

5th

Atlantic Canada Stroke Conference

**Using The Best Evidence To
Provide Better Stroke Care**

***Thursday, Friday and Saturday
September 18, 19 and 20, 2008***

***World Trade and Convention Centre
Halifax, Nova Scotia***

Presented by:

**Queen Elizabeth II Health Sciences Centre
Heart and Stroke Foundation of Nova Scotia
Dalhousie Continuing Medical Education**

Dear Colleague,

We are delighted to invite you to attend the fifth Atlantic Canada Stroke Conference. With the theme "Using the best evidence to provide better stroke care", the conference is intended for primary care physicians, emergency physicians, internists, neurologists, geriatricians, and physiatrists as well as clinical dietitians, medical residents, nurses, occupational therapists, physiotherapists, psychologists, social workers, speech-language pathologists, recreation therapists, and other health professionals involved or interested in stroke care. Stroke survivors, their families and caregivers are also most welcome.

Plenary sessions include: best practice guidelines in stroke and obesity; hypertension; compliance with behavioural interventions; Canadian Neurological Scale; Botox; diagnostic imaging; MRSA; fitness post-stroke; stroke in the younger patient; community re-integration; neuropathic pain management; TIAs and aneurysm. We think the breakout sessions designed to provide an evidence-based yet practical approach to patient care across the continuum will be of interest to specialists and generalists alike.

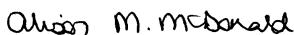
A pre-conference workshop on supported communication skills with patients who are aphasic is back by popular demand.

The planning committee is excited about the outstanding group of local, national and international speakers we have assembled to address these issues.

September is a wonderful time of year in Halifax. We look forward to welcoming you at the World Trade and Convention Centre, just a short walk from the waterfront.



Gord Gurbitz



Alison McDonald

Co-Chairs, Planning Committee

Call For Abstracts: Posters

The program committee welcomes experimental or clinical work in all fields of stroke, for **poster presentation**. Abstracts presented at previous meetings are eligible. Due to space limitations, not all acceptable abstracts will be invited to present. Abstracts will be judged on originality/innovation, scientific and/or clinical relevance, clarity of expression, study design and presentation of results.

Submissions must be made by **August 15, 2008** using the template provided at cme.medicine.dal.ca/stroke_abstracts.htm. Please complete the template and send as an email attachment (separate files for each abstract) to cme@dal.ca, including contact information in the body of your email. We will confirm acceptances via email to that individual only, by August 22, 2008.

PROGRAM OBJECTIVES

Participants will:

- Gain an understanding of the best practice guidelines for stroke and their application throughout the continuum of care
- Network with colleagues in Atlantic Canada and beyond

PROGRAM

Thursday, September 18

0830 – 1630

Pre-conference Workshop

Presented by the Nova Scotia Hearing and Speech Centres

Effective Communication Strategies: Making Patient Centered Stroke Care Accessible to People with Aphasia

WTCC, Suite 301

Alayne MacDonald MSc S-LP / Judy Smith-Lamothe MSc S-LP

The participant will learn strategies to support adults with severe aphasia in meaningful discussions regarding their medical, social, and legal concerns following stroke. Specifically the participant will learn how to: modify presentation of information to both maximize and verify comprehension; support and/or facilitate the patient's ability to discuss and ask questions pertinent to their stroke care; develop and/or access aphasia friendly support materials for their specific practices

Space is limited and separate registration is required. See registration form. Priority will be given to individuals attending the entire conference. Others will be admitted on a space-available basis, after September 13.

1900 – 2100

Public Forum

Presented by the Heart and Stroke Foundation of Nova Scotia

Hypertension

WTCC, Suites 202 and 203

Norm Campbell, MD

Participants will learn the importance of increasing blood pressure as a risk to health and the importance of target blood pressures.

Friday, September 19

0700 – 0815

Satellite Symposium

The Optimal Management of Diffuse Vascular Disease

WTCC, Suite 301

Presented by sanofi-aventis / Bristol-Myers Squibb

Breakfast will be served from 0630

Additional information will be provided separately by the company. Attendees may claim MAINPRO-M2 or Section 2 credit, as applicable, for their participation in this learning activity.

