>

Web based resource providing information for persons living with the effects of stroke and families/caregivers in ten different domains including communication. The mobile application for this website is available at <https://itunes.apple.com/ca/app/thehealthline.ca/id877737646?mt=8>

Patient Oriented Discharged Summary (PODS) Toolkit

<http://pods-toolkit.uhnopenlab.ca/>

These resources and learnings will support clear and consistent discharge communication with patients.

Agency for Healthcare Research Quality Re-Engineered Discharge (RED) Toolkit

<https://www.ahrq.gov/professionals/systems/hospital/red/toolkit/index.html>

Resources for improving discharge processes developed by Boston University Medical Centre researchers.

Registered Nurses Association of Ontario Clinical Best Practice Guidelines- Care Transitions

<http://rnao.ca/bpg/guidelines/care-transitions>

These guidelines will support the care of patients during transitions.

Knowledge Translation

Knowledge Translation in Health Care: Moving from Evidence to Practice

<http://www.cihr-irsc.gc.ca/e/40618.html>

Continuous Quality Improvement Resources

QI Essentials Tool Kit (Institute for Healthcare Improvement)

<http://www.ihl.org/resources/Pages/Tools/Quality-Improvement-Essentials-Toolkit.aspx>



QIEssentialsToolkit.pdf

Health Quality Ontario

For more in depth reading on quality improvement check out Quality Compass from Health Quality Ontario – and click the Getting Started Link. Each section will link you further to tools and resources that might be helpful if you are tackling a quality improvement project. For example under defining the problem you will find the instructions and templates for the completing a root cause analysis with the “The 5 Whys” and “Fishbone Diagram”. |

<http://qualitycompass.hqontario.ca/portal/getting-started>

Other

Stroke Network of Southeastern Ontario Best Practice Blog

<https://www.strokenetworkseo.ca/blog-and-news/blog>

Welcome to the *Stroke Network of Southeastern Ontario Best Practice Blog*! The main goal of the Blog is to provide health care providers across the care continuum with another avenue to learn about and share new stroke/TIA and vascular health best practices; as well as innovative ways for improving implementation.

