

### Moving from Ideas to Actions in our Region: What's happening at Bluewater Health in Sarnia?

During Stroke Month, Bluewater Health rehabilitation therapists took part in two exciting education events advancing their knowledge and skills related to best practice stroke care. Through the generous support of the Southwestern Ontario Stroke Network, Bluewater Health hosted “Electrical Stimulation for Motor Deficits in Individuals Following a Stroke” on June 8<sup>th</sup>. The course, guided by instructors Janet Brown and Troy Seely, provided 23 attendees with skills to further assist therapists in their treatment of patients who are post-CVA using neuromuscular electrical stimulation.



Attendees comments: **“Excellent program. Facilitators were engaging and very knowledgeable/personable.”**

**“Practical, functional and something I can use on Monday.”**

Later in June they hosted Karen Guha, a Neurodevelopment Treatment Approach (NDTA) Coordinator Instructor. Karen provided an introduction to NDTA and a review and demonstration of principals involving the upper extremities. Karen’s practical treatment approaches were well received by the physiotherapy and occupational therapy staff who feel the skills gained will help to improve patient outcomes.

“By supporting these types of education activities we are building capacity and enhancing expertise in stroke care,” says Cindy Wilson, Lead Physiotherapist. “By investing in our people, we’re creating a highly-skilled team of professionals that will support better recovery for patients who have experienced a stroke.”

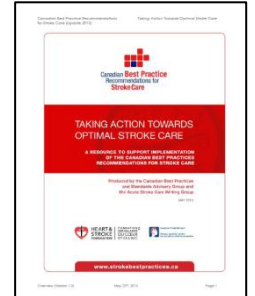


# Canadian Best Practice Recommendations for Stroke Care Update for Rehabilitation just released!

<http://www.strokebestpractices.ca/index.php/stroke-rehabilitation/>

New Resource: Taking Action Towards Optimal Stroke Care

[http://www.strokebestpractices.ca/wp-content/uploads/2013/05/CSBP-Taking-Action-Resource-OVERVIEW\\_EN\\_22May13F.pdf](http://www.strokebestpractices.ca/wp-content/uploads/2013/05/CSBP-Taking-Action-Resource-OVERVIEW_EN_22May13F.pdf)



## Best Practice Activities at Bluewater Health

- Assessment of stroke patients on admission seven days per week by physiotherapists.
- Weekend therapy sessions for stroke patients who are able to participate in high-level balance activities, sit-to-stand and mobility, provided by rehabilitation therapy assistants.
- Daily morning ADL instruction on the Inpatient Rehabilitation Unit involving occupational therapists and rehabilitation therapy assistants, aimed at building strength and confidence in patients before discharge home.
- Generic communication books used to facilitate communication among patients, families, caregivers and staff are undergoing revision.
- Working towards standardization of clinical tools such as the Dysphagia Screening Tool as part of work between Communication Disorders staff and the Sarnia-Lambton District Stroke Centre. The goal is to determine which best-practice screening tools should be used at Bluewater Health to support a move toward quality-based funding.
- Partnering with the Erie St. Clair Local Health Integration Network (LHIN) Rehabilitation Lead to review and identify gaps in service across the continuum of care for strokes in Sarnia-Lambton.
- Assisting stroke patients to re-evaluate and/or explore new leisure opportunities as part of recreation therapy, so patients can build their confidence to continue these activities in the community. This includes developing strategies for transportation to and from activities.
- Planning for a Community Re-integration Program which offers physiotherapy, occupational therapy, speech and recreation therapy two to three days per week as need requires. We currently have a three-week waiting period but are developing a business plan aimed at providing additional service to assist with discharge from hospital and to decrease a patient's length of stay.

# Stair Climbing Application: Monumental

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Here is a fun, free app to add to your iPhone or iTouch - Monumental. It keeps track of how many stairs you climb using the phones accelerometer. Holding the iPhone at your hip, you hit the GO button. Start climbing the stairs. It will keep track of how many steps you climb. When you have climbed the correct number of steps you reach the top of your destination and then you can see the view. The first level is the Museum of Art in Philadelphia (Rocky Movie stairs). So when you reach that level it shows you a view from the top.

