

RESOURCES

For health care professionals who want to teach their patients/families about stroke prevention

General:

- <http://www.cmaj.ca/content/vol179/issue12/#supplement> Canadian Best Practice Recommendations for Stroke Care:2008
- <http://www.canadianstrokestrategy.ca/> Canadian Stroke Strategy home page
- www.strokingengine.ca Stroke Engine website focuses on stroke rehabilitation and interventions
- [HSFO Professional Education](#) Heart and Stroke Professional Education – Ontario Stroke System
- <http://www.medicine.mcgill.ca/strokingengine/index.html> Stroke Engine
- http://www.rnao.org/Storage/12/652_BPG_Stroke_Assessment.pdf Stroke Assessment RNAO BPG
- <http://www.ebrsr.com> Evidence-based review of stroke rehabilitation – secondary stroke prevention
- <http://www.stroke.org> National Stroke Association: Stroke and TIA resources available to members
- <http://www.strokeassociation.org> American Stroke Association
- <http://secure.cihi.ca/cihiweb/splash.html> Canadian Institute for Health Information
- <http://www.cihr-irsc.gc.ca> Canadian Institute of Health Research
- <http://www.cdpac.ca> Chronic disease Prevention Alliance of Canada
- <http://www.hc-sc.gc.ca> Health Canada
- <http://www.hhrc.net/home.cfm> Heart Health Resource Centre
- <http://www.phac-aspc.gc.ca/> Public Health Agency of Canada



Canadian Stroke Network

Réseau canadien contre
les accidents cérébrovasculaires



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STROKE
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- http://www.idocc.ca/en_Guideline_evidence.php Or download the Champlain Primary Care Cardiovascular Disease Prevention and Management Guideline pdf directly at http://www.idocc.ca/Guideline/CCPNguide_2009.pdf with its recommendations for screening and management tools related to risk factors including but not limited to Hypertension, Cholesterol/Dyslipidemia, Smoking, Physical Activity, Obesity, Diabetes, Stroke...

Hypertension:

- [Blood Pressure - Heart and Stroke Foundation of Canada](#) Heart and Stroke BP Action Plan (patients can be directed to the Heart and Stroke Foundation Web site to complete a simple online self assessment tool that will identify their risk of heart disease and stroke, provide tips, advice and support to help prevent or control high blood pressure and develop a personalized action plan. (www.heartandstroke.ca/bp)
- www.hypertension.ca
 - [Canadian Hypertension Education Program](#) (patient resources, posters, video)
 - www.hypertension.ca/bpc (public translation of CHEP guidelines)
 - www.hypertension.gc.ca “Questions and Answers: A patient guide to controlling hypertension” and “My Nutrition Guide” available for order from Canadian Hypertension Society 613-533-3299, email HYPERTENSION@QUEENSU.ca
- [Registered Nurses' Association of Ontario: Nursing Management of Hypertension](#)
RNAO Best Practice Guideline
- www.sodium101.ca Canadian Stroke Network: Get the facts on Sodium
- <http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/> "Dietary Approaches to Stop Hypertension" eating plan features plenty of fruits, vegetables, whole grains, and other foods that are heart healthy and lower in salt/sodium. Visit the website

Smoking cessation:

- www.ottawamodel.ca The Ottawa Model for Smoking Cessation, includes best practices for hospital based smoking cessation programs, links to resources and links to finding out how to learn more about this program
- http://www.ottawaheart.ca/UOHI/PPO_PPHL_Q.do Smoking Cessation Heart Check Program
- http://www.ottawaheart.ca/UOHI/PP_PS_QSPatient.do The University of Ottawa Quit Smoking program
- <http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/index-eng.php> Go Smoke Free, Health Canada
- www.omacti.org OMA Clinical Tobacco Intervention Program: links, forms resources
- <http://www.heartandstroke.com/site/?c=iklQLcMWJtE&b=3484037&src=home> Smoking and stroke: Becoming or remaining smoke free, position statement, facts and recommendations

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- www.smoke-free.ca Physicians for a Smoke-Free Canada
- www.rnao.org/bestpractices RNAO Best Practice Guideline
 - [Registered Nurses' Association of Ontario: Integrating Smoking Cessation into Daily Nursing Practice](#)

Smoking Cessation Self-Help Resources:

- [Smoking, heart disease and stroke - Prevention of Risk Factors - Stroke - Heart and Stroke Foundation of Canada](#) HSF
 - [Quit Lines by Province](#) Ontario quit line
- www.cancer.ca Canadian Cancer Society
 - [Quit smoking](#) One Step at a Time
- www.lung.ca Ontario Lung Association
 - [Protect your lungs - Smoking & tobacco : Canadian Lung Association](#)
- www.canadian-health-network.ca Canadian Health Network
 - [Tobacco](#)
- www.quitsmokingsupport.com Quit Smoking Support, advice and information on the Internet

Weight Control: Healthy Eating and Active Living

- <http://www.healthtoolsonline.com/health-fit.html> Online calculators and assessment tools to aid patients in making and monitoring choices about diet, exercise smoking and more.
- <http://www.eatrightontario.ca>
- www.dieticians.ca Dieticians of Canada: Advancing health through food and nutrition
- <http://www.cardiometabolic-risk.org/welcome> University of Laval: How to properly measure waist circumference (video and print)
- <http://www.5to10aday.com> Five to ten a day: Getting the right amounts of fruits and vegetables
- <http://www.lowersodium.ca> Dietary Sodium Website with interactive tools for public and healthcare professionals
- <http://www.sodium101.ca> Canadian Stroke Network: Get the facts on Sodium
- www.canadian-health-network.ca Canadian Health Network
- www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf DASH Diet
- Health Canada Healthy Eating:
 - http://www.hc-sc.gc.ca/fn-an/alt_formats/hpfb-dgpsa/pdf/nutrition/cg_quick_ref-ldc_rapide_ref-eng.pdf Canadian

