

SELF EVALUATION TEMPLATE SHARED LEARNING OBJECTIVES FOR STROKE CARE

NAME: _____

*Opportunities for baseline, mid, and final assessments are provided in the self-rating column as recommendation only. Users are encouraged to modify the form and its use to serve their purposes.

Self Rating: Using the rating scale provided below, enter a number that most closely reflects your knowledge/skill/ experience with respect to the learning objectives listed for this Learning Area.

NONE or MINIMAL Knowledge/Skill/Experience			SOME Knowledge/Skill/Experience			EXTENSIVE Knowledge/Skill/Experience		
1	2	3	4	5	6	7	8	9

LEARNING AREA	Date	*SELF-RATING			Comments
		Base	Mid	Final	
Principles of Stroke Care					
1. Demonstrates awareness of the Ontario Stroke System.					
2. Demonstrates awareness of the principles of impairment, activity and participation as described by the World Health Organization, and how these principles are relevant to functionality and quality of life for stroke survivors.					
3. Demonstrates awareness of the concept of enablement and the long-term effects of stroke on life participation.					

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4. Demonstrates knowledge of the guiding principles of client-centered care and supports this approach in practice (e.g., includes the stroke survivor/caregiver in treatment planning and decision-making).					
5. Demonstrates the ability to identify and address barriers to client-centered care in practice.					
6. Demonstrates knowledge of the principles, goals and importance of evidence-based practice, and supports best practice stroke care by routinely using appropriate assessment tools and referring to best evidence to guide practice.					
7. Demonstrates knowledge of the role of the other disciplines involved in the care of the stroke survivor in relation to their role and the concept of an interdisciplinary model of care.					
8. Demonstrates understanding and respect of cultural differences and values, and supports the stroke survivor and caregiver with respect to their cultural needs and coping styles.					
9. Demonstrates knowledge of the value of a comprehensive assessment of the stroke survivor, and incorporates other team member's information to understand the needs of the stroke survivor.					
10. Demonstrates awareness of the purpose of the assessment tools and outcome measures used by other disciplines, and the implications of the results.					

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11. Consults with appropriate members of the care team in the management of the stroke survivor.					
12. Communicates observations to other team members to facilitate appropriate referrals and early intervention, when required.					
13. Demonstrates support and promotion of the healthcare team's practices and treatment plans that help to meet the goals negotiated with the stroke survivor and caregiver.					
14. Demonstrates the ability to assist the stroke survivor in optimizing self-direction and self-management for all aspects of care.					
15. Demonstrates the ability to develop and implement an interdisciplinary educational plan to meet the stroke survivor and caregiver's learning needs.					
16. Demonstrates the ability to provide educational resources and activities to the team and/or stroke survivors and caregivers.					
17. Supports the participation of the stroke survivor and caregiver in education activities.					
18. Demonstrates the ability to identify research opportunities and participate in research activities, as resources allow.					

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19. Takes advantage of opportunities to apply knowledge and seeks out resources, as appropriate, in an effort to be self-directed with their learning.					

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Anatomy and Physiology of Stroke					
1. Demonstrates basic knowledge of neuroanatomy and physiology including: hemispheres of the brain, cerebral dominance, and functions of the cerebrum, cerebellum and brainstem.					
2. Demonstrates basic knowledge of the cerebral vascular system.					
3. Demonstrates the ability to identify the clinical presentation of left and right hemispheric strokes and brain stem strokes.					
4. Demonstrates knowledge of the different types of strokes and their clinical presentation including: <ul style="list-style-type: none"> • Ischemic: large vessel atherothrombosis, cardiac embolism, small vessel occlusion, other ischemic causes • Hemorrhagic: intracerebral, subarachnoid. 					
5. Demonstrates knowledge of the clinical presentation and risks associated with transient ischemic attacks and their relationship to stroke.					

