

## Primary Care and Stroke Prevention Clinic Update Summary

The Primary Care and Stroke Prevention Clinic Update held March 20<sup>th</sup>, 2018 was well-received with 88 health care providers attending from across the South East. The evaluation was positive indicating that it would be useful to have a follow-up education session and continue the discussion about the challenges and opportunities for managing patients with stroke and TIA. The Update provided an opportunity to learn about new stroke best practices, discuss complex cases with clinical experts and learn about each other's roles in stroke prevention, as well as identify common challenges and opportunities to enhance care. Many great ideas were shared by participants and the following table lists the common challenges, opportunities, and resources:

Top Challenges	Opportunities
<ul style="list-style-type: none"> <li>Patients with multiple medical conditions (managing the <b>complex patient</b>)</li> <li><b>Patient engagement</b> in making lifestyle changes</li> <li><b>Adherence</b> post discharge <ul style="list-style-type: none"> <li>Medication(s) – not filling prescriptions, stop taking medications when run out</li> <li>Diet &amp; physical activity</li> </ul> </li> <li><b>Communication</b> between healthcare providers (e.g., transfer of information-handover)</li> <li>Lack of <b>clarity about roles</b> (who does what)</li> <li><b>Navigation</b>-lack of clarity of where to refer patients in relation to support services after stroke</li> </ul>	<ul style="list-style-type: none"> <li>Continue primary care/Stroke Prevention Clinic education event incorporating complex case studies</li> <li>Encourage patients to participate in self-management workshops (see resource below)</li> <li>Health care providers to participate in self-management programs/motivational interviewing (see resource below)</li> <li>Improve transition of information between providers – investigate accessing discharge summaries in more timely way through safe web-based portal (see below for links to SE LHIN SHIIP, Connecting Ontario Clinical Viewer)</li> <li>Explore more use of OTN-Telemedicine for patients living in rural areas</li> <li>Share information about Shared Work Days/Site visits (see below resource)</li> <li>Increase awareness about community support services (community stroke exercise programs and stroke support groups) and Community Stroke Rehabilitation Program (see resources below)</li> <li>Raise awareness about SouthEastHealthline.ca-Vascular Health Resources Directory &amp; Stroke Resources (see resources below)</li> </ul> <p><b>Other:</b></p> <ul style="list-style-type: none"> <li>Explore education with optometrists and ophthalmologists re: events (e.g., amaurosis fugax)</li> <li>Explore education with primary care receptionists about a phone guide to identify high risk calls re: stroke symptoms</li> </ul>

Click on the links below regarding **Resources** discussed throughout the Update:

### Primary Care/Stroke Prevention Clinic March 2018 Presentations:

- Link to [Presentations](#)

### Education Opportunities:

- [Shared Work Day and Field Training Experience](#)

### Patient Engagement & Adherence:

- [South East Living Well Self-Management Program](#)

### Secure Web-based Portal Options for connecting Providers

- [South East SHIIP](#)
- [Connecting Ontario Clinical Viewer](#)

### Community Supports and Resources:

- [Community Supports and Resources](#)
- [Stroke Community Exercise Programs and Community Stroke Support Groups](#)
- southeastHealthline.ca for [Vascular Health Resources](#)
- southeastHealthline.ca for [Stroke Resources](#)

### Community Stroke Rehabilitation Program:

- Link to information about the [Community Stroke Rehabilitation Program](#)