0800 – 0845

Registration and Coffee



Plenary Session

- 0845 – 0905 **Opening Remarks and Welcoming Address**
- 0905 – 0920 **Stroke Survivor Stories**
TBA
Participants will gain an appreciation of the sequelae of stroke from a person who has experienced one.
- 0920 – 1015 **Canadian Stroke Best Practice Recommendations 2008**
Patrice Lindsay RN PhD
Participants will understand the review process for selecting and updating the CSS Stroke Best Practice Recommendations for 2008 and become familiar with the guidelines themselves.
- 1015 – 1045 **Coffee Break, Posters and Exhibits**
- 1045 – 1120 **Obesity Guidelines**
Thomas Ransom MD
Participants will be able to rectify complications of obesity and be aware of the treatment modalities recommended by the Canadian Clinical Practice Guidelines for obesity.
- 1120 – 1200 **Dietary Sodium and Hypertension**
Norman Campbell MD
Participants will understand the importance of increasing blood pressure as a risk to health, and the role of high dietary sodium in elevated blood pressure.
- 1200 – 1300 **Lunch, Posters and Exhibits**

Concurrent Sessions

Please note: in each of the concurrent session time slots in the program, you can attend only one topic, and some topics span two time slots. Pre-registration is required. Please complete your registration form carefully. Where choices are full or not indicated, you will be assigned where space is available.

- 1300 – 1330 a) **Hypertension, A Pharmacological Approach**
Norman Campbell MD
Participants will understand the methods the Canadian Hypertension Education Program uses in developing pharmacological recommendations for the management of hypertension and the importance of target blood pressures and therapeutic approaches to achieve target blood pressures.
- 1300 – 1330 b) **Update on Hemispatial Neglect in the Rehabilitation Setting**
Patricia Ebert PhD
Participants will develop a better understanding of the natural recovery and non-pharmacological interventions for hemispatial neglect following stroke.
- 1300 – 1330 c) **Obesity & Weight Reduction**
Thomas Ransom MD
Participants should be able to define criteria for weight loss intervention and develop an approach to help patients lose weight.

- 1300 – 1405 d) **Canadian Neurological Scale Assessment**
Shannon Nearing MN / Karen Legg MN / Michelle MacKay MN
 Participants will have an opportunity for "hands on" practice of a tool designed specifically for the neurological assessment of the stroke patient.
- 1335 – 1405 e) **Pharmaceutical Approaches to Smoking Cessation**
TBA
 Participants will understand the pharmacological options to facilitate smoking cessation.
- 1335 – 1405 f) **The Impact of Source Isolation on MRSA Positive Patients: An Action Based Study of Patients in a Rehabilitation Hospital**
Rebecca Hamlin RN BScN / Blair Lewis MDiv / Sherry MacPherson MSW, RSW / Angela Meagher RN-NP / Kristine Webber BA
 Participants will discuss possible recommendations for the amelioration of patient identified quality of life issues associated with isolation.
- 1335 – 1440 g) **Championing Best Practices in Stroke Care**
Patrice Lindsay RN PhD / Elizabeth Woodbury MHA CHE
 Participants will recognize the role and importance of stroke champions across the healthcare system and hear the compelling case for application of the Canadian Best Practices Recommendations for Stroke Care across the continuum.
- 1410 – 1440 h) **Diabetes and Stroke: An Update**
Karen Legg MN
 Participants will be able to identify glycemic targets and the current pharmacological diabetes management options to optimize blood glucose levels and reduce vascular risk.
- 1410 – 1440 i) **Botox: A Team Approach**
Alison McDonald BScPT / Amra Saric MD / Natalie Thornley BScOT
 Participants will understand the criteria involved in client selection for Botox and the roles of physiotherapy and occupational therapy pre and post-Botox injection.
- 1410 – 1440 j) **Diagnostic Imaging: A Primer on CT for Non-Neurologists**
Gord Gubitza MD
 Participants will understand a basic approach to assessing CT scans, and the common changes seen on head scans in acute and chronic stroke.
- 1440 – 1510 **Coffee Break, Posters and Exhibits**
- Plenary Session**
- 1510 – 1555 **Clinical Trials Update**
Ian Fleetwood MD / Anita Mountain MD / Stephen Phillips MD
 Participants will become familiar with the most recent research findings in the areas of neurology, neurosurgery and rehabilitation.
- 1600 – 1700 **Provincial Round Tables (informal networking session for each province)**

