

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.

<https://www.surveymonkey.com/r/DR597BH>



Please take a minute to fill out the evaluation form.

Thank you!

Mitigating Potential Bias (Provincial Stroke Rounds Committee)

The Provincial Stroke Rounds Committee mitigated bias by ensuring there was no Industry involvement in planning or education content.

Enhanced Community Discharge Destinations

Southwestern Ontario Stroke Network
Provincial Stroke Rounds

Presented by: Margo Collver, Jeannette Masse and Laura Veenstra
October 2021

Disclosure of Affiliation, Financial Support & Mitigating Bias

No relevant disclosures

OBJECTIVES

- Describe the creation and uniqueness of the Life After Stroke Programs
- Discuss the benefits and processes involved in these programs
- Explain program evaluation methods and challenges
- Describe the impact on program participants

Background

Ongoing rehabilitation beyond 6 months after stroke leads to further gains in function and prevents decline (Teasall et al., 2015)

Stroke survivors were being discharged home without access to adequate ongoing rehabilitation services

Inconsistent availability of community services and lack of flow across community services due to limited integration and coordination

Community Stroke
Rehabilitation
Teams
(South West Local
Health Integration
Network)

COMMUNITY **Stroke**
Rehabilitation TEAM

Specialized expertise, coordinated teamwork
and a personalized approach to supporting
stroke survivors in their communities.

Key System Challenges

Community Stroke Rehabilitation Team identified lack of discharge options available to clients resulting in upstream issues, eg re-referrals and longer wait lists

Limited options for physical exercise for stroke survivors with residual impairments

Availability of exercise equipment suitable for a disabled population (eg. NuStep bike, etc.)

Limited access to transportation a barrier to accessing services

Lack of available, accessible, organized secondary stroke prevention education

Building on ADP Foundation

Adult Day Services presented as an underutilized component of the stroke recovery process

Adult Day Program mandate already included the goal of maximizing function

Day Program staff familiar with stroke survivors

Day Program environment adapted easily to incorporate promoting/maintaining functional recovery



Creation of the Program

Referrals originally through Community Care Access Centre

Successfully negotiated with South West LHIN for referrals to come directly from Community Stroke Teams (professional stroke therapists)

Needed to differentiate ourselves from regular Adult Day Programs

Surveyed program clients and the winning name was:

LIFE AFTER STROKE

WHAT is Life After Stroke?

A recovery focused, goal directed program for individuals who have had a stroke

Program includes: physical exercise, thinking & memory stimulation, health & wellness education, social/recreation activities

Stroke Network funding provided to programs to support purchase of specialized equipment appropriate for stroke recovery

Program staff are trained and supported by specialized stroke teams with knowledge of best practice stroke care

Unlike regular ADP's, Life After Stroke programs are time limited/transitional in nature

Upon discharge, clients are assisted to find programs in their community to support their continued recovery

Benefits

Supports system flow

Creates opportunity for further recovery

Support provided by peers allows clients to adjust to changed condition/new normal

Helps reduced social isolation and associated depression

Respite and support to family/caregiver

WHO?

Stroke Survivors who have completed outpatient or community-based stroke rehab and would benefit from additional support and a supervised exercise program

Participants must be able - and *motivated* - to actively participate in the program

Participants have identified goals for their continued stroke recovery

WHY?

Provides an exit strategy from community-based and outpatient rehabilitation

Partnership ensures availability of specialized consultation, support and training as needed

Warm referrals and ongoing relationship between Life After Stroke and Community Stroke Teams ensures continuity of care

Reduced vascular/chronic disease through exercise and Secondary Stroke Prevention education

HOW?

CSRT refers client, sets up tour/trial of LAS and accompanies stroke survivor to program

CSRT and LAS staff determine eligibility based on initial warm referral visit and program's ability to manage client's level of care.

CSRT completes referral and sends with discharge summary to LAS program coordinator

Rehab Assistant assigned as contact for LAS staff to connect for support, questions, concerns, etc.

