

Connected

Summer 2018

A circulation of Cardiovascular Health & Stroke SCN News



June is Stroke Awareness Month

Every nine minutes, a Canadian suffers a stroke. Knowing the signs and acting quickly could mean the difference between life and death.

Great strides have been made in the treatment and prevention of cardiovascular disease, yet heart disease and stroke remain the leading causes of death and hospitalization in Canada.

An estimated 1.6 million Canadians are living with heart disease or the effects of a stroke, according to The Heart and Stroke Foundation of Canada. But with awareness comes hope. Death rates have fallen by more than 75 per cent in Canada, largely due to advancements in surgical research, medications and prevention.

What is a stroke? It's a sudden loss of brain function caused by the interruption of blood flow to

the brain (ischemic stroke) or the rupture of blood vessels in the brain (hemorrhagic stroke). Both cause brain cells (neurons) in the affected area to die.

Learn about strategies to decrease the risk of cardiovascular disease and find out what services are available locally to promote healthy living and cardiovascular risk-factor awareness. Find out the signs of a stroke and what to do if you think you or someone else is having a stroke.

 [Learn the signs of Stroke](#)

Mission Statement

“Supporting the health of Albertans through prevention, collaborative partnerships, research and innovation in cardiovascular health and stroke”

Vision

“Healthy hearts and brains for all Albertans”



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Cardiovascular Health & Stroke Strategic Clinical Network™

Heart & Stroke 2018 Stroke Report

The 2018 Stroke Report “Lives disrupted: The impact of stroke on women” highlights how women are disproportionately affected by stroke throughout their lives and confronted with challenges across the health system.

Highlights from the report:

- Stroke disproportionately affects women. More women die of stroke, women have worse outcomes after stroke, more women are living with the effects of stroke and they face more challenges as they recover.
- Stroke affects women differently from men and they are at higher risk at key stages: during pregnancy, after menopause, and when they are elderly, and some women are at greater risk than others.
- Stroke also disrupts women’s lives. It affects their roles at home, at work, and in the community. It strains their relationships and threatens their independence.



[▶ Read the full Heart & Stroke Report Here](#)

Heart & Stroke welcomes broad overhaul of Tobacco Act

Packaging Restrictions and e-cigarette regulations among important changes to protect health

The Heart & Stroke Foundation applauds the federal government for passing innovative and ambitious changes to the Tobacco Act through Bill S-5, implementing plain and standardized packaging, regulating vaping products, and including health warnings on cigarettes themselves.

“The federal government has shown true leadership in tobacco control through this bold and substantial legislation,” says Yves Savoie, CEO, Heart & Stroke. “Smoking rates have declined significantly but 45,000 people in Canada still die every year from tobacco use. Mandating plain and standardized packaging, regulating vaping products and increasing exposure to health warnings are significant steps, especially to protect our youth.”

[▶ View the release here](#)

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Making Headlines

Welcome Dr. Braden Manns, Associate Chief Medical Officer

Please join us in congratulating Dr. Braden Manns on his new role of Associate Chief Medical Officer (ACMO), Strategic Clinical Networks (SCNs).

Dr. Manns succeeds Dr. Blair O'Neill who served as the ACMO for the past 3 years.

Dr. Manns will work in close partnership with Tracy Wasylak, Chief Program Officer for the SCNs; together they will be responsible and accountable for leading the SCNs and providing vision, leadership and inspiration required to advance quality, health outcomes and innovation within Alberta Health Services and across the health system.



Congratulations to Tracy Wasylak, Chief Program Officer

On June 19th, 2018, Tracy Wasylak headed to Ottawa to receive the Order of Merit Award for Nursing Policy from the Canadian Nurses Association (CNA) in recognition for her role as Chief Program Officer for the Strategic Clinical Networks (SCNs).

“To receive an award that recognizes the impact of work being done in Alberta is very exciting and rewarding,” Says Tracy. “I work with some amazing people, so to be singled out is a true honor.”

Congratulations, Tracy!



We're off to the Worlds!

