

Grey Bruce Stroke District 2010-2011 Summary of Accomplishments



March 1, 2011 marked the implementation of the Acute Stroke Unit at the Owen Sound site of Grey Bruce Health Services. Our model ensures:

- Stroke patients are clustered on the medical and cardiac monitored units;
- The Team travels to the stroke patient within 48 hours of admission to complete interdisciplinary bedside rounds;
- Continuity of care and recommendations for acute care requirements that are consistent with the integration of rehabilitative care and best practices;
- Assistance with early interventions such as mobilization, swallowing assessment, neurological assessment and the prevention of complications;
- Ongoing knowledge transfer to frontline staff, patient and family with consistent presence of stroke team expertise;
- Timely transfers of appropriate stroke patients to the Rehabilitation Unit or the Community Stroke Rehabilitation Team.

In preparation for this model, Grey Bruce hosted a Best Practice Workshop in March attended by 60 health care providers from across the region. Many of these providers have become stroke champions in their workplaces.

Our Community Stroke Rehabilitation Team (CSRT) is happy to share that one year evaluation of this service:

- CSRT clients made statistically significant gains on the FIM (Functional Independence Measure) between admission to discharge. Gains were maintained at the three month follow up.
- Significant gains were reflected on the physical and psychosocial domains of the stroke impact scale.
- Clients displayed fewer depressive symptoms and require less caregiver assistance at discharge compared to when they were first admitted to CSRT care.
- 93% of clients surveyed reported that the help they received from the team contributed to their ability to stay at home.

Other Highlights:

- Living with Stroke sessions
- Aphasia training for CSRT members
- Communities of Practice group meetings 3 – 4 times 3-4 times per year. It is effective at bringing together interdisciplinary health care providers to discuss stroke best practices.
- GB Falls Prevention and Intervention group assisting in the dissemination of the Community Based Exercise Guidelines for People with Stroke