1700 – 1800

Wine & Cheese Reception and Poster Viewing

Join us for light refreshments, supported by the Divisions of Neurology, Neurosurgery and Physical Medicine & Rehabilitation.

Saturday, September 20

0700 – 0800

ACSC Fun Run/Walk – Harbourfront walkway

0800 – 0900

Continental Breakfast, Exhibits and Posters

Plenary Session

0900 – 1000

Improving Vascular Fitness After Stroke Across the Health Care Continuum: Hospital to Home to Community

Wanda Firth PDt / Marilyn MacKay-Lyons PhD

Participants will be able to describe the components of a fitness training program in terms of program design and outcome measures, and discuss the benefits and challenges of fitness training at different points in the health care continuum (hospital to home to community).

1000 – 1045

The Emerging Role of the Nurse Practitioner

Angela Meagher RN-NP

Participants will understand the scope of practice of the nurse practitioner and their roles on inpatient teams and outpatient stroke clinics.

1045 – 1115

Coffee Break, Posters and Exhibits

1115 – 1200

Enhancing Stroke Rehabilitation in Canada: Elimination of Ineffective Assessments and Interventions and Increased Use of Effective Ones

Nicol Korner-Bitensky PhD

Participants will be able to describe the gaps that exist between best practices for stroke rehabilitation and actual practices and synthesize the information on evidence of effectiveness of various interventions for those with a acute, sub-acute and chronic stroke.

1200 – 1300

Lunch, Posters and Exhibits

Concurrent Sessions

1300 – 1330 k)

Pain after Stroke

Edvin Koshi MD

Participants will understand the mechanisms of pain after stroke, and the clinical presentation and treatment of post-stroke pain

1300 – 1330 l)

The Younger Stroke Patient: Key Differences You Should Know

Scott Worley MD

Participants will be able to "workup" the stroke etiology and prevent recurrence in the younger person; identify differences in prognosis that may alter management and understand how rehabilitation will differ in a younger stroke patient

- 1300 – 1405 m) **Maximizing Our Interventions by Improving Adherence to Behavioural Recommendations**
Michael Vallis PhD
 Participants will become aware of the psychological issues associated with low adherence rates to many behavioural recommendations and become familiar with brief interventions designed to improve adherence.
- 1300 – 1405 n) **Stopping Stroke After TIA**
Stephen Phillips MD / Marsha Eustace MD
 Participants will be able to identify the diagnosis/differential diagnosis of TIA, and describe the prognosis and risk satisfaction leading to subsequent medical treatment.
- 1335 – 1405 o) **The Between Meals Water Protocol**
Wilma Clancy PDt / Maureen Merchant, MSc SLP
 Participants will be familiar with the development of the Frazier Free Water Protocol, and specific situations when it would be appropriate.
- 1335 – 1440 p) **Personal Perspectives of Community Re-Integration**
Rhonda Booth CTRS with members of Nova Scotia Stroke clubs
 Participants will be able to identify one resource necessary for successful community re-integration, and increase their knowledge of services available to persons who have experienced stroke in Nova Scotia.
- 1410 – 1440 q) **Dysphagia Teams in Rural Hospitals: Challenges, Strategies and Resolutions**
Andrea Parker PDt / Katie Perkins MSc S-LP
 Participants will become familiar with the evolution of dysphagia management at a rural hospital, and learn strategies for moving dysphagia management forward in your healthcare setting.
- 1410 – 1440 r) **Optimizing Stroke Care through Paramedic Collaboration: Pre-hospital Solutions and Strategies for a Systems Approach to Stroke Care**
Andrew Travers MD
 Participants will understand the existing and novel roles for paramedics and EMS systems in stroke care and solutions for integrating the EMS systems into the continuum of care.
- 1410 – 1440 s) **Should I Screen for Aneurysms**
Ian Fleetwood MD
 Participants will understand the evidence-based indications and methods for intra-cranial aneurysm screening.

