



**CENTRAL EAST
STROKE NETWORK**

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HKPR DISTRICT

Welcome to the Integrated Stroke Unit

This package includes both acute and rehab care information to help you recover following a stroke.





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Welcome to the Integrated Stroke Unit (ISU)

The Integrated Stroke Unit has staff dedicated to the care of people who have had a stroke. The Stroke Unit provides both acute and rehab care following a stroke. You will remain on the unit for both your acute and rehab stay.

The care team on the ISU has special training in stroke care. Your care team includes: doctors, nurses, physiotherapists, occupational therapists, speech language therapists, registered dietitians, pharmacy and social work.

What can I expect during my stay?

After you arrive on the Stroke Unit, the care team will begin working with you on activities that are focused on getting you better. These activities include booked exercise sessions with therapy staff. Nurses will help you work on “activities of daily living”, including: bathing, dressing and toileting. All of these activities are important in your recovery. It is important to do as much for yourself as you can.

To enable you to participate in these activities, it is very important to bring the following items from home (if they apply):

- shaver
- glasses
- hearing aids
- toothbrush
- toothpaste
- dentures/adhesive
- comb/hairbrush
- nail-care items
- easy-fitting clothes
- unscented deodorant
- unscented shampoo & conditioner
- socks
- shoes (running shoes)

For everyone's health and comfort, hospitals are a scent-free environment. Please do not bring or wear perfumes, scented body lotions or scented flowers.

Remember, the stroke team is here for you! If you have any questions about your care, you can ask any member of the stroke team.

How long will I be in the Integrated Stroke Unit (ISU)?

Each person's stroke is unique and each person's recovery time will be different. Preparing for your discharge begins on the first day. How long you stay in the Stroke Unit is based on your individual goals, progress, care needs and the type of supports you may need at the time of discharge.

Information about your discharge plans will be discussed with you during your stay on the ISU. If you have any questions about your care you can ask any member of the care team.

The care team meets daily and weekly to review each person's progress and goals. The acute stay in the ISU is usually five (5) to seven (7) days. During this time, the Stroke Care team will work with you to plan for the next steps of your recovery.

The team will determine when you can be safely discharged home or if you require further rehabilitation. Rehabilitation can be continued in your home with homecare services or as an outpatient at Peterborough Regional Health Centre.

Day 1 & 2

You will meet your care team, be oriented to the unit, and have testing done. We will get you moving as much as possible and begin therapy as soon as you are able. You will get your own stroke package that contains information on stroke and exercises for you to practice.

Day 3

Using standard assessment tools, we will determine how long you will need to stay on the ISU and begin to plan for your discharge (rehab, home or community).

Ongoing

You will be asked to take part in daily activities that will help you gain back your independence. This may include lunch and dinner in the dining room.

Your stroke care team

Your Stroke Care Team on the Integrated Stroke Unit works together to help you achieve your highest level of independence possible.

Communicative Disorders Assistant (CDA)

The CDA works with the Speech Language Pathologist to provide direct therapy to patients to improve the patient's ability to speak, understand, read and write.

Home and Community Care Coordinator (formerly CCAC)

The Home and Community Care Coordinator works with your healthcare team to determine what home care services are needed for your return home.

Physician or Nurse Practitioner

Hospitals will either use a Physician or Nurse Practitioner to look after you while you are on the ISU. These different providers work as a team, so you may have more than one physician or Nurse Practitioner caring for you. Both professions can assess you, manage your medical condition and direct your care.

Nurse (RN, RPN)

During your stay, nurses will continuously assess your condition and provide the medications and treatments you require. Nurses also support the therapists to help you to do as much for yourself as possible. They will work with you to do your activities of daily living, such as bathing, dressing and toileting.

Occupational Therapy

Occupational therapists (OTs) help you to become as safe and independent as possible with your everyday tasks and help you achieve your goals. Following your stroke, they will review your thinking skills and how you move in your everyday life. OTs will also determine what equipment and support you will need for the future.



Pharmacist

While you are a patient on the ISU, the pharmacist ensures that you are receiving medications in a safe manner. They do this by reviewing your medications and making sure the doses are right for you. The pharmacist's goal is to optimize your medications, prevent drug reactions and to get you home safely once you have recovered.

Physiotherapy

The physiotherapist will work toward your goal of increasing abilities. They support you as you recover from your stroke through the use of exercises specific to you. These exercises help you regain strength, coordination, balance and movement.

Recreation Therapy

Recreation therapists offer activities to improve your physical functioning. They also provide information about recreation programs and services in your community. Active participation in recreation programs promote a positive recovery.

Registered Dietitian

A Registered Dietitian will assess your nutritional status while you are on the ISU, and recommend a special diet to ensure your nutritional needs are met while you are here.

