

OVERVIEW OF TOOL KIT

The *Stroke Prevention Best Practice Tool Kit* is designed to support the implementation of the *Canadian Best Practice Recommendations for Stroke Care* for prevention. Using the *Canadian Best Practice Recommendations for Stroke Care* (Updated 2008), the Tool Kit will provide members of the interprofessional health care team with the foundational knowledge required to care for patients who have recently had a stroke or TIA or have been identified as being at high risk. Key topics covered in the Tool Kit include

- An Overview of Stroke/TIA & Evaluating the Event
- Acute Interventions and Management
- Lifestyle and Risk Factor Management
- Talking to Patients & Families about Stroke Prevention
- Stroke Resources for Patients/Families and the Health Care Professional

The Tool Kit consists of the following:

- A. TOOL KIT ADMINISTRATION:
 1. Overview of Tool Kit
 2. Checklist For Planning a Workshop
 3. Workshop Bulletin and Registration Form (template)
 4. Agenda for Workshop (template)
 5. Participant Evaluation Form (template)
 6. Participant Contact Information
 7. Participant Follow-up Survey
 8. Resources (web addresses, etc.)
- B. PRESENTATIONS AND RELATED MATERIALS
 9. Evaluating the Event (slides with speaker's notes)
 10. Acute Interventions and Management (slides with speaker's notes)
 11. Lifestyle and Risk Factor Management (slides with speaker's notes)
 12. Putting It All Together (slides with speaker's notes)
 13. Blood Pressure and Stroke (slides with speaker's notes)
 14. Taking Your Blood Pressure at Home (hand out)
 15. Smoking Cessation (slides with speaker's notes)



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16. Smoking Cessation and Nicotine Replacement Therapy-Myths and Realities (hand out)
17. Healthy Eating (slides with speaker's notes)
18. Sodium and Stroke (slides with speaker's notes)
19. Salt and High Blood Pressure (hand out)

The PowerPoint presentations are designed to be used in whole or in part, depending upon the need of the targeted audience, the availability of speakers, and the format of the educational opportunity. PowerPoint presentations include speaker notes to assist speakers in preparing for the workshop where applicable. PowerPoint presentations slide kits developed by the Canadian Hypertension Education Program and the Sodium Initiative of the Canadian Hypertension Program are referred to in the Tool Kit as they have a range of presentations and resources designed for a variety of targeted audiences and desired outcomes. Speakers presenting on these topics can choose slides from the slide kits to fit the audience and desired key messages. It is intended that the speakers adapt the content for local course participants, mode of delivery (ie: local statistics, particular case studies etc) and as evidence changes.

This Tool Kit is a compilation of the most recent evidence based practice and input from experts across the country therefore, all acknowledgements that are part of the package must remain intact.

TARGET AUDIENCE

This Tool Kit is targeted to the interprofessional team working with TIA/ stroke survivors and families to prevent first and recurrent stroke.

LEARNING OBJECTIVES

The focus of this Tool Kit is to highlight the best practices in stroke prevention, based on the Canadian Best Practice Recommendations for Stroke Care, to enable the health care professional working with stroke survivors and their families to translate their knowledge of stroke prevention to the clinical setting. More specifically the Tool Kit will provide the health care professional with the evidence and resources needed to:

- Understand the incidence of TIA/stroke
- Discuss the risk of recurrent stroke
- Describe four components of an approach to secondary stroke prevention
- Implement best practices in the management of the TIA/stroke patient according to Canadian Best Practice Recommendations for Stroke Care
- Implement best practices in the modification of stroke risk factors according to Canadian Best Practice Recommendations for Stroke Care
- List modifiable and non modifiable risk factors for stroke
- Support patients to identify and understand individual risk factors for stroke
- Partner with patients and families to develop an individualized plan for risk factor management
- Identify five resources for health care practitioners and five for patients/families related to stroke prevention
- Identify one best practice in the Canadian Best Practice Recommendations for Stroke Care (Updated 2008), to champion for stroke prevention in their workplace in the following two months.

RESOURCE REQUIREMENTS

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Type of Resource	Length	Potential Speakers	Participants
Delivery methods include *1/2 day Workshop * full day workshop *In-services	Depends on format	Presenters with expertise in stroke prevention For presentations on blood pressure, healthy eating, smoking and sodium, seek out local presenters with expertise or focus in the particular topic (builds resources and sustainability)	Nurse Practitioners, Clinical Nurse Specialists, Nurse Educators, Registered Nurses, Registered Practical Nurses, Occupational Health Nurses, Health Promotion Practitioners, Clinic and/or Program Managers, Family Health Teams, Allied Health Professionals, Physicians

Delivery Options:

1. Workshop (full day or ½ day):

A sample agenda is provided in the Tool Kit. It reflects a full day workshop however the first part could be delivered as a ½ day workshop as afternoon presentations in the agenda are added extras to understand the topics of blood pressure, smoking cessation, healthy eating and sodium at a more in-depth level. The morning program is designed to address the clinical application of the Canadian Best Practice Recommendations for Stroke Care divided into four presentations entitled “Evaluating the Event”, “Acute Interventions and Management”, “Lifestyle and Risk Factor Management” and “Putting it All Together”.

If an opportunity to learn more about risk factors is desired, the agenda continues into the afternoon outlining presentations intended to be delivered by local health care professionals with knowledge in a specific topic area. This has two advantages: to share their knowledge and expertise, and to identify local resources available for other health care professionals, stroke survivors and family. Following a short afternoon break, presenters would be involved in hosting a “station” on their topic whereby the large group participants, now divided into 3 smaller groups, will rotate through every 15 minutes. Someone will need to be available to facilitate movement of the groups. During this 15 minute session the smaller group learning activity would include a hands on learning, take home message/skill that can directly impact practice. For instance:

Hypertension: supervised practice taking a BP using proper technique

Healthy Eating: learn how to teach a patient to read a label, see different resources to teach patients (i.e.: divided plate, test tubes containing different amounts of fat, sodium101 website)

Smoking: a display of the NRT and the resources available to discuss smoking cessation with patients/families. Discussion of common Q&A or myths patients may have.

Following the stations there is an opportunity to discuss your community, and the resources you have for triaging patients, accessing timely diagnostics as required and access and availability of services related to risk factors (i.e.: sodium, physical activity, obesity, diabetes). The day should wrap up with a sharing key messages and final evaluation.

2. In-services:

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This Tool Kit can be presented by section in a series over a number of weeks and individual modules could be used for targeted presentations to your facility or community.

EVALUATION

Evaluate the program at end of the day using the evaluation template provided. Add objectives to evaluate as desired. Invite participants to sign an agreement to participate in a follow up on-line survey 1-2 months later (template included in tool kit). Collect these signed agreements. One to two months later, send participants a link to survey monkey to request information on clinical application of stroke prevention best practices learned during educational event (template included in tool kit).

This resource and its components are based on the Canadian Best Practice Recommendations for Stroke Care (Updated 2008) and is intended to support implementation of these recommendations.