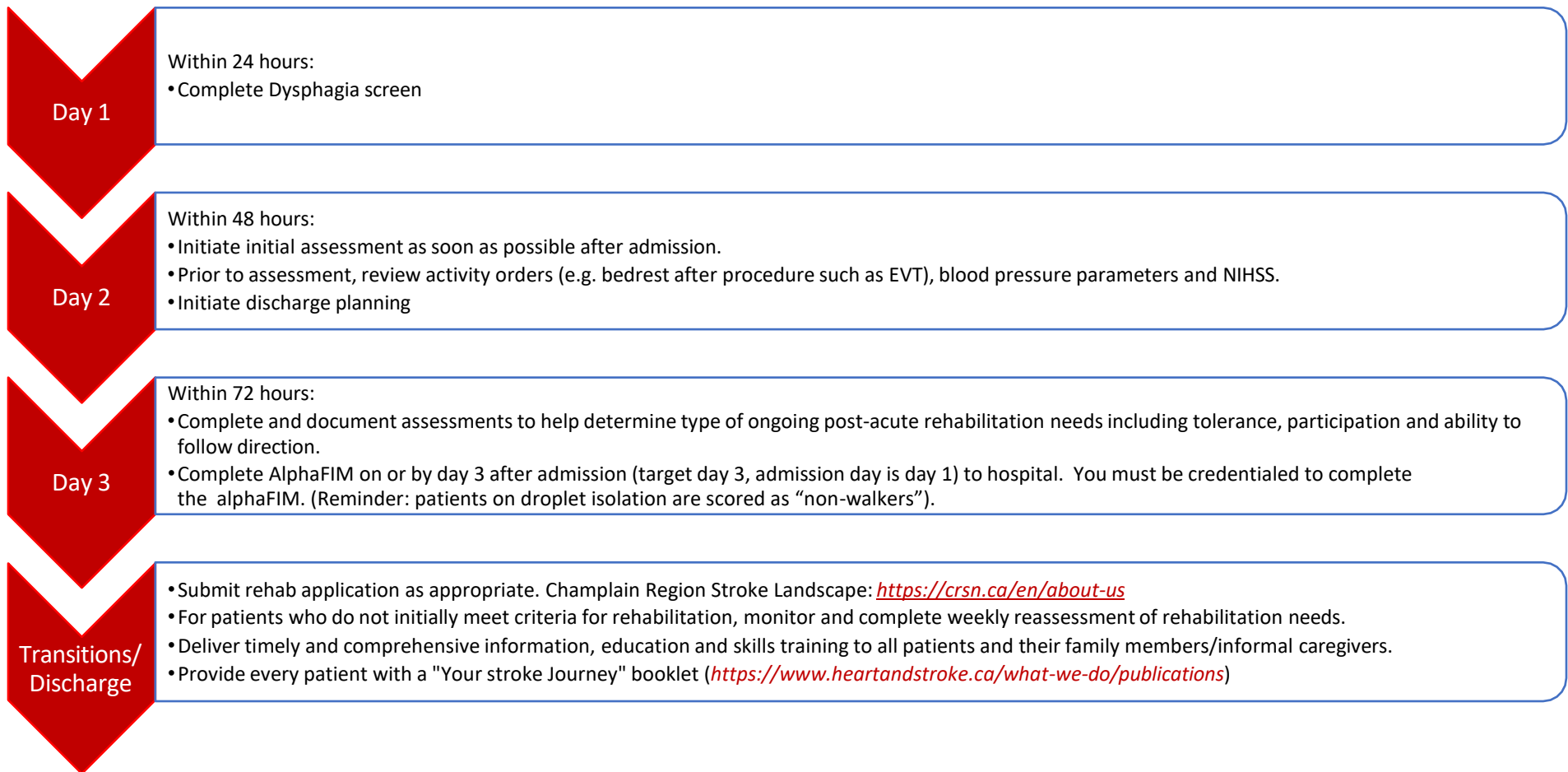


**BACKGROUND:** The Champlain Regional Stroke Network created a set of practical stroke care guidance documents to support healthcare professionals who may not be fully familiar with managing acute ischemic and hemorrhagic stroke patients