Rehabilitation Assistant (RA, OTA, PTA)

Rehabilitation Assistants work closely with your Occupational Therapist and Physiotherapist to help you in your journey to recovery. They will assist you with activities of daily living, movement, exercises, problem-solving and thinking skills.

Speech Language Pathologist (SLP)

While you are in the hospital, the SLP will assess and treat speech, communication, and swallowing difficulties. They will also provide swallowing management including strategies and safe liquid and food textures.

Volunteers

PRHC Volunteers support our staff in providing care and improve the overall hospital experience for patients and their loved ones.

Spiritual Care

Spiritual Care Providers are clinically trained professionals and are part of the healthcare team. They support and serve those of any faith and those of no particular faith and are respectful of different cultural traditions and religious backgrounds.

Understanding Stroke Group Education *(sessions attended)*

- Understanding Stroke
- Physical Changes and Challenges
- Cognition
- Perception
- Nutrition for Prevention
- Emotional Changes and Community Supports

Learning about stroke

- Types of stroke
- What type of stroke did I have?

How to prevent another stroke

Check all of the risk factors that apply to you

- controlling blood pressure
- controlling cholesterol
- weight management
- healthy diet
- reducing salt in the diet
- exercise
- controlling diabetes
- smoking cessation
- alcohol use
- stress management

My stroke Prevention Medications

Names:

- Antiplatelet/Anticoagulant
(Blood Thinners)

- Statins (Cholesterol Control)

- Antihypertensive
(Blood Pressure Control)

- Anti-diabetic agents
(Blood Sugar Control)

How can I help?

A Stroke Recovery Guide for Families

After a loved one has had a stroke, many families and friends are unsure of how to help the patient. This guide includes some recommendations.

Build a positive healing environment

Bring clothes and personal care items from home (comb, toothbrush, etc.).

Until the patient's swallowing is assessed, **it is important that patients do not drink or eat to prevent choking/pneumonia.** Check with the nurse before bringing in food/drinks.

Bring in familiar photos (pets, family, etc.). Please label the photos so staff can use them in therapy.

Support nursing staff by assisting them with basic care (washing hands and face, combing hair, mouth care).

Encourage family and friends to visit for short periods; just being there is supportive.

Celebrate progress, no matter how small.

When possible, take your family member for a walk/ride around the facility. Make sure to ask your nurse beforehand.

People who have suffered a stroke are at higher risk for depression. If you notice a change in your family member's mood, **let the doctor or nurse know.**

Hand/Arm Stimulation

Massage affected hand/arm with unscented lotion in an upward motion (towards the elbow).

Encourage them to try to move the hand and fingers often. Be gentle!

Mentally "practice" movements that are still too difficult to complete.

Encourage use of weak side in daily tasks, whenever possible. Try to hold objects such as the toothbrush while applying toothpaste.

Respect Rest

Encourage naps: Curtains closed and lights off when possible, one (1) to two (2) times per day as needed.

Have your loved one wear ear plugs if noise is a problem.

Decrease Boredom:
Bring in cards, puzzles, games, newspapers, books, a phone or a tablet.

Communication Strategies

Encourage any type of communication (speech, gestures, writing, pointing, etc.).

Ask yes or no questions.

Provide 2-3 choices in your questions.

Encourage the patient to speak slowly, loudly, and exaggerate mouth movements.

Give one direction or instruction at a time with gesture.

Orientation

Write date on the white board and discuss it.

Discuss where they are and why they are in the hospital.

Discuss current events/things of interest.

Have regular conversation, like you normally would with that person.

Create a journal of your family member's progress and review it with them.

Have a clock in the patient environment that is visible when in the room.

Stimulate the 'neglected' side

Sit on the weak side when visiting your family member.

Massage the weak arm/leg.

Bring their attention to the weak arm if it is hanging by their side or in an awkward position in bed.

Adjust the position of their arms and legs to prevent this.

Encourage them to try to move the weak arm/hand.

Ask them to identify objects/people on that side of the room

Ask them to identify all items on their meal tray.

Shoulder protection

Support the shoulder on the patient's weak side - don't leave it hanging.

Rest the weak arm on a pillow or in the persons lap to take weight off the shoulder.

Never pull on the weak arm when helping the person to move.

Assisting with therapy

Talk with the therapists/nurses about your questions and concerns – you are always welcome to attend therapy sessions.

Promote self-care. Find out what your family member can do alone or with little help (e.g. self-feeding, brushing teeth and hair).

Avoid doing things for them that they can do on their own, even if it takes a long time to complete the activity.

Mouth care is very important to prevent pneumonia. Help your loved one brush their teeth before and after meals and before bed.

Binders help to keep education and therapy information organized and easy to access; please feel free to bring one in for your family member.

Encourage your family member to practice what is being learned in therapy.

Let us know your family member's hobbies and interests to help us with their therapy.

