

## Primary Care and Stroke Prevention Clinic Update Summary

The Primary Care and Stroke Prevention Clinic Updates held March 2018 and February 2020 were well-received with 143 health care providers attending from across the South East. The Updates provided an opportunity to learn about new stroke best practices, discuss complex cases with clinical experts including with Indigenous leaders and further 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 lists a few common challenges, opportunities, and resources:

Top Challenges	Opportunities (See Below Links to Resources)
<ul style="list-style-type: none"> <li>Managing <b>complex cases</b> with multiple medical conditions</li> <li>Unfamiliar with <b>Indigenous health</b> approaches and resources</li> <li><b>Medication adherence</b> post discharge-focus on <b>anticoagulation</b></li> <li><b>Post Stroke Depression</b> Management</li> <li><b>Patient engagement</b> in making lifestyle changes</li> <li><b>Communication between healthcare providers</b> (e.g., transfer of information)-improved in 2020</li> <li>Lack of <b>clarity about roles</b> (who does what)-improvement noted in 2020</li> <li><b>Navigation</b>-lack of clarity of where to refer patients in relation to support services after stroke</li> <li>Uncertain about guidance re <b>driving post stroke</b></li> </ul>	<ul style="list-style-type: none"> <li>Continue to attend <b>joint Primary Care/Stroke Prevention Clinic events incorporating complex case studies</b></li> <li>Take an Indigenous Cultural Safety Course and learn about <b>Indigenous health</b> supports &amp; resources</li> <li>Review learnings from <b>Anticoagulation Session</b>, Click <a href="#">Here</a></li> <li>Review learnings from <b>Depression Session</b>, Click <a href="#">Here</a></li> <li><b>Participate in self-management education programs/motivational interviewing</b></li> <li>Encourage patients to participate in self-management workshops</li> <li>Improve transition of information between providers (see below for <b>link to Connecting Ontario Clinical Viewer</b>)</li> <li>Explore more use of <b>Telemedicine</b></li> <li>Review <b>Primary Care Infographic re Stroke Prevention; Shared Work Days/Site visits</b></li> <li>Increase awareness about <b>community support services</b> (community stroke exercise programs and stroke support groups) and Community Stroke Rehabilitation Program</li> <li>Raise awareness about <b>SouthEasthealthline.ca-Vascular Health</b> Resources Directory &amp; Stroke Resources</li> <li><b>Review presentations delivered</b> at these Events (including <b>driving after stroke-2020</b>)</li> </ul>

Click on the links below regarding [Resources](#) as per Opportunities above & as discussed throughout the Updates:

### Primary Care/Stroke Prevention Clinic March 2018 & February 2020 Presentations:

- Link to [2018 Presentations](#)
- Link to [2020 Presentations](#) including **Driving after Stroke** (2020)

**Stroke Prevention for Primary Care Infographic:** Click [here](#)

### Education Opportunities

- [Shared Work Day and Field Training Experience](#)
- [Indigenous Health Cultural Competency Courses & Stroke Related Resources](#)

### Patient Engagement & Adherence:

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

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

- [Connecting Ontario Clinical Viewer](#)

### Community Supports and Resources:

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

### Community Stroke Rehabilitation Program:

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

### Stroke Network of Southeastern Ontario: [Prevention & Vascular Health](#)

### Canadian Stroke Best Practice Recommendations:

- [Prevention Module](#)
- [Mood, Cognition, and Fatigue Module](#)
- [Transitions & Community Participation: Driving post Stroke](#)