This adds a little bit of extra fun to stair climbing. Since many of us work on stair climbing during therapy sessions this freebie app can help keep track of progress over time.

Why not give it a try? You can't beat free and maybe a stroke survivor (or yourself) will be motivated to climb the monuments of the World!

App Name/Developer: Monumental/MeYouHealth LLC



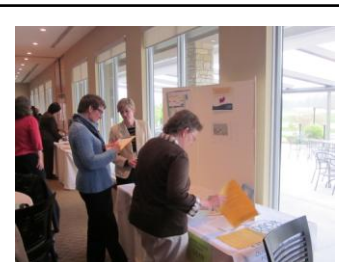
*Review from Margaret Rice, PT:  
"I give this app a huge thumbs up. I have tested it out with some kids and they were motivated by it especially to get to the next level. Personally, I enjoyed checking out the views but the kids seemed to want to just achieve the next level. The only downfall is that I wish you could create different accounts. I have my patients just adding on to each other's accomplishments rather than each climbing their own monuments. The feature of counting the steps is still convenient though to track progress in therapy session notes."*

Taken from  
<http://yourtherapysource.blogspot.ca/2012/10/stair-climbing-app-review.html#!/2012/10/stair-climbing-app-review.html>

# Practical Ideas from the Forum

Use this checklist to help your team increase therapy time and extend hours of activation.

Outcome	Examples
Extend therapy hours of weekdays and weekends with safe, independent activities and/or with family support	<ul style="list-style-type: none"> <li>• Nintendo Wii</li> <li>• iPad with speech programs</li> <li>• Mental practice/mental imagery</li> <li>• NuStep – cardio training</li> <li>• Functional electrical stimulation</li> <li>• Self-directed exercises, GRASP</li> </ul>
Model of Care to lengthen hours for rehab and promote teamwork	<ul style="list-style-type: none"> <li>• Rehab on the weekends</li> <li>• Occupational Therapy Assistants/ Physiotherapy Assistants</li> <li>• Split shifts</li> <li>• Therapeutic Recreation Specialists work evenings and weekends</li> </ul>
Physical environment that is stimulating and challenging	<ul style="list-style-type: none"> <li>• On-unit therapy so team can see patients' progress</li> <li>• Stimulating environment (e.g. more like home or pediatric unit)</li> </ul>
Group classes to promote socialization, fun and family involvement	<ul style="list-style-type: none"> <li>• Balance class</li> <li>• Sit to stand class</li> <li>• Upper extremity circuit training</li> <li>• Range of motion class</li> <li>• Social pragmatics</li> <li>• Recreational activities</li> </ul>
Communication tools to foster awareness and track progress	<ul style="list-style-type: none"> <li>• Rehab notebook/passport</li> <li>• Whiteboard in room with goals</li> <li>• Description of safe activities</li> <li>• Brochures</li> </ul>
Scheduling to improve efficiency and family involvement	<ul style="list-style-type: none"> <li>• Colour-coded white board</li> <li>• 2x30-minute sessions</li> <li>• Mix of individual and group activities</li> <li>• Make getting to therapy therapeutic</li> </ul>
Process changes to enhance teamwork and integrate therapy	<ul style="list-style-type: none"> <li>• Bullet rounds</li> <li>• Swallowing ax in dining room</li> <li>• LEAN approach and facilitator</li> <li>• Rehab Olympics</li> <li>• Share goals with team</li> <li>• Use ADLs as therapy time</li> </ul>
Community Integration	<ul style="list-style-type: none"> <li>• Therapy in community settings</li> <li>• Presentations by community groups</li> </ul>
Family involvement to enhance engagement and practice time	<ul style="list-style-type: none"> <li>• Admission group</li> <li>• Family information brochure</li> <li>• Involve in therapy sessions</li> </ul>



For more information on any of these Practical Ideas or to submit information about what your program is doing for the next newsletter contact:  
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