**Celebrate progress,
no matter how small!**



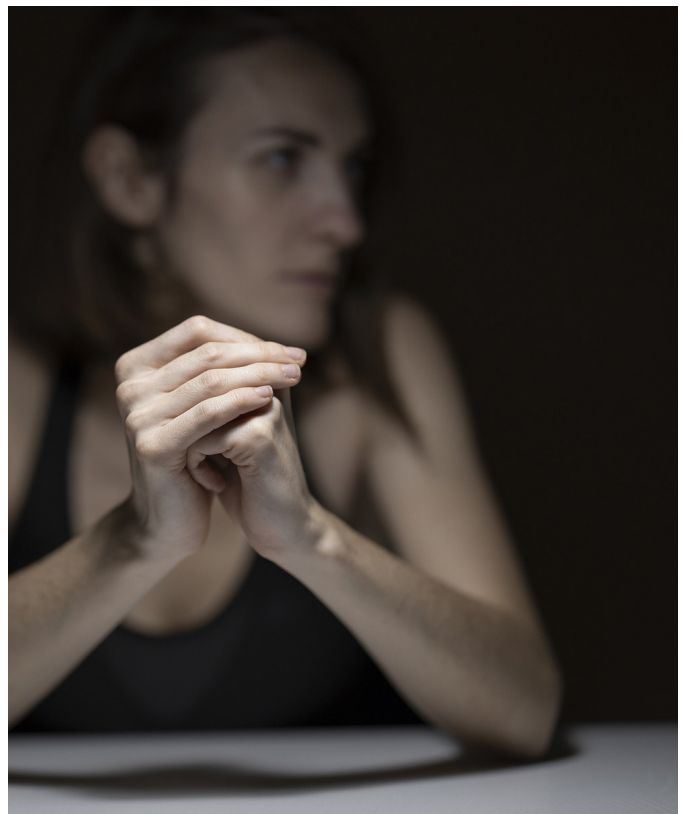
Mood Following Stroke

Following a stroke, people are at risk for mood changes or depression. People who have had a stroke, who also have a history of depression or have ongoing problems with mobility, thinking or speech, are at higher risk. Family members caring for loved ones who have had a stroke are also at higher risk.

If you or a family member notice a change in your mood while in the hospital, talk to one of the health care team members about your concerns. There is more information about mood in the “Your Stroke Journey” book included in this binder.

If you or a family member notice a change in your mood after you are discharged home, please complete the self-screening tool on the following page.

Once you have completed the screening tool, make an appointment to talk to your doctor or other health care provider about your score. Be sure to take the depression self-screening tool with your score to your appointment.



Depression Self-Screening Tool (Patient)

Over the last 2 weeks, how often have you been bothered by any of the following problems?		Not at all	Several days	More than half of the days	Nearly every day
1	Little interest or pleasure in doing things	0	1	2	3
2	Feeling down, depressed, or hopeless	0	1	2	3
3	Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4	Feeling tired or having little energy	0	1	2	3
5	Poor appetite or overeating	0	1	2	3
6	Feeling bad about yourself - or that you are a failure or have let yourself or your family down	0	1	2	3
7	Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8	Moving/speaking noticeably slower or very fidgety and restless	0	1	2	3
9	Thoughts that you would be better off dead or of hurting yourself	0	1	2	3
ADD COLUMNS:					
ADD COLUMNS TOGETHER FOR TOTAL SCORE:					
10	If you checked off any of the problems listed above, how difficult have these problems made it for you to do your work, take care of tasks at home, or to get along with other people?	Not difficult at all			
		Somewhat difficult			
		Very difficult			
		Extremely Difficult			

Developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kury Kroenke and colleagues, with an educational grant from Pfizer Inc.

Gift Wish list

Are you thinking of getting gifts for your loved ones?

Here are a few ideas to consider. One of the greatest gifts you can give is supporting independence. Below you will find a list of gift ideas and a list of vendors that may be helpful. With some creativity, you could also modify some of your loved one’s belongings. Consider a decorative box of tissues, deck of cards, or stationery and stamps. Please keep in mind, items should be labeled clearly.

