

SWOSN District Stroke Centre Updates

The Southwestern Ontario Stroke Network is divided into 7 stroke districts as follows:

- **Erie St Clair LHIN**

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- Windsor – Essex Stroke District
- Sarnia – Lambton Stroke District
- Chatham – Kent Stroke District

- **South West LHIN**

South West LHIN

- Grey – Bruce Stroke District
- Huron – Perth Stroke District
- London – Middlesex – Oxford Stroke District
- Elgin – Oxford – Norfolk Stroke District

Each newsletter release will highlight updates from selected Stroke Districts.



South West LHIN District Stroke Centre Spotlight - Huron Perth Healthcare Alliance

Huron Perth Healthcare Alliance has been quite busy the last few months. Outlined below are a few of their most recent initiatives, projects and goals.

- **Early Supported Discharge:** Early Supported Discharge (ESD) is a time-limited rehabilitative care, designed to accelerate the transition from hospital to home. This is done through the provision of rehabilitation therapies in the community by a well-resourced, specialized inter-professional team at the same level of intensity as the inpatient setting. ESD has been endorsed as best practice by the Canadian Best Practice Recommendations for Stroke Care and Health Quality Ontario's "Quality Based Procedures: Clinical Handbook for Stroke". The academic literature has demonstrated these programs reduce adverse events, improve patients' activities of daily living and satisfaction scores, in addition to reducing hospital length of stay and costs. In June 2018, the South West LHIN funded a 9-month pilot of Early Supported Discharge at Huron Perth Healthcare Alliance (HPHA) that created and evaluated an ESD model that could be spread throughout the South West LHIN. Their evaluation demonstrated significant reductions to inpatient rehabilitation length of stay, hospital cost avoidance, achievement of best practices, equivalent patient outcomes, and positive patient and caregiver experience results. We are hoping that Bundled Funding for Stroke will be an opportunity to invest in ESD programs throughout the region. There will be a poster about our ESD Pilot program at the Canadian Stroke Congress in Ottawa this October!
- **Peer Support Program:** In June we celebrated 1 year of peer support for our integrated stroke unit, where volunteers visit stroke patients weekly. This group was initiated through Stroke Recovery Canada, a program of March of Dimes Canada in collaboration with our volunteers,





who were involved in the evolution of the program and processes (reviewing processes and making recommendations/suggestions for changes). The intention is to provide peer support to help patients gain a better understanding of the impact of their stroke, feel less isolated, relate to their peers, and help others. There will be a poster about our program at the Canadian Stroke Congress in Ottawa this October entitled *Partnership Enables Stroke Unit Patients to Give Back to Peers*

- **Celebrating 10 Years of the Community Stroke Rehabilitation Teams:** HPHA's Community



Stroke Rehabilitation Team (CSRT) celebrates their 10 year anniversary this month! Following a pilot project and with funding from the South West Local Health Integration Network, this community model of integrated and individualized care for stroke patients in the Huron Perth District began in March of 2009. The LHIN is fortunate to have three of these teams

including: Huron Perth, Thames Valley and Grey Bruce. Since 2009 our Huron Perth team has served over 1,300 stroke patients with community stroke rehabilitation! Disciplines within the team include, Registered Nurse, Physiotherapist, Occupational Therapist, Speech Language Pathologist, Social Worker, Therapeutic Recreation Specialist and Rehabilitation Therapists.



Back Row L to R: Grace Benedict, Patricia Vickers, Sarah Kamachi, Hallee McCann, Megan Querin, Claire Hutchinson
Front row L to R: Julie Huls, Chelsea Coghlin-Fewster, Erin Bickell

Absent: Holly Graham, Jenny Jantzi, Emily Koopman, Gwenyth Stevenson & Crystal Stewart