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<p>6. Demonstrates awareness of the effects of a stroke and potential complications including:</p> <ul style="list-style-type: none"> • Deep vein thrombosis and pulmonary embolism • Dysphagia and aspiration pneumonia • Impaired respiratory function • Impaired cardiovascular function • Skin breakdown and decubitus ulcers • Urinary tract infection • Bowel and bladder dysfunction • Cognitive and perceptual deficits • Muscle weakness • Changes in muscle tone and contractures • Shoulder and other joint injuries • Pain • Emotional changes (e.g., depression, ability, anxiety) • Communication difficulties • Visual difficulties • Behavioural changes • Neglect • Sexual dysfunction 					
<p>7. Demonstrates awareness of the diagnostic tests used in the diagnosis and treatment of stroke and stroke complications, (e.g., CT scan, MRI, chest x-ray, electrocardiogram, carotid dopplers, echocardiogram, blood work.</p>					
<p>8. Demonstrates awareness of the basics of medical and surgical management of stroke.</p>					

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9. Demonstrates awareness of the basic pharmacological management of stroke.					
10. Demonstrates the ability to develop a comprehensive interdisciplinary care plan for the stroke survivor to prevent/decrease risk and prevent further stroke complications.					
11. Demonstrates basic knowledge of neuroanatomy and physiology including: hemispheres of the brain, cerebral dominance, and functions of the cerebrum, cerebellum and brainstem.					
12. Demonstrates basic knowledge of the cerebral vascular system.					
13. Demonstrates the ability to identify the clinical presentation of left and right hemispheric strokes and brain stem strokes.					
14. Demonstrates knowledge of the different types of strokes and their clinical presentation including: <ul style="list-style-type: none"> • Ischemic: large vessel atherothrombosis, cardiac embolism, small vessel occlusion, other ischemic causes • Hemorrhagic: intracerebral, subarachnoid. 					
15. Demonstrates knowledge of the clinical presentation and risks associated with transient ischemic attacks and their relationship to stroke.					

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<p>16. Demonstrates awareness of the effects of a stroke and potential complications including:</p> <ul style="list-style-type: none"> • Deep vein thrombosis and pulmonary embolism • Dysphagia and aspiration pneumonia • Impaired respiratory function • Impaired cardiovascular function • Skin breakdown and decubitus ulcers • Urinary tract infection • Bowel and bladder dysfunction • Cognitive and perceptual deficits • Muscle weakness • Changes in muscle tone and contractures • Shoulder and other joint injuries • Pain • Emotional changes (e.g., depression, ability, anxiety) • Communication difficulties • Visual difficulties • Behavioural changes • Neglect • Sexual dysfunction 					
<p>17. Demonstrates awareness of the diagnostic tests used in the diagnosis and treatment of stroke and stroke complications, (e.g., CT scan, MRI, chest x-ray, electrocardiogram, carotid dopplers, echocardiogram, blood work.</p>					
<p>18. Demonstrates awareness of the basic pharmacological management of stroke.</p>					

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19. Demonstrates the ability to develop a comprehensive interdisciplinary care plan for the stroke survivor to prevent/decrease risk and prevent further stroke complications.					

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Cardiovascular and Respiratory Effects					
1. Demonstrates awareness that cardiovascular and respiratory function can be impaired following stroke.					
2. Demonstrates awareness of the signs and symptoms of altered cardiovascular and respiratory function that may be due to factors other than stroke (e.g., pre-existing medical conditions, new complications, medications, etc.).					
3. Demonstrates awareness of some of the medications or treatments that are used in the management of cardiovascular and respiratory conditions/complications.					

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Psychosocial Effects					
1. Demonstrates knowledge that both the stroke survivor and caregiver react emotionally to the event of a stroke.					
2. Demonstrates awareness that the caregiver's coping ability is important.					
3. Demonstrates knowledge that stroke survivors and caregivers react in unique ways due to factors such as culture and religion, but that common initial reactions include shock, denial, fear, sadness and anger.					
4. Demonstrates knowledge that later in the adjustment process, it is not unusual for stroke survivors to experience frustration and depression.					
5. Demonstrates knowledge that stroke survivors and caregivers need time to come to terms with their emotions around this event, that in some circumstances further intervention may be required, and that some issues may never be completely resolved.					
6. Demonstrates respect for any and all emotions shown by stroke survivors/caregivers as they work through their feelings, and accepts them in a non-judgmental manner.					
7. Supports the education of stroke survivors and caregivers about psychosocial issues.					

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Communication					
1. Demonstrates knowledge of communication impairments that may follow a stroke.					
2. Demonstrates the use of different strategies when communicating with stroke survivors to optimize their abilities.					
3. Recognizes that stroke survivors and their caregivers, who are non-English, speaking, may have difficulties with communication and ensures that information is translated.					
4. Demonstrates the ability to convey to stroke survivor and caregivers the basics of information/therapeutic principles regarding post-stroke communication difficulties.					
5. Demonstrates awareness of the impact of energy level, presence of pain, mood and attention span on a stroke survivor's ability to communicate.					