I want to be more independent with...	My biggest difficulties...	Gift possibilities...
Eating	<ul style="list-style-type: none"> • I spill all the time • I can't control my utensils • My teeth don't fit well 	<ul style="list-style-type: none"> • Adult bibs or a travel mug • Cup holder to attach to a wheelchair or walker • Special large-grip utensils • Denturist appointment
Getting shoes on and off	<ul style="list-style-type: none"> • Reaching down to my shoes • Tying my laces 	<ul style="list-style-type: none"> • Long-handled 'reacher' or shoe horn • Elastic laces or Velcro shoes
Getting socks or compression stockings on	<ul style="list-style-type: none"> • Can't bend down • Trouble holding socks open • Hands are weak 	<ul style="list-style-type: none"> • Socks with loose ankle elastic • Sock aid (hard plastic or flexible plastic) • Stocking 'donner'
Picking up things that I drop on the floor	<ul style="list-style-type: none"> • I can't reach • I'm afraid of falling over 	<ul style="list-style-type: none"> • Long-handled 'reacher'
Doing up my clothing	<ul style="list-style-type: none"> • Buttons are too small • Zipper is hard to hold • My clothes are too hard to pull up 	Modify clothes (with Velcro if needed), choose easy-to-wear items that: <ul style="list-style-type: none"> • Have large zippers • Loose-fitting clothing (e.g. sweat pants)
Adjusting clothing in the bathroom	<ul style="list-style-type: none"> • As soon as I stand up, my pants fall down and I can't reach them 	<ul style="list-style-type: none"> • Sew straps into pants (to make it easier to reach and pull up) • Store long-handled reacher in bathroom
Getting in and out of bed	<ul style="list-style-type: none"> • Home: need help to sit up • Hospital: bed rail is too long 	<ul style="list-style-type: none"> • 1/2 bedrail ("bedside assist rail")

I want to be more independent with...	My biggest difficulties...	Gift possibilities...
Playing cards	<ul style="list-style-type: none"> • I keep dropping the cards • I can't see cards very well 	<ul style="list-style-type: none"> • Card-holder or large-print/large-size cards • Reading glasses
Writing and signing my name	<ul style="list-style-type: none"> • Can't control the pen • Can't see 	<ul style="list-style-type: none"> • Built up handles (at medical supply store) • Make built-up handles with 'pipe-wrap' • Reading glasses • Gift certificate for optician to replace reading glasses
Getting up from a chair	<ul style="list-style-type: none"> • Hard to get up from low chairs • Afraid to sit in a regular armchair as it might be too low 	Ask your therapist about your specific needs.
Buying myself coffee	<ul style="list-style-type: none"> • I keep dropping my coins • Too nervous to order • Voice too weak to order 	<ul style="list-style-type: none"> • Tim Hortons gift card on a lanyard • Easy-to-open purse • Laminated card with order written on it
Keeping my feet in good shape	<ul style="list-style-type: none"> • I am diabetic • My feet don't heal well • My shoes fit better when my nails are trimmed 	<ul style="list-style-type: none"> • New footwear • Gift certificate for foot care
Grooming	<ul style="list-style-type: none"> • I feel more confident when I look good 	<ul style="list-style-type: none"> • Gift certificate for a hairdresser
Hearing	<ul style="list-style-type: none"> • Hearing aids out-of-date • I want to hear your jokes • What's going on 	<ul style="list-style-type: none"> • Appointment at a hearing centre
Keeping track of day and time	<ul style="list-style-type: none"> • I don't want to miss events • I want to get to places on time 	<ul style="list-style-type: none"> • Calendar (large print), watch/clock • Notebook and pens • Subscription to the newspaper
Keeping track of my stuff	<ul style="list-style-type: none"> • I hate losing things • I remember better if I keep things in the same places 	<ul style="list-style-type: none"> • Caddy for toiletries/hobby items (one that takes up very little space on dresser) • Bag to keep on walker/wheelchair to store essentials

Where to Shop

Peterborough		
Store	Location	Phone
Living Well Home Medical Equipment	755 Erskine Avenue, Peterborough	705-740-2650
Shopper's Home Health Care	745 Lansdowne Street West, Peterborough	705-743-5100
Motion Specialties	1154 Chemong Road, Peterborough	705-742-6185
Medigas	697 The Kingsway, Peterborough	705-742-5533

Lindsay		
Store	Location	Phone
Homestead Oxygen and Medical Equipment	10 Moose Road, Lindsay	705-328-3015
Shopper's Home Health Care	74 Kent St W, Lindsay	705-324-7400

Cobourg		
Store	Location	Phone
Living Well Home Medical Equipment	20 Strathy Road, Cobourg	905-372-7110 1-800-667-0185 livingwell-meaning.ca
Medigas	1 Strathy Road, Cobourg	705-373-4303
Cobourg Odd Fellows and Rebekahs Humanitarian Medical Equipment	412 Victoria Street, Cobourg	905-372 0500
Shoppers Drug Mart	270 Spring Street, Cobourg	905-372-3333

Adaptive Clothing		
Silvert's Quality Senior Clothing (adaptive clothing, apparel and footwear)	www.silverts.com	1-800-387-7088
Geri Fashions	Oakville, Ontario gerifashions.com	1-800-361-4374 help@gerifashions.com
Easy/Wear Adaptive Clothing	Cambridge, Ontario www.easywearadaptiveclothing.com	1-888-908-7171 easywear20@rogers.com



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Grateful acknowledgment to the Surrey Memorial
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