Community Stroke Team Support to Life After Stroke Programs

CSRT staff provide a warm hand off and transition support for participants

1:1 support to introduce staff to participant's prescribed exercises (CSRT binder)

Demonstration/training of stroke best practice techniques

Planned and scheduled group education sessions

Check-in visits to observe program in action and provide support

New Program Sample Training Schedule

Members of the CSRT (PT, OT, SLP, SW, RN, TR, RT) provide Education Sessions on the following:

- **What is A Stroke?** (nutrition information, health & bp monitoring etc.)
- **Lower Extremity & Mobility** (Intro to FAME/PRES, transfers, adaptive aids)
- **Cognition** (post stroke behaviour change, pain, perception, ADL's)
- **Upper Extremity** (adaptive aids, exercise equipment, proper support techniques)
- **Communication and Swallowing** (safe swallowing strategies, supported conversation techniques)
- **Coping and Adjustment** (post stroke depression, changes in mood, peer support)

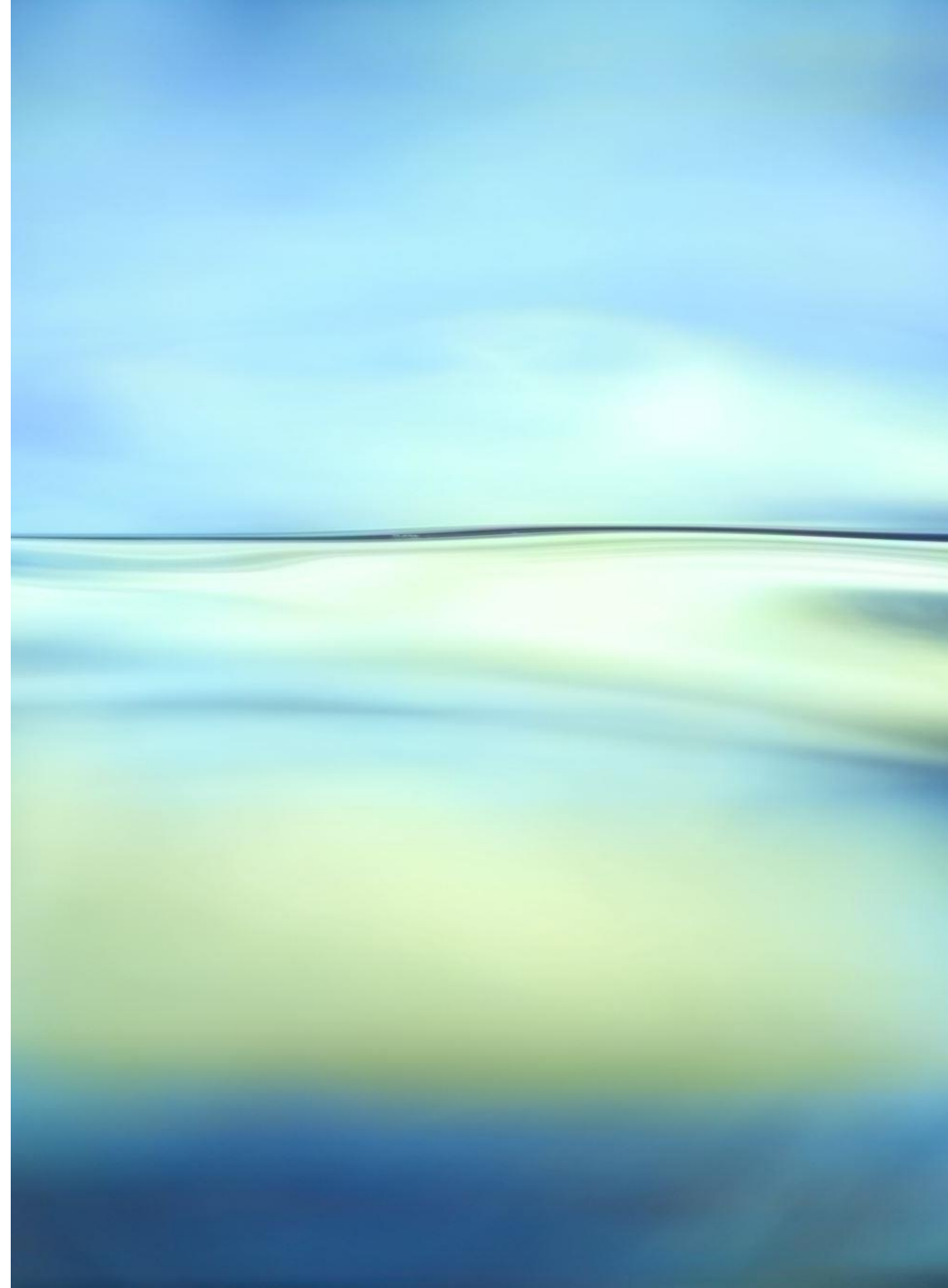
Followed by yearly Refresher Days to address identified Learning Needs

