

# Virtual Care Resources – Stroke Rehabilitation and Community

Collected by Ontario Regional Stroke Networks' Rehabilitation Coordinator Group

- The resources on this page have been collected for use by Regional Stroke Networks for health care professionals to provide virtual care services due to COVID-19 isolation or social distancing.
- The linked information, materials and other content on this web page is not intended to replace a health professional's own professional judgement and decision-making.
- This page contains links to information and materials and other content that might assist health professionals work and consult remotely with people with stroke, and with people with stroke who may have been discharged prior to completing their full rehabilitation programs.
- Please note these are suggestions ONLY and have not been reviewed or endorsed and some may include a cost

## Rehabilitation

In addition to reviewing Ontario Colleges for Regulated Health Professionals - these resources may be of interest or support in planning or delivering virtual rehab.

### Stroke Foundation - Australia

<https://informme.org.au/News/2020/03/26/COVID-19-Telehealth-resources>

### Canadian Physiotherapy Association – Tele-Rehabilitation Resources

<https://physiotherapy.ca/tele-rehabilitation>

[Expert Contribution: Tele-Rehabilitation in Times of COVID-19 by Jennifer O'Neil, PT, PhD \(Candidate\) \(March 16\)](#) Questions to ask prior to implementing tele-rehabilitation services

### A Pragmatic Overview of the Research and Implementation of Tele-Rehabilitation with Neurological Populations (Archived Webinar - April 1, 2020)

<https://physiotherapy.ca/pragmatic-overview-research-and-implementation-tele-rehabilitation-neurological-populations-april-1>

### Tele-Rehabilitation Resource Guide – Physiotherapy Alberta: College & Association

[https://www.physiotherapyalberta.ca/physiotherapists/resources\\_to\\_help\\_you\\_meet\\_practice\\_standards/telerehabilitation\\_guide](https://www.physiotherapyalberta.ca/physiotherapists/resources_to_help_you_meet_practice_standards/telerehabilitation_guide)

### Canadian Alliance of Physiotherapy Regulators – Tele-Rehabilitation - Guidelines for Physiotherapists

(September 2017) <https://www.alliancept.org/publications/>

### Engaging Telepractice in your Occupational Therapy Practice: Considerations for attention during the COVID-19 pandemic (2020)

[http://www.osot.on.ca/docs/practice\\_resources/OSOT\\_Telepractice\\_Resource\\_April\\_2020.pdf](http://www.osot.on.ca/docs/practice_resources/OSOT_Telepractice_Resource_April_2020.pdf)

### Speech Language Audiology Canada – COVID update Telepractice

<https://www.sac-oac.ca/news-events/news/new-covid-19-update-telepractice>

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## Patient/Caregiver Information on Virtual Care

Tele-rehabilitation – Patient Information (September 2017)

- <https://www.alliancept.org/publications/>

Attending your appointment using telehealth

- [https://www.aci.health.nsw.gov.au/\\_data/assets/pdf\\_file/0004/573268/ACI\\_Having-a-telehealth-appointment-patient-fact-sheet-393.pdf](https://www.aci.health.nsw.gov.au/_data/assets/pdf_file/0004/573268/ACI_Having-a-telehealth-appointment-patient-fact-sheet-393.pdf)

Preparing for a virtual appointment

- [https://www.aci.health.nsw.gov.au/\\_data/assets/pdf\\_file/0003/573267/ACI\\_Attending-an-appointment-using-telehealth-patients-0224a.pdf](https://www.aci.health.nsw.gov.au/_data/assets/pdf_file/0003/573267/ACI_Attending-an-appointment-using-telehealth-patients-0224a.pdf)

**Videos and Apps** - the following resources may be useful to therapists working with patients in their home for education, exercise programs etc.