1440 – 1500 **Exercise and Nutrition Break**

Plenary Session

- 1500 – 1545 **Driving Assessment and Intervention Post-stroke: The Evidence**
Nicol Korner-Bitensky PhD
 Participants will describe the main domains of stroke assessment and identify tools with strong psychometric properties and predictive validity to be used in post-stroke driving assessment.

1545 **Closing Remarks**

REGISTRATION INFORMATION

- Register by mail or fax (fax only if paying by Visa or MasterCard). We are unable to take registrations by phone or email.
- Please do not mail duplicates of faxed credit card registrations.
- Payment (cash, cheque, or credit card information) must accompany registration form. ***This applies to institutional as well as individual payments.*** We are unable to invoice individuals or institutions for fees, and registrations are processed only on receipt of payment.
- Confirmation of registration will be provided by email only.
- Receipts will be included in the conference package.

Fees

Postmarked or faxed with credit card information: **2 days** **1 day**
on or before Aug 27

Physicians	\$415	\$245
Other Health Professionals	\$225	\$140
Residents and Full-Time Students (MD, other health professions) ¹	\$110	\$65
Preconference Aphasia Workshop		\$145

after Aug 27

Physicians	\$440	\$265
Other Health Professionals	\$250	\$160
Residents and Full-Time Students (MD, other health professions) ¹	\$120	\$75
Preconference Aphasia Workshop		\$155

¹ *A limited number of places are available at these reduced rates. Students and residents are required to provide proof of eligibility.*

Fees apply to individuals and may not be shared. A full refund less an administration fee of \$50.00 will be made for registrations cancelled **in writing** by **September 13**. No refunds will be made after that date.

Contact (902) 494-1560 or cme@dal.ca for conference information.

STUDY CREDITS

As an accredited provider, Dalhousie University Continuing Medical Education designates this program for up to 11.0 credit hours for MAINPRO-M1 of the College of Family Physicians of Canada and, reciprocally, for the American Academy of Family Physicians and AMA Category 1 of the Physician's Recognition Award.

Friday = 6.0 hours Saturday = 5.00 hours

This event is a Section 1 accredited group learning activity as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada.

ACCOMMODATION & PARKING

The Prince George Hotel has reserved a block of rooms at the rate of \$189 single or double occupancy. To reserve, call (902) 425-1986 or fax (902) 429-6048. These rooms will be released for general sale after **August 22, 2008**. Please indicate that you are attending the Dalhousie CME Atlantic Canada Stroke Conference.

Parking at the hotel is \$20 per day for registered guests. For others, it is \$2.50 per hour, to a maximum of \$20. Nearby Scotia Square, offers a rate of \$1.75 per half hour, to a maximum of \$19 (6am-6pm).

SPEAKERS

Speakers have been asked to disclose to the audience any involvement with industry or other organizations that may potentially influence the presentation of the educational material.

Ms. Rhonda Booth
Recreation Therapist
QEII Health Sciences Centre

Dr. Norman Campbell
Professor of Medicine,
Pharmacology & Therapeutics
and Community Health Sciences
University of Calgary

Ms. Wiilma Clancy
Clinical Dietitian
QEII Health Sciences Centre

Dr. Patrica Ebert
Department of Psychology
QEII Health Sciences Centre

Dr. Marsha Eustace
Stroke Fellow
QEII Health Sciences Centre

Ms. Wanda Firth
Clinical Dietician and
Program Manager
Community Cardiovascular
Hearts in Motion

Dr. Ian G. Fleetwood
Assistant Professor
Department of Surgery
(Neurosurgery)
Dalhousie University

Dr. Gordon J. Gubitza
Assistant Professor
Department of Medicine
(Neurology)
Dalhousie University

Ms. Rebecca Hamlin
Infection Control Practitioner
Capital District Health Authority

