Time for Change:

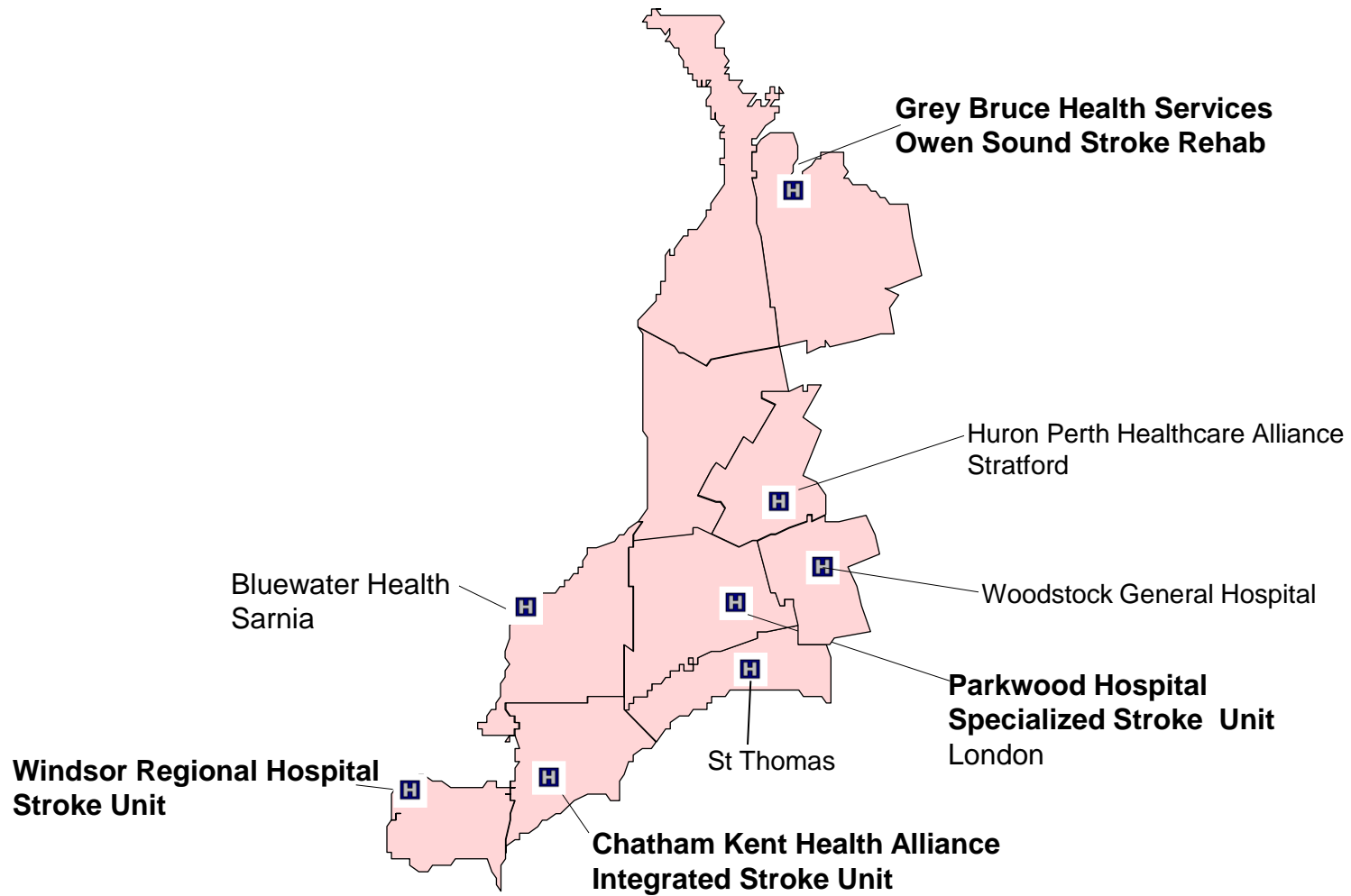## Making Knowledge Translation Come Alive in Stroke Rehabilitation

Deborah Willems, Sheila Cook
February 25, 2013

www.swostroke.ca

Stroke Network
Southwestern Ontario

Serving Erie St. Clair and South West LHINs

Canadian Best Practice Recommendations for Stroke Care

1. All patients with stroke should begin rehabilitation therapy within **an active and complex stimulating environment** as early as possible once medical stability is reached.