**Handwashing** - A Heart & Stroke video on handwashing for someone with an affected upper

limb: <https://youtu.be/EOjOL03eDPs>

**GRASP Program** - upper extremity exercises with therapist instructor manuals, participant workbook, videos, log sheet for exercises that can be done at home

<https://neurorehab.med.ubc.ca/grasp/>

## **FAME (Fitness And Mobility Exercise) program**

University of British Columbia's [fameexercise.com](http://fameexercise.com) program for stroke recovery has posted a handout and instructions on how to do stroke recovery exercises at home. Videos are posted on the site.

## **TIME™ Exercise Wellness Videos for People with Mobility Challenges**

The TIME Program has compiled a comprehensive list of free online videos and resources to help people with mobility challenges stay active during COVID-19 isolation.

<https://www.uhn.ca/TorontoRehab/Clinics/TIME/Documents/TIME-Exercise-Wellness-Videos-for-People-with-Mobility-Challenges.pdf>

### **Example videos**

It's Your Choice: Information about the video <https://www.youtube.com/watch?v=kpTHDR5k-cY>

It's Your Choice: Seated Warm-up <https://www.youtube.com/watch?v=XPmUqiTBEpU>

It's Your Choice: Strength, Balance and Aerobic Exercise <https://www.youtube.com/watch?v=Qh94WI9Ecoc>

## **SRABC Exercise & Mobility**

<https://strokerecoverybc.ca/7-steps-video/exercise-mobility-video/>

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**YMCA** - YMCAs across Canada have launched free online programming and workouts through a new digital platform. The activities are designed for a variety of ages and levels of ability. <https://www.ymcahome.ca>

<https://www.ymcahome.ca/ythrive> - Gold program: Low impact workouts for people with reduced mobility.

**Walk-BEST** - Walk BETTER, FASTER, LONGER, STRONGER workbook could be helpful for those who may not have an optimal gait pattern to support longer walks. FREE download of workbook on PhysioBiometrics website <https://physiobiometrics.com/>

**ViaTherapy app** - designed as a decision tree for prescribing evidence-based arm exercises for people after stroke <http://www.viatherapy.org/>

**Stroke Class - 20-minute exercise video by a physiotherapist**

<https://www.strokeclass.com/>

**Local Resources** – related resources that have been developed by local programs to support teams, shared for interest and adaptation by other therapists/teams

**Tele-Rehab: Practical Tips for Using Telemedicine to Conduct Remote Rehabilitation Consultations (NW)**

<http://tbrhsc.net/wp-content/uploads/2020/04/Practical-Tips-for-Using-Telemedicine-to-Conduct-Remote-Rehabilitation-Consultations-NW.pdf>

**Facilitating Small Groups Using Telehealth: Feedback from Participants (NW)** - tips in article for running self-management education and exercise <https://www.rrh.org.au/journal/article/1947>

## Research Articles

Laver KE, Adey-Wakeling Z, Crotty M, Lannin NA, George S, Sherrington C (2020). [Telerehabilitation services for stroke](#). Cochrane Database Syst Rev. 2020 Jan 31;1:CD010255. doi: 10.1002/14651858.CD010255.pub3.

Chen J, Jin W, Zhang XX, Xu W, Liu XN, Ren CC (2015). [Telerehabilitation approaches for stroke patients: systematic review and meta-analysis of randomized controlled trials](#). *J Stroke Cerebrovasc Dis*. 2015 Dec;24(12):2660-8. doi: 10.1016/j.jstrokecerebrovasdis.2015.09.014. Epub 2015 Oct 23.

Clark RA, Conway A, Poulsen V, Keech W, Tirimacco R, Tideman P (2015). [Alternative models of cardiac rehabilitation: a systematic review](#). *Eur J Prev Cardiol*. 2015 Jan;22(1):35-74. doi: 10.1177/2047487313501093. Epub 2013 Aug 13.

Implementing Telerehabilitation After Stroke: Lessons Learned from Canadian Trials

<https://www.liebertpub.com/doi/abs/10.1089/tmj.2019.0097>