Outcomes & Evaluations

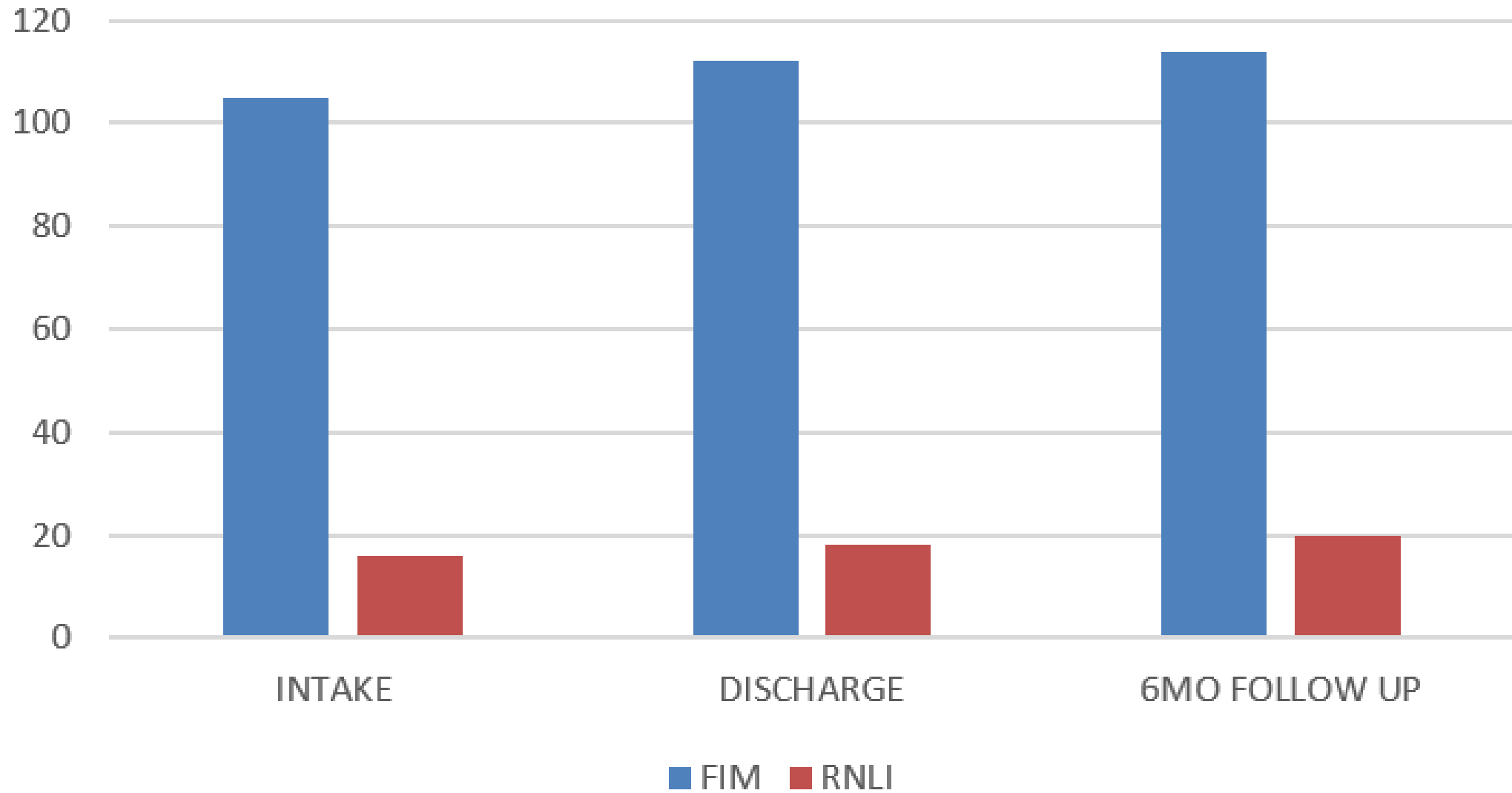
Outcomes include Functional Independence Measure (FIM) and Return to Normal Living Index (RNLI)

