

The Stroke Program, Edmonton Zone (SPEZ) quarterly newsletter provides current information and updates to healthcare providers working within stroke care.

Life After Stroke: A multi-faceted challenge for survivors and caregivers

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Stroke is well known as a leading cause of death worldwide and affects about 50,000 Canadians every year. It is perhaps not as well appreciated as a cause of long-term neurological disability in those who survive the initial stroke insult. In fact, about 1% of Canadians overall are disabled as a result of stroke (about 350,000 people) and this increases to about 4.5% of those over the age of 65.

Most medical care in stroke is focused on acute diagnosis and treatment, particularly now that we have new treatments for acute stroke such as thrombolysis, mechanical clot extraction, and other surgical and medical interventions that improve survival and rescue more brain tissue from the effects of the stroke. Long-lasting brain injury remains very possible however, and it is this brain injury that is responsible for the enduring problems and impaired quality of life after stroke. Many of these problems, however, are treatable – with an attendant improvement in function and quality of life.

These enduring problems encompass almost all facets of human behavior and can include such things as memory loss, persisting pain, physical and mobility impairments, spasticity and contracture, neurogenic fatigue, difficulties with self-care, communication and other cognitive impairment, and other problems such as depression and emotional distress. There is also a significant impact on the caregiver and family with caregiver burnout and family distress. In fact, studies have found that about 50% of stroke survivors report unmet needs after stroke and an adverse impact on quality of life for at least 5 years after stroke.

In an effort to improve long-term follow-up and quality of life for stroke survivors and to increase awareness of treatable long-term stroke consequences, an easy to use “post-stroke checklist” has recently been developed (Philip, et al, 2013). This post-stroke checklist is intended to be used by primary care providers at 6 months, 12 months, and yearly intervals after stroke.

The checklist focuses attention on the multi-faceted consequences of stroke and provides suggestions for treatment or appropriate referral. The checklist suggestions can be modified to meet the needs of a particular community. In the Edmonton Zone, for example, referrals may be appropriate to the CRIS program, the Glenrose SROP program, Adult Spasticity clinic, or Stroke Assessment Clinic, individual neurology or rehabilitation specialists, mental health professionals, or other community agencies. Use of the checklist by families or survivors themselves may also allow increased awareness of difficulties and help point the way to lessening impairment and disability. The checklist is freely available as “post stroke checklist” at www.strokebestpractices.ca or in the original article: Philip I, et al. Development of a Post-stroke Checklist to Standardize Follow-up Care for Stroke Survivors. Journal of Stroke and Cerebrovascular Diseases, (online and accepted for publication in 2013).

Post Stroke Checklist (PSC) Added to Stroke Best Practice Guidelines

Canadian Best Practice Recommendations for Stroke Care has endorsed the PSC for use by healthcare professionals to identify post-stroke problems amenable to treatment and/or referral. “The PSC is a simple, easy-to-use checklist consisting of 11 key questions ... focused on: 1) Secondary stroke prevention; 2) Activities of daily living; 3) Mobility; 4) Spasticity; 5) Pain; 6) Incontinence; 7) Communication; 8) Mood; 9) Cognition; 10) Life after stroke; and 11) Relationship with family. The questions included in the checklist support productive clinician-patient dialogue ... and (should) be administered during regular stroke follow-up at ... **3-months, 6-months, 12-months post stroke and annually thereafter.**” Canadian Best Practice Recommendations for Stroke Care, 29-JAN-2013, <http://www.strokebestpractices.ca/>

Continuing Education

13th Annual Cardiology Update: Postponed to June 8, 2013, <http://www.cardioupdate.ca/>

**Glenrose Hospital Education Day
June 14, 2013 @ 9:00 - 12:30
Dr. Bill Black Auditorium, Glenrose Rehabilitation Hospital.** Contact Brain Care Centre at 780-477-7575 or <http://www.edmontonbiam.com/Contact.html>

Geriatric Medicine 2013: Successful Healthy Aging: June 15th, Lister Conference Centre
<http://www.albertahealthservices.ca/ev/ne-ev-2013-06-15-geriatric-medicine-conference.pdf>

Functional Electrical Stimulation (FES): For the Upper Extremity: June 19 & 20th in Ponoka
Contact: kathy.olsen@albertahealthservices.ca

Assessing and Treating the Weaker Upper Extremity Post-Stroke: July 20 & 21st - Vancouver
Contact Dianna at (604) 263-8730 or dmjot@shaw.ca

2013 Canadian Stroke Congress in conjunction with Vascular 2013: October 17-20th in Montreal
<http://www.vascular2013.ca/>

University of Alberta Interprofessional online graduate level Certification Courses:

Pain Management:

<http://www.rehabilitation.ualberta.ca/ContinuingProfessionalEducation/CertificateinPainManagement.aspx>

Certificate in Stroke Rehabilitation:

<http://www.rehabilitation.ualberta.ca/en/ContinuingProfessionalEducation/CertificateinStrokeRehabilitation.aspx>

Free Webcast: iPad use in Speech-Language Pathology

<http://www.rehabilitation.ualberta.ca/ContinuingProfessionalEducation/SLP%20Webcasts.aspx>

Free (pre-recorded) Webinar for PT's: 'Are you delivering a quality service? Prove it!' Lessons learned from a musculoskeletal review <https://events-na4.adobeconnect.com/content/connect/c1/827380087/en/events/catalog.html>

June is Stroke Month

June is National Stroke Month!

The Stroke Program, Edmonton Zone offers free stroke prevention information sessions for the public and/or AHS staff. Please consider booking a session for your staff and/or colleagues and spread the word to your family and friends for their workplaces or community groups.

Are you interested in having a display for Stroke Month at your workplace, or do you know of another company that may be interested? We can assist - please contact our office (information below).

Do you know that **80% of strokes are preventable?** So, the more people we can educate the better! Please help us spread the word.

To book a free information session or to receive information on a stroke display for your workplace, please contact our office at 780-407-3041, or StrokeProgramEdmontonZone@albertahealthservices.ca

Edmonton Rehabilitation Rounds

2nd Wednesday of every month from 1200-1300 in the Dvorkin Lounge (UAH) or via Telehealth.

Our final session before summer intermission is on **Wednesday, June 12th, 2013**. Dr. Chris Striemer, a PhD Neuropsychologist from Grant MacEwan University, will present a new and very interesting treatment for unilateral neglect.

To register for June's session please go to: <https://vcscheduler.ca/schedule20/register/register.aspx?id=471043-1043>

Registration deadline is June 11th at 1200 MST. Please remind staff to sign up on the Telehealth Scheduler to ensure handouts can be distributed prior to the session.

Rehabilitation Rounds will resume in September, 2013.

We are currently working on next year's schedule. If you would like to present a case with your team, please contact:

Gail Elton-Smith at 780-407-8729, or Gail.EltonSmith@albertahealthservices.ca