2. Stroke patients should receive, through an individualized treatment plan, a minimum of **three hours of direct task-specific therapy** by the interprofessional stroke team for a minimum of five days per week.

3. The team should promote the **practice of skills** gained in therapy into the patient's daily routine in a consistent manner.

Southwestern Ontario Inpatient Rehabilitation

**Grey Bruce Health Services
Owen Sound Stroke Rehab**

Huron Perth Healthcare Alliance
Stratford

Bluewater Health
Sarnia

Woodstock General Hospital

**Parkwood Hospital
Specialized Stroke Unit**
London

St Thomas

**Windsor Regional Hospital
Stroke Unit**

**Chatham Kent Health Alliance
Integrated Stroke Unit**

Knowledge Exchange Change Management Approach

- Experts provide vision:

  - *What's the evidence? What are best practices? What's the desired future state?*

- Identify current state:

  - *How does our team measure up?*

- Continuous improvement:

  - *What's one small thing we can do?*

- Focus on passions/strengths:

  - *Why do we do what we do? What are we good at and how can we get even better?*

Knowledge Exchange Change Management Approach

- Patient Perspective
  - *What can we learn from them? How can we use their experiences to drive change?*

- Share Practical Ideas/Successes Amongst Peers
  - *What can we learn from each other? What new ideas can we generate?*

- Action Planning in Teams
  - *What will we commit to?*

- Provide Tools

- Follow-up

Video: Time is Function

http://swostroke.ca/videos

Southwestern Ontario Stroke Rehabilitation Forum
Time is Function: Making It Real
April 26, 2012

TIME	ACTIVITY
0930 - 1000	Registration, Breakfast & Networking
1000 - 1020	Welcome Stroke Rehabilitation Best Practices – what does success look like?
1020 - 1100	Rehabilitation Best Practices Dr. Robert Teasell MD FRCPC
1100 - 1130	What small improvements could we make to move towards implementing best practices?
1130 - 1200	The Impact of Moving to Stroke Rehabilitation Best Practices in Ontario Matthew Meyer, OSN Project Lead
1200 - 1230	How can we use this data to influence practice change?
1230 - 1315	Lunch
1315 - 1430	Share practical ideas, tools and processes to implement rehabilitation best practices
1430 – 1515	Support available to your team Develop a next steps action plan for your team
1515 – 1530	Wrap-up & Evaluation

WHO?

Directors, Rehab Program Managers, Front Line Clinicians and Teams

WHAT?

The focus of this Stroke Rehabilitation Forum is on sharing strategies for increasing therapy time and extending hours of activation. The evidence is clear that rehabilitation makes a difference to the recovery of stroke patients. What are the possibilities for enhancing rehabilitation with our resource pool?

Deb Willems, Regional Rehabilitation Coordinator

Practical Ideas/Success Stories

- Group classes
- Extend therapy hours
- Family involvement
- Scheduling
- Communication tools
- Practice time
- GRASP - UE homework
- Wii
- Nustep – cardio machine
- Functional Electrical Stimulation
- Mental Imagery

Results: Evaluations

Statement	Agree/Strongly Agree
My understanding of the stroke rehabilitation evidence and rehabilitation best practices improved	89%
I learned about practical strategies to improve stroke rehabilitation care	96%
I am confident that our team will make progress on our action plan in the next 4-6 months	83%
Most positive aspect of workshop	Being able to create an action plan with my team

Results: Action Plans

Rehab Program	Actions Planned	Implemented at 6 Months
A	6	2
B	10	10
C	5	1
D	7	4
E	2	2
F	6	3
G	7	5
H	5	3
Total	48	30

Key Messages

- Change Management approach to Knowledge Translation works!

- Knowledge Exchange opportunities that give teams focused time to learn from colleagues and plan together is golden.

- This approach was a catalyst for getting teams unstuck and giving them tools and strategies to influence change in their organizations.

- Using a video allowed participants to 'hear the stories' directly from patients and colleagues.