

Overview

Sarnia-Lambton Activities 2009/10



Health promotion and primary prevention continued to be key priorities of the Sarnia-Lambton District Stroke Centre Strategic Plan and were the focus of the 2009 Stroke Awareness Event. Members of the Lambton Stroke Advisory Committee hosted the event at the Sarnia YMCA in June. Healthy lifestyles were highlighted with an emphasis on diet and physical activity.

Aamjiwnaang First Nation Personal Support Workers (PSWs) received stroke education over the year. Tailored sessions focused on understanding stroke and its effects. Prevention and lifestyle were discussed as they related to the supportive role of the PSW.

Bluewater Health moved forward with the Canadian Best Practice recommendation to extend the treatment window for tissue plasminogen activator (tPA) from 3 hours to 4.5 hours. Revisions to hospital stroke orders and protocols were made and the process was finalized this spring.

The District Stroke Centre and an Acute Stroke Interdisciplinary team continued planning for an Acute Stroke Unit that will open when the Medicine Program moves to the new hospital building in the summer of 2010. The team created a vision for the new unit and made changes to care practices to facilitate the transition.

Stroke Centres in the Erie St. Clair LHIN worked collaboratively as they planned for participation in the Canadian Stroke Strategy Performance Improvement Project #340. Centres shared information related to the data collection sheet and processes. Bluewater Health acute stroke data collection commenced April 1, 2010.

Bluewater Health continued using the *Inpatient Stroke Rehabilitation Candidacy Screening Tool* with new stroke admissions to hospital. The hospital participated in Phase 2 of the Research Project, *Determining the Need for Rehabilitation Services Post Stroke*. Data collection was completed February 2010.

The District Stroke Centre, an active participant of the Erie St. Clair Rehabilitation Network, participated in various proposal submissions to the Erie St. Clair LHIN.

In September, Michelle Chernets, Executive Director of New Beginnings, and Linda Dykes, District Stroke Coordinator, submitted a Lambton County rehabilitation proposal for a transitional stroke rehabilitation program to assist stroke patients participating in hospital rehabilitation programs with their transition to community social service programming. Informally, the Sarnia Stroke Recovery Association and the District Stroke Centre worked together over this past year to initiate this process.