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Independence in Mobility and Prevention of Complications of Immobility					
1. Demonstrates knowledge that the quality of the stroke survivor’s movement can be affected by the following changes that accompany a stroke: <ul style="list-style-type: none"> • Muscle tone • Posture • Balance • Muscle weakness/motor loss • Sensory loss • Cognitive, perceptual, behavioural changes • Fatigue 					
2. Demonstrates awareness of the importance of proper handling of the stroke survivor with hemiplegia to prevent complications (e.g., shoulder pain), and optimize mobility and function (e.g., handling to facilitate isolated movements, weight-bearing through the affected side).					
3. Demonstrates awareness of the importance of specific positioning of the stroke survivor with hemiplegia to prevent complications (e.g., shoulder pain, swollen hand), and optimize mobility and function.					
4. Demonstrates knowledge of the different transfer approaches and techniques (e.g., 1 or 2 person pivot, independent, mechanical lift).					

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5. Demonstrates knowledge of the different mobility and positioning devices (e.g., Quad cane, walker, wheelchair), and of splints, slings and ankle/foot orthoses.					
6. Demonstrates knowledge of the correct and safe use of the wheelchair and its accessories (e.g., Lap tables, brake extensions, foot rests).					
7. Demonstrates knowledge that cognitive, perceptual, visual, sensory, language and behavioural deficits impact the stroke survivor's awareness and performance of his/her mobility and incorporates management strategies into the plan of care.					
8. Communicates to the stroke survivor and caregivers the importance of proper positioning, handling and movement of the stroke survivor.					

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Routine Activities of Daily Living					
1. Demonstrates awareness of the components of <i>Activities of Daily Living</i> (ADL).					
2. Demonstrates knowledge of the importance of proper handling during ADLs.					
3. Demonstrates awareness of safety issues concerning ADLs.					
4. Demonstrates awareness that cognitive, perceptual, and behavioural deficits may impact on the stroke survivor's ability to complete ADLs.					
5. Demonstrates awareness of different assistive devices used in the performance of ADLs such as reacher, raised toilet seat, bath bench, and antiskid material (dycem).					
6. Demonstrates awareness of basic environmental obstacles that could create safety problems (e.g., stairs, poor lighting, and lack of wheelchair accessibility).					

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Instrumental Activities of Daily Living					
1. Demonstrates knowledge of the components of <i>Instrumental Activities of Daily Living</i> (IADLs) including meal preparation, financial management, driving, and medication management and returning to work.					
2. Demonstrates awareness of the importance of identifying safety issues concerning IADLs that may occur as a result of a stroke (e.g., cognitive deficits and driving, use of power tools).					
3. Demonstrates awareness that cognitive, perceptual and behavioural deficits may impact the stroke survivor's ability to complete IADLs and adjusts treatment plan to address deficits.					

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Cognitive, Perceptual and Behavioural Changes Following Stroke					
1. Demonstrates knowledge of common cognitive changes that can be associated with stroke involving level of arousal, attention, memory, orientation, ability to follow directions, insight and judgment, problem solving and motor planning.					
2. Demonstrates knowledge of perceptual changes that can be associated with stroke including neglect, hemianopsia, figure ground, apraxia and visuospatial deficits.					
3. Demonstrates knowledge that mood and behaviour are affected by stroke including ability, depression, frustration, preservation and impulsiveness, and how these mood and behaviour changes affect caregiver dynamics.					
4. Demonstrates knowledge that cognitive, perceptual and behavioural changes can affect stroke survivor safety.					
5. Recognizes how cognitive, perceptual and behavioural changes affect function, and adjusts assessments and treatments to meet the stroke survivor's needs.					
6. Demonstrates knowledge that cognitive, perceptual and behavioural changes can affect all aspects of communication.					

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7. Demonstrates knowledge of management strategies used with stroke survivors who demonstrate cognitive, perceptual and behavioural changes following a stroke (e.g., breaking instructions down into smaller steps, keeping instructions simple, repeating instructions, drawing attention to the affected side, educating stroke survivors about safe practices, providing emotional support, teaching caregivers appropriate strategies) and incorporates strategies into the plan of care.					
8. Demonstrates awareness that the side effects of medications may alter cognition, perception and behaviour.					
9. Demonstrates the ability to provide emotional support and education to stroke survivors and caregivers related to cognitive, perceptual and behavioural deficits.					