11th WORLD STROKE CONGRESS

MONTREAL, CANADA – October 17-20, 2018

We were accepted to present at the World Stroke Congress on the following topics

- **Improving access to Endovascular Therapy by drip and ship: The relationship distance, transfer speed and Door-in-Door-out time** – QuICR (Quality Improvement & Clinical Research – Alberta Stroke Program)
- **The solution to Alberta's rural challenge** – A strategy to improve access to endovascular care – ERA (Endovascular Reperfusion Alberta)
- **Adaptive system change – The process of education** – ERA
- **Minimizing the space between us: Alberta's Skype-for-business; an effective Tele-rehabilitation platform for rural stroke survivors** – Melissa Sztym

Learning Opportunities

Acute Stroke Care e-Learning Program Free Online Modules

The Need for Speed: Course Overview

Acute Stroke Care e-Learning is an online portal provided by the Quality Improvement & Clinical Research (QuICR) Alberta Stroke Program and the University of Calgary CME&PD. In this online portal, there are multiple, self-paced e-learning modules designed for various professionals of the health team involved in acute stroke care in Alberta. You will also find most up-to-date tools and resources for your clinical practice of acute stroke care.



Podcast & video: 7 Jars of Hot Pickled Peppers

In honor of Stroke Awareness month, we wanted to share with you an exciting new [podcast](#).

“[7 jars of Hot Pickled Peppers](#)” by young stroke survivor Christine Holubec-Jackson can also be watched on YouTube.



Stroke Care e-LEARNING Modules

Online courses are available through AHS on MyLearningLink

Courses include:

- Acute Ischemic Stroke Treatment with Thrombolysis
- EMS Stroke Education
- Fostering Community Participation After Stroke
- Functional Impairments of Stroke
- High Blood Pressure Get the Low Down
- High Risk TIA Identification and Management
- Practical Considerations for Cognitive Disorders Post-Stroke
- Practical Considerations Visual-Perceptual Disorders
- Preventing Complications of Stroke
- Stroke 101 The Basics
- Stroke Effects on the Individual, Family and Society
- Stroke Transitions for Healthcare Providers
- The Shoulder Positioning and Handling Considerations Post-Stroke

Stroke Competency Framework for Health Care Providers

This inter-professional tool outlines the knowledge and skills you need to provide effective care for stroke patients and their families. It also provides orientation guides for educators in three areas of service. It provides detailed competency checklists for: Registered Nurses, Licensed Practical Nurses, Nursing Assistants, Occupational Therapists, Physical Therapists, Speech Language Pathologists, and Therapy Assistants as well as a guide for Stroke/TIA Educators.

[Learn more.](#)

New Faces



Mina Sisodiya – Senior Consultant

Welcome Mina!

We are very pleased to introduce you to Mina! Mina is an experienced health care leader with 28 years of experience in the Primary Healthcare and Population Health field. In her past position as Director, Primary Care Services, South Calgary Primary Care Network, she established the strategic framework and vision for primary care service delivery in South Calgary. In the 11 years that Mina was in this role, she contributed to the development of diverse service delivery models and management of large scale projects, facilitation of change and quality improvement initiatives in the clinical setting and establishment of a work culture based on mutual respect and collaborative relationships.

Prior to her work in Primary Healthcare, Mina worked with the former Calgary Health Region holding several positions such as Nurse Consultant, Sexual and Reproductive Health Specialist as well as a Community Health nurse. We are excited she has come back to AHS and look forward to working with her on many quality initiatives within Respiratory Health and Cardiovascular Health and Stroke SCNs.

Welcome Noreen!

What a happy time for us to introduce you to Noreen Kamal and welcome her to the position of Lead, Special Projects Provincial Stroke. Noreen has been seconded into this position for the next 6 months to support the provincial Endovascular Therapy (EVT) Steering Committee, the provincial Acute Stroke Expert Working Group supporting key work underway in Acute Stroke including ERA (Endovascular Reperfusion Alberta) project.

Noreen joins the SCN Family from her role as the Program Manager, QuICR - Quality Improvement & Clinical Research, Alberta Stroke Program and Adjunct Assistant Professor at the Department of Clinical Neurosciences, Cumming School of Medicine, University of Calgary and Department of Electrical and Computer Engineering, Schulich School of Engineering, University of Calgary. Noreen holds a Ph.D. in Electrical and Computer Engineering from the University of British Columbia.



Noreen Kamal – Lead, Special Projects-Provincial Stroke