Dr. Nicol Korner-Bitensky
Associate Professor
Faculty of Medicine, School of
Physical and Occupational
Therapy
McGill University

Dr. Edwin Koshi
Assistant Professor
Departments of Physical
Medicine and Rehabilitation,
Neurosurgery and Anaesthesia
Dalhousie University

Ms. Karen Legg
Specialty Nurse Practitioner –
Neurology
QEII Health Sciences Centre

Rev. Blair Lewis
Specialist, Pastoral Care
Staff Chaplain
QEII Health Sciences Centre

Ms. Patrice Lindsay
Performance & Standards
Specialist

Canadian Stroke Network
Ms. Alayne R. MacDonald
Speech-Language Pathologist
Nova Scotia Hearing and Speech
Centres

Ms. Michelle MacKay
Nurse Practitioner, Neurology
QEII Health Sciences Centre

Dr. Marilyn MacKay-Lyons
Associate Professor
School of Physiotherapy
Dalhousie University

Ms. Sherry MacPherson
Social Worker
NS Rehabilitation Centre
QEII Health Sciences Centre

Ms. Angela Meagher
Specialty Nurse Practitioner
Stroke Rehabilitation
QEII Health Sciences Centre

Ms. Alison M. McDonald
Physiotherapist
NS Rehabilitation Centre
QEII Health Sciences Centre

Ms. Maureen Merchant
Speech-Language Pathologist
Nova Scotia Hearing and Speech
Centres

Dr. Anita Mountain
Resident, Division of Physical
Medicine & Rehabilitation
Dalhousie University

Ms. Shannon Nearing
Specialty Nurse Practitioner
Neurology
QEII Health Sciences Centre

Ms. Andrea Parker
Clinical Dietitian
Yarmouth Regional Hospital
South West Health

Ms. Katie Perkins
Speech Language Pathologist
Nova Scotia Hearing and Speech
Centres

Dr. Stephen J. Phillips
Professor
Department of Medicine
(Neurology)
Dalhousie University

Dr. Thomas Ransom
Assistant Professor
Department of Medicine
(Endocrinology and Metabolism)
Dalhousie University

Dr. Amra Saric
Assistant Professor
Department of Medicine
(Physical Medicine &
Rehabilitation)
Dalhousie University

Ms. Judy Smith-Lamothe
Speech-Language Pathologist
Nova Scotia Hearing and Speech
Centres

Ms. Natalie Thornley
Occupational Therapist
QE II Health Sciences Centre

Dr. Andrew Travers
Medical Director
Emergency Health Services
NS Department of Health

Dr. Michael Vallis
Associate Professor
Department of Psychiatry
Dalhousie University
Ms. Kristine Webber
Research Officer
Orthotics & Prosthetics
QEII Health Sciences Centre

Ms. Elizabeth Woodbury
Executive Director, Canadian
Stroke Strategy
Canadian Stroke Network

Dr. Scott Worley
Physiatrist, Stan Cassidy Centre
for Rehabilitation
Fredericton, NB

PLANNING COMMITTEE

The 5th Atlantic Canada Stroke Conference has been planned by a multidisciplinary committee representing family and emergency physicians, neurologists, physiatrists, nurses, dietitians, occupational therapists, pastoral care workers, psychologists, physiotherapists, recreation therapists, social workers, and speech-language pathologists. The co-chairs are:

Dr. Gordon Gubitz
Neurologist
Queen Elizabeth II Health
Sciences Centre

Ms. Alison McDonald
Physiotherapist
Queen Elizabeth II Health
Sciences Centre

EDUCATIONAL GRANTS

Platinum



Bristol-Myers Squibb

Silver

Boehringer Ingelheim (Canada) Ltd. Canadian Stroke Network

Partners in Care

Cardiovascular Health Nova Scotia Stroke Recovery Canada, a
Northwood Intouch Personal program of March of Dimes
Emergency Response Canada

EXHIBITORS

Allergan Canada
AstraZeneca
Pfizer Canada Inc.

sanofi-aventis / Bristol-Myers
Squibb
Servier Canada Inc.