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Sexuality					
1. Demonstrates awareness of the issues related changes in sexual functions and relationships following stroke which may include: Altered body image; fear; changes in physical mobility; impact of medications; energy levels; self-esteem; spouse versus caregiver role; continence; family planning and changes in sexual behaviours related to frontal lobe changes.					
2. Demonstrates sensitivity towards the issue of sexuality and creates an environment where patients are encouraged to discuss concerns related to sexuality post stroke.					

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Nutrition					
1. Demonstrates awareness of the importance of adequate nutrition for stroke recovery and secondary prevention.					
2. Demonstrates the ability to recognize the risks and symptoms of dehydration and malnutrition after a stroke (e.g., skin breakdown, perception problems, swallowing difficulties, depression, reduced coordination, lack of proper positioning, reduced physical strength).					
3. Demonstrates awareness of the types of alternative feeding methods use with stroke survivors.					
4. Demonstrates awareness of the various therapeutic and/or modified diets used with stroke survivors.					
5. Demonstrates awareness of the importance of dietary management for secondary stroke prevention.					

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Dysphagia					
1. Demonstrates knowledge of the importance of identifying different swallowing disorders resulting from stroke.					
2. Demonstrates recognition of the risk factors and symptoms of swallowing disorders and dysphagia.					
3. Demonstrates knowledge of the importance of proper positioning, basic feeding strategies, malnutrition, and dehydration and aspiration risks.					
4. Demonstrates knowledge of the importance of the use of basic feeding strategies to optimize safe swallowing.					

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Skin Care					
1. Demonstrates knowledge of the risk factors for stroke-related skin breakdown.					
2. Demonstrates awareness of the importance of specific strategies for preventing and managing stroke-related skin breakdown.					

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Continance Management					
1. Demonstrates knowledge of the effects of stroke and other basic medical conditions that can affect bladder and function.					
2. Demonstrates awareness of the significance of basic hygiene and hydration to bladder and bowel function.					
3. Demonstrates awareness of the psychosocial response to incontinence of stroke survivors and caregivers.					
4. Demonstrates awareness of the importance of multidisciplinary support of continence retraining and bowel management programs.					

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Primary and Secondary Stroke Prevention					
1. Demonstrates knowledge of the principles of primary and secondary prevention.					
2. Demonstrates knowledge of risk factors associated with stroke including: <ul style="list-style-type: none"> • Non-modifiable: age, sex, race/ethnicity, family history; and • Modifiable: asymptomatic carotid stenosis, obesity, physical inactivity, atrial fibrillation, diabetes, hyperlipidemia, substance abuse, hormone replacement therapy/birth control pill, and hypertension. 					
3. Demonstrates knowledge of the five warning signs of stroke and transient ischemic attacks and appropriate intervention.					
4. Demonstrates knowledge of the risks of secondary stroke, and of the importance of timely assessment and intervention.					
5. Contributes to educating, encouraging and supporting the stroke survivor's efforts to reduce the likelihood of another stroke.					

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Transition Management					
1. Demonstrates knowledge that changing care environments is difficult and stressful for stroke survivors and their caregivers.					
2. Demonstrates the ability to support the stroke survivor emotionally during their change from one care environment to another.					
3. Demonstrates knowledge that a stroke survivor's outcomes may not match the stroke survivor's and caregiver's hopes and expectations, and that this may be difficult for the stroke survivor and caregiver.					
4. Demonstrates knowledge of the continuum of care and of the types of services available across the continuum including community resources, education and support services to support continuity of care.					
5. Demonstrates awareness of various psychosocial discharge barriers.					
6. In collaboration with the team, demonstrates the ability to assist and support the stroke survivor and caregiver to make decisions regarding the discharge plan and process.					
7. In collaboration with the team, demonstrates the ability to facilitate a change in care environment					

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8. Demonstrates the ability to transfer information regarding a stroke survivor's goals, status and treatment plan to the next point in the continuum.					
9. In consultation with the team, demonstrates the ability to make recommendations about the most appropriate care environment and follow-up services required, based on the stroke survivor's needs.					