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Guidelines for Body Weight Classification in Adults (quick reference tool for professionals)

- [Educators and Communicators – Canada's Food Guide](#)
- http://www.hc-sc.gc.ca/fn-an/alt_formats/hpfb-dgpsa/pdf/pubs/res-educat_e.pdf Eating Well with Canada's Food Guide - A Resource for Educators and Communicators
- www.hhs.gov/safety/index.html US Department of Health and Human Services
- Active Living:
 - <http://www.alcoa.ca/e/whatsnew/blueprint.pdf> : A blueprint for action for active living and older adults
 - [Public Health Agency of Canada - Physical Activity Guide - Healthy Living Unit](#) Canada's Physical Activity Guide
- <http://www.corecanada.net> Centre for Obesity Research and Education, Queen's University
- Physical Activity Resource Centre – PARC www.ophea.net/parc (free download Stroke document)
- Active 2010 www.active2010.ca
- Canadian Fitness & Lifestyle Research Institute (CFLRI) www.cflri.ca
- Centre for Disease Control & Prevention (CDC) www.cdc.gov/nccdphp/dnpa/physical
- www.heartandstroke.on.ca HSF
 - [Healthy Living - Heart and Stroke Foundation of Canada](#)

Dyslipidemia

- http://www.ccs.ca/download/position_statements/lipids.pdf Canadian Cardiovascular Society position statement
- [Canadian Lipid Nurse Network : dyslipidemia management](#)
- http://www.heartandstroke.com/site/c.iklQLcMWJtE/b.3799193/k.A1E1/Position_Statements_Overweight_obesity_and_heart_disease_and_stroke.htm Stroke prevention and risk factors - Prevention of Risk Factors - Stroke - Heart and Stroke Foundation of Canada HSF high blood cholesterol
- <http://yourtotalhealth.ivillage.com/cholesterol.reducing-drugs.html> (video clip explaining how lipids contribute to atherosclerosis)
- www.americanheart.org/ Cholesterol Quiz
- <https://cholesteroltargets.com/FiveSteps.aspx> Tips to reach cholesterol targets
- <http://www.peakperformance.on.ca/cholesterol> Information on Nutrition and Cholesterol Management

Alcohol

- www.lrdg.net

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Medication Adherence

- The Ontario Ministry of Health has developed a program called "[Medscheck](#)" which provides free visits with a pharmacist for patients taking three or more medications for a chronic condition

Diabetes:

- www.diabetes.ca Canadian Diabetes Association : Diabetes Clinical Practice Guidelines2008
- www.dietitians.ca Dietitians of Canada
- www.healthcanada.ca/nutritionalabelling Food Labelling in Canada
- www.ndepnih.gov/get-info/dpi.htm National Diabetes Education Program
- www.diabetes-exercise.org Diabetes Exercise and Sports Association

Self Help Guides:

- www.selfhelp.on.ca Self-Help Resource Centre-Empowering Stroke Prevention Project. Contains Guides entitled Healthy Ways to Prevent Stroke- A Guide for You and Healthy Ways to Prevent Stroke in Your Community- a Facilitator's Guide

Canadian Stroke Network

- www.canadianstrokenetwork.ca The Canadian Stroke Network website has information on what's new in stroke and stroke research, tools to be used in the clinical setting, training for new researchers and dedication to innovation and the translation of knowledge. Links to the stroke engine, Canadian Best Practice Recommendations for Stroke Care, and much more can be found here.

Heart and Stroke Foundation Resources

- www.heartandstroke.ca/resourcecatalogue There are numerous patient education print resources available at HSFO. All are catalogued in this resource and are available to order. Instructions for ordering are found in the catalogue.

Stroke Trials:

- www.stroketrials.org

On-Line CME

- <http://machealth.ca/programs/> Stroke Prevention: Saving the Brain Online

Tip Sheets:

- "BMI/ Waist Circumference tips" sheet http://www.hc-sc.gc.ca/fn-an/alt_formats/hpfb-dgpsa/pdf/nutrition/cg_quick_ref-ldc_rapide_ref-eng.pdf
 - Obtain from www.hc-sc.gc.ca (Food and Nutrition section)

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- “Sodium tips” sheet
http://www.lowersodium.ca/uploads/ShortPaperPatient_EndorsApril09.pdf
 - Obtain from <http://www.lowersodium.ca>
- “Blood Pressure tips” sheets: Obtain from www.hypertension.ca
 - Educational Tools for healthcare professionals (posters, videos, BP documentation sheets, slide kits and much more.
<http://www.hypertension.ca/bpc/resource-center/educational-tools-for-health-care-professionals>
 - Patient information sheet: blood pressure recommendations and diabetes <http://hypertension.ca/bpc/wp-content/uploads/2009/03/final2009recommendations-march-12.pdf>
 - **Devices endorsed by CHEP**
<http://hypertension.ca/chs/deviceendorsements/devices-endorsed-by-chs/printpage>

Health Promotion Web Sites

- Website Population Health Prevention: <http://www.phac-aspc.gc.ca/publicat/2009/cvd-avc/prevention-eng.php>
- Health Promotion Resource Centre
www.ohprs.ca/members/members.html
- Public Health Agency of Canada Health Promotion/Risk Reduction
www.phac-aspc.gc.ca/hp-ps/index.html
- Self-Help Centre
www.selfhelp.on.ca
- Canada Community Health Survey Results www.statcan.ca/english/concepts/health/
- www.mhp.gov.on.ca Ministry of Health Promotion
- www.ohprs.ca/ Ontario Health Promotion Resources