

# HSFS Resources for Secondary Prevention

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# Objectives

- Secondary Prevention Print Material for Stroke and TIA
- Secondary Prevention Program for Stroke Survivors and Caregivers



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## Patient and Caregiver Education

### 2.1 | PATIENT AND CAREGIVER EDUCATION

*\*Note: This recommendation applies across the entire continuum of stroke care and should be considered at every patient encounter with health care providers during acute and post-acute phases of stroke care and recovery.*

#### BEST PRACTICE RECOMMENDATION 2.1: PATIENT AND CAREGIVER EDUCATION

- 2.1a. Information and education should be provided for all patients with stroke and their families and caregivers, at all stages of care across the continuum (prevention, acute care, rehabilitation, community reintegration). It should address: the nature of stroke and its manifestations, signs and symptoms, impairments and their impact and management, risk factors, planning and decision making, resources and community support. (CSQCS, RCP, NZ, and Australian; Evidence Level A)
- 2.1b. Information and education should be interactive, timely, up to date, provided in a variety of languages and formats (written, oral, counselling approach), and specific to patient, family, and caregiver needs and impairments. (CSQCS, RCP, NZ, and Australian; Evidence Level A/B)

#### RATIONALE

Education is a vital part of the recovery process for many illnesses, including stroke. Inclusion of the survivor, family members and both formal and informal caregivers enables them to have a better understanding of the needs of the patient and enhance recovery and coping. Simple provision of information alone is not effective.

#### SYSTEM IMPLICATIONS

- Coordinated efforts among stakeholders such as Heart and Stroke Foundations (national and provincial), public health agencies, ministries of health, and care providers across the continuum to produce patient, family and caregiver education materials with consistent information and messages.
- Coordinated process for ensuring access to educational materials, programs, activities and other media related to stroke by healthcare professionals, patients, and caregivers. Process should include advertising of educational material availability, effective dissemination mechanisms and follow-up.
- Mechanisms for ongoing monitoring and evaluation, with a feedback loop for interpretation of findings and opportunities for quality improvement.



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# STROKE CARE 2006

## 2

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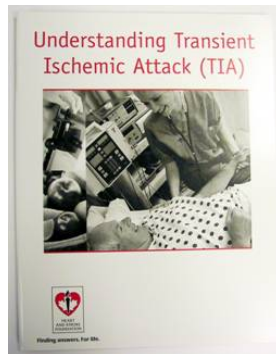
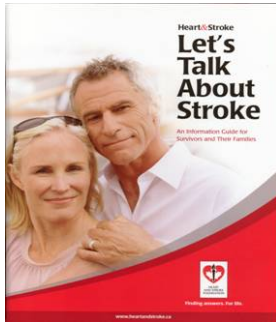


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# Secondary Prevention Print Materials for Stroke and TIA

## Best Practice Recommendation 2.1: Patient and Caregiver Education



- **Comprehensive booklets that cover:**
  - the condition and what is happening in the body
  - management and reduction of risk factors
  - items specific to the condition
- a tool to begin a dialogue between the healthcare professional and the survivor/caregiver
- = an engaged, informed patient

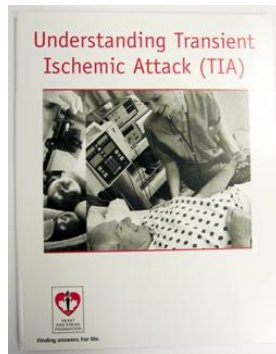
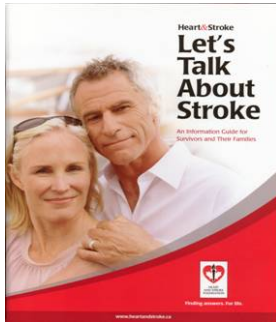


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# Secondary Prevention Print Materials for Stroke and TIA

## Best Practice Recommendation 2.1: Patient and Caregiver Education



- Nature of stroke and its manifestations ✓
- Signs and symptoms ✓
- Impairments and their impact and management ✓
- Risk factors ✓
- Planning and decision making resources
- Community support

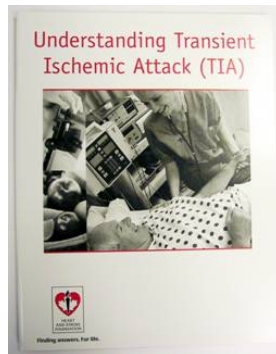
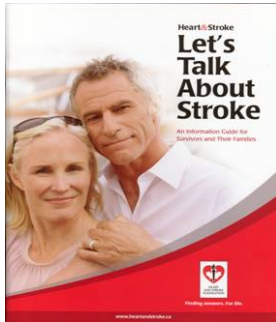


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# Secondary Prevention Print Materials for Stroke and TIA

## Best Practice Recommendation 2.1: Patient and Caregiver Education



- These patient education materials are offered free of charge
- To view our complete resource catalogue, please visit our provincial website at [www.heartandstroke.sk.ca](http://www.heartandstroke.sk.ca)



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# Secondary Prevention Program for Stroke Survivors and Caregiver

Heart & Stroke  
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- Living With Stroke™ is an educational/recovery program that is aimed at helping the stroke survivor and the caregiver cope with the challenges of stroke
- Provides three important components of stroke rehabilitation:
  - education, risk factor assessment and group support



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# Secondary Prevention Program for Stroke Survivors and Caregiver

Heart & Stroke  
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- The HSFS is committed to this educational/recovery program and supports their trained facilitators in a number of ways
1. Program materials and other educational materials are provided free of charge
  2. Yearly updates to keep facilitators current on program specific information
  3. Work closely with the facilitator(s) to begin the program in their community/area, address barriers and/or to sustain their program



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# Secondary Prevention Program for Stroke Survivors and Caregiver

## Best Practice Recommendation 2.1: Patient and Caregiver Education

- Nature of stroke and its manifestations
- Signs and Symptoms
- Living With Stroke module which addresses:
  - Module #1 – Understanding Stroke

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# Secondary Prevention Program for Stroke Survivors and Caregiver

## Best Practice Recommendation 2.1: Patient and Caregiver Education

- **Impairments and their impact and management**
- Living With Stroke module which addresses:
  - Module #2 – Physical Changes and Challenges
  - Module #3 – Swallowing and Nutrition
  - Module #4 – Cognition
  - Module #5 – Emotions: Focus on Depression
  - Module #6 – Activities and Relationships

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# Secondary Prevention Program for Stroke Survivors and Caregiver

## Best Practice Recommendation 2.1: Patient and Caregiver Education

- Risk Factors
- Living With Stroke module which addresses:
  - Module #3 – Swallowing and Nutrition
  - Module #5 – Emotions: Focus on Depression
  - Module #6 – Activities and Relationships
  - Module #7 – Reducing the Risk of Stroke

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# Secondary Prevention Program for Stroke Survivors and Caregiver

## Best Practice Recommendation 2.1: Patient and Caregiver Education

- **Planning and decision making resources**
- Living With Stroke module which addresses:
  - Module #8 – Moving Forward
  - Tied in throughout most of the modules

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# Secondary Prevention Program for Stroke Survivors and Caregiver

## Best Practice Recommendation 2.1: Patient and Caregiver Education

- **Community Support**
- Living With Stroke module which addresses:
  - Module #8 – Moving Forward
  - The program itself
  - The Facilitator acts as a liaison

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# Thank-you

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