Completed at intake, discharge and 6 months post discharge

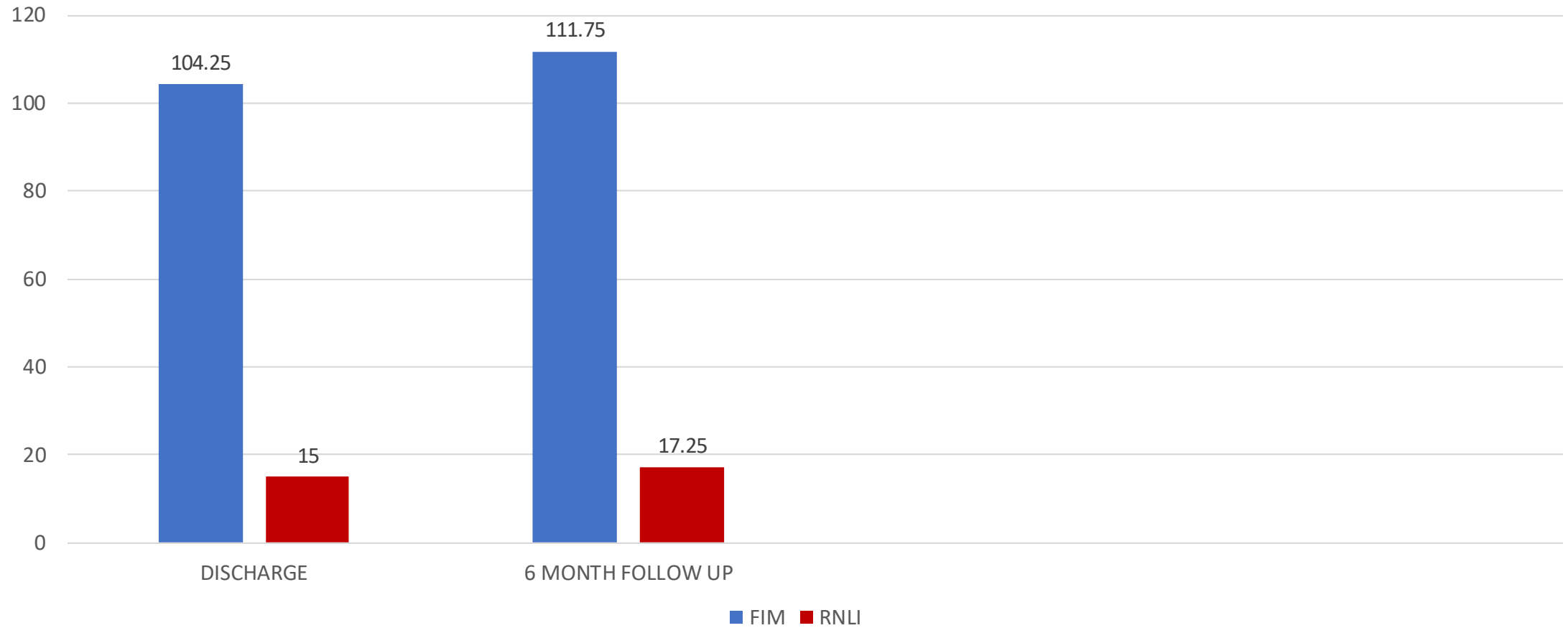
LAS participant's recovery evaluated based on these outcome measures



CSRT Client Scores Jan 2019 - March 2020



Sample of LAS Participant Scores



LAS Outcomes & Evaluations

LAS facilitators complete Quality of Life Measurement at Intake and discharge

Areas measured include: mobility, self-care, usual activities, pain/discomfort, anxiety/depression on a scale of 1 to 5.

