

# Stroke Prevention & Vascular Health Resources

## Stroke Prevention Clinic (SPC) Info

Stroke Network SEO 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>

HPE Quinte District SPC Contact Info -QHC Belleville General Hospital Site:

<https://www.strokenetworkseo.ca/about/stroke-prevention-clinics#section-quinte-stroke-prevention-clinic-belleville-general-hospital-site>

QHC SPC Referral form:

<http://www.qhc.on.ca/photos/custom/SPC%20Referral%20%20MAY2013%20complete%20electronically.pdf>

Canadian Stroke Best Practices (CSBP) Website-Prevention Section

<https://www.strokebestpractices.ca/recommendations/secondary-prevention-of-stroke>

CSBP Stroke Assessment & Prevention Pocket Guide See Pgs. 23-32 for Triage Guide:

<https://heartstrokeprod.azureedge.net/-/media/1-stroke-best-practices/resources/professional-resources/00217csbpstrokeassesspocketguide75x425env6lr.ashx?rev=993ea2aa44cb4bb2a0cf0e614a986390>

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

Patient Resources:

- **Stroke Prevention Clinic Patient Summary:**

[https://www.strokenetworkseo.ca/sites/strokenetworkseo.ca/files/spc\\_pods\\_document\\_fillable\\_version\\_july\\_10\\_2020.pdf](https://www.strokenetworkseo.ca/sites/strokenetworkseo.ca/files/spc_pods_document_fillable_version_july_10_2020.pdf)

- **TIA Fact Sheet:**

<https://heartstrokeprod.azureedge.net/-/media/pdf-files/canada/health-information-catalogue/en-tia-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 SEO 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 to Community Services

<https://www.southeasthealthline.ca/libraryContent.aspx?id=20754>

### **Atrial Fibrillation:**

Anticoagulation Adherence Guide with Resources:

[https://www.strokenetworkseo.ca/sites/strokenetworkseo.ca/files/anticoagulation\\_adherence\\_barriers\\_and\\_opportunities\\_appendix\\_feb\\_2020\\_final\\_0.pdf](https://www.strokenetworkseo.ca/sites/strokenetworkseo.ca/files/anticoagulation_adherence_barriers_and_opportunities_appendix_feb_2020_final_0.pdf)

Canadian Stroke Best Practice Recommendations for Anticoagulation for Individuals with Stroke & Atrial Fibrillation:

<https://www.strokebestpractices.ca/recommendations/secondary-prevention-of-stroke/anticoagulation-for-individuals-with-stroke-and-atrials-fibrillation>

Canadian Cardiovascular Pharmacists Network Stroke Prevention in Atrial Fibrillation Pocket Guide:

[http://www.ccpn.ca/docs/Atrial\\_Fib\\_March2015\\_PrintLocked.pdf](http://www.ccpn.ca/docs/Atrial_Fib_March2015_PrintLocked.pdf)

Thrombosis Canada Anticoagulation Dosing in Atrial Fibrillation Algorithm:

[http://thrombosiscanada.ca/?page\\_id=502](http://thrombosiscanada.ca/?page_id=502)

### **High Blood Pressure**

Highlights of Hypertension Canada Guidelines 2020-2022:

[https://guidelines.hypertension.ca/wp-content/uploads/2020/08/2020-22-HT-Guidelines-E-WEB\\_v3b.pdf](https://guidelines.hypertension.ca/wp-content/uploads/2020/08/2020-22-HT-Guidelines-E-WEB_v3b.pdf)

Blood Pressure Tracking Card for Patients:

<https://heartstrokeprod.azureedge.net/-/media/pdf-files/canada/other/en-blood-pressure-wallet-card-v3-web.ashx?rev=f2b84c75dd2b4219978e349067054004>

Patient Self-Management which includes how to take a BP:

<https://www.corhealthontario.ca/resources-for-healthcare-planners-&-providers/hmp/section-3-patient-self-management>

Sodium Reduction Poster:

[https://www.strokenetworkseo.ca/sites/strokenetworkseo.ca/files/reducingsalt\\_poster\\_2x3\\_cropsbleed.pdf](https://www.strokenetworkseo.ca/sites/strokenetworkseo.ca/files/reducingsalt_poster_2x3_cropsbleed.pdf)

### **Depression:**

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

[https://www.strokenetworkseo.ca/sites/strokenetworkseo.ca/files/post\\_stroke\\_depression\\_screening\\_management\\_barriers\\_and\\_opportunities\\_appendix\\_2020\\_final\\_0.pdf](https://www.strokenetworkseo.ca/sites/strokenetworkseo.ca/files/post_stroke_depression_screening_management_barriers_and_opportunities_appendix_2020_final_0.pdf)

**Smoking Cessation in HPE:** <http://www.southeasthealthline.ca/displayService.aspx?id=72200>

Smoking Cessation Map for HPE:

[https://www.southeasthealthline.ca/pdfs/hpe\\_public\\_health\\_local\\_quit\\_smoking\\_support\\_guide.pdf](https://www.southeasthealthline.ca/pdfs/hpe_public_health_local_quit_smoking_support_guide.pdf)

### **Physical Activity Map for HPE:**

[https://www.strokenetworkseo.ca/sites/strokenetworkseo.ca/files/physical\\_activity\\_map\\_for\\_hpe\\_final\\_october\\_2\\_2018\\_0.pdf](https://www.strokenetworkseo.ca/sites/strokenetworkseo.ca/files/physical_activity_map_for_hpe_final_october_2_2018_0.pdf)