

Time is Function: Making It Real

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Knowledge Exchange Idea: Communication Tools

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Exploring opportunities to increase therapy intensity

What we did and why:

I have gathered communication tools from across the region and province because when all team members, including the person with stroke and their family are on the same page, 'rehabilitation' can occur 24/7.

Communication is key to making the patient the centre of care. Some of the tools work to enable self-management. Others, like the Leisure Screening Tool, work to identify meaningful activities, thereby increasing engagement. We know that the more engaged a person is in an activity, the more the brain will be stimulated and the person is more likely to spend more time doing the task, which in turn, will contribute to greater 'therapy intensity' and recovery. A Rehab Notebook, Stroke diary or Passport is also an important aspect of tracking the myriad of information that is essential in a complex condition such as stroke. Such a diary or notebook can also serve an important role in both logging a person's progress and making progress more visible.

Communication is an essential part of interprofessional collaborative care.

Outcomes and feedback:

Patients, families and even your colleagues want to know what they can do and how they can help in the stroke survivors' recovery. 100% of patients believed that they benefitted from the Rehab Notebook. Communication tools reinforce safety and awareness. Persons with stroke and their families told us they were afraid of doing something that might cause another stroke and wanted clear direction about what they should and should not be doing, especially after they leave your care.

Lessons Learned:

"Use" requires concerted effort and procedure.

Tools:

White Board templates

Getting On With the Rest of Your Life After Stroke

Tips and Tools Posters

Leisure Screening Tool

Rehab Notebook, Stroke Diary or Passport