:as at brochure printing date

Program content and selection of speakers are the responsibility of the planning committee. Support is directed toward the costs of the conference and not to individual speakers.

5th Atlantic Canada Stroke Conference

PLEASE CHECK APPLICABLE FEES

Fees apply to individuals and may not be shared. Postmarked, or faxed with credit card information: on or before Aug 27

Physicians	<input type="checkbox"/> \$415	<input type="checkbox"/> \$245
Other Health Professionals	<input type="checkbox"/> \$225	<input type="checkbox"/> \$140
Residents and Full-Time Students (MD, other health professions) ¹	<input type="checkbox"/> \$110	<input type="checkbox"/> \$65
Preconference Aphasia Workshop after Aug 27		<input type="checkbox"/> \$145
Physicians	<input type="checkbox"/> \$440	<input type="checkbox"/> \$265
Other Health Professionals	<input type="checkbox"/> \$250	<input type="checkbox"/> \$160
Residents and Full-Time Students (MD, other health professions) ¹	<input type="checkbox"/> \$120	<input type="checkbox"/> \$75
Preconference Aphasia Workshop		<input type="checkbox"/> \$155

Total

¹ A limited number of places are available at these reduced rates. Students and residents are required to provide proof of eligibility. You will be contacted if available reduced-fee spaces are full.

Days Attending: Fri. (6 hrs.) Sat. (5 hrs.)

Please indicate: Family Physician Specialist:

Other Health Professional: _____

Resident² FT Student² _____

² Specify field of study. Attach letter from supervisor or other proof of eligibility for reduced fee.

Payment (cash, cheque, credit card information or vouchers) must accompany registration form. We are unable to invoice individuals or institutions for fees. Cheques payable to Dalhousie Continuing Medical Education. Please do not send postdated cheques.

Visa MasterCard

Card Number: _____ Expiry Date: _____

Cardholder's Name _____

Authorized Signature: _____

A complete and accurate mailing address is required for your income tax receipt. Please enter or correct the address below.

Preferred first name (for name tag): _____

Concurrent Session Selection

For each group, please rank the sections in your order of preference. Where choices are full or not indicated, you will be assigned where space is available.

Group 1 Friday 1300 – 1330

- a. Hypertension, A Pharmacological Approach
- b. Update on Hemispatial Neglect in the Rehabilitation Setting
- c. Obesity & Weight Reduction
- d. Canadian Neurological Scale Assessment

Group 2 Friday 1335 – 1405

- d. Canadian Neurological Scale Assessment (contd.)
- e. Pharmaceutical Approaches to Smoking Cessation
- f. The Impact of Source Isolation on MRSA Positive Patients
- g. Championing Best Practices in Stroke Care

Group 3 Friday 1410 – 1440

- g. Championing Best Practices in Stroke Care (contd.)
- h. Diabetes and Stroke: An Update
- i. Botox: A Team Approach
- j. Diagnostic Imaging: A Primer on CT for Non-Neurologists

Group 4 Saturday 1300 – 1330

- k. Pain after Stroke
- l. The Younger Stroke Patient: Key Differences You Should Know
- m. ... Improving Adherence to Behavioural Recommendations
- n. Stopping Stroke After TIA

Group 5 Saturday 1335 – 1405

- m. ... Improving Adherence (contd.)
- n. Stopping Stroke After TIA (contd.)
- o. The Between Meals Water Protocol
- p. Personal Perspectives of Community Re-Integration

Group 6 Saturday 1410 – 1440

- p. Personal Perspectives of Community Re-Integration (contd.)
- q. Dysphagia Teams in Rural Hospitals...
- r. Optimizing Stroke Care through Paramedic Collaboration...
- s. Should I Screen for Aneurysms

Tel: _____ Fax: _____

Email: _____

Note: Confirmation of registration will be provided by email only.

Return to: Continuing Medical Education, Clinical Research Centre, 5849 University Ave, Halifax, NS B3H 4H7

Tel (902) 494-1560 Fax (902) 494-1479 (only if paying by VISA or MasterCard)

Please do not mail duplicates of faxed credit card registrations