Score can indicate 5 levels of perceived problems. (mobility, self care, usual activities, pain, depression/anxiety)

1

Stroke Recovery Programs
Quality of Life Measurement (EQSD)
Under each heading, please tick the ONE box that best describes your health TODAY

MOBILITY

1. I have no problems in walking about

2. I have slight problems in walking about

3. I have moderate problems in walking about

4. I have severe problems in walking about

5. I am unable to walk about Score: _____

SELF-CARE

1. I have no problems washing or dressing myself

2. I have slight problems washing or dressing myself

3. I have moderate problems washing or dressing myself

4. I have severe problems washing or dressing myself

5. I am unable to wash or dress myself Score: _____

LAS Program Specific Testing



Goal Setting



Fitness/Cardio
Tracking



Six minute walk
test



TUG Test



Blood Pressure
Monitoring



Berg Balance
Test



Suggested Equipment

Nu-step

Treadmill

Hand Bike

Upper Extremity Exercise / GRASP Kits

Free Weights

Practice Staircase

Wii, X-box games/accessories (TV)

Therabands and Exercise Balls

Blood Pressure Monitors

Activator poles

Cognitive Work Sheets

Recreation supplies

Aphasia Friendly Tools

ACTIVATOR POLES



Video/Client Testimonials

One Care - Stroke Program - Clinton, Ontario – YouTube

<https://www.youtube.com/watch?v=BSoth1AjiKA>

WHAT OUR CLIENTS ARE SAYING



"We talk about our experiences and share coping strategies and that keeps me motivated to keep moving forward."

"The opportunity to socialize with other stroke survivors has helped me with my depression and I feel less isolated."

Discharge (the hardest part!)

Clients are informed at intake that program is time limited in nature

Life After Stroke Program staff monitor client goals and work with CSRT team to determine fitness for discharge

Reality is if no wait list, clients can remain in program

Clients supported to find appropriate resources in community to continue their recovery eg exercise programs

Life After Stroke Success Story

On waitlist for LAS
Started LAS June 14th,
2016

Limited supports
considering LTC but he
did not want to be
discharged from LAS
Added 2nd LAS day and
strength increased
started using quad
cane and walked to
220 ft

With the LAS program
we were able to keep
his rehabilitation
program going strong
and continued to work
towards his goals

Proud home owner
*continues with Rehab program

Discharged from CSRT
March, 2016

LAS June 2016 and
second day Oct
2016

Moved to
Retirement Home
January 2017

Bought his own
home Oct 3, 2017

Life After Stroke Success Story

Stroke Rehab at Parkwood Institute

Identified goals:

Return home and live independently

Return to driving process

Returning to work

July 2020

Discharged from Rehab to CSRT

Worked very closely with team members

Was able to live safely and independently in his own home.

Sep. 2020

Discharged from CSRT services and referred to the Strathroy Life After Stroke program

Dec. 2020

Joined Strathroy Life After Stroke program (1 day/week)

Passed his driver's test, improved confidence

LAS program informed that he resumed part-time work

February 2021

Conclusion – Life After Stroke Programs

- Stroke survivors receive best practice stroke care beyond the formal inpatient/outpatient rehabilitation services that may be available.
- Provide an exit strategy for stroke survivors being discharged from outpatient rehabilitative care, creating flow
- More stroke survivors are achieving their optimal independence while remaining at home in their own communities.





Stroke Network
Southwestern Ontario



CONTACT INFORMATION

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For further information/resources see our websites at:

www.swostroke.ca

<https://www.sjhc.london.on.ca/>

Community Stroke Rehabilitation Teams Life After Stroke Program video:

https://youtu.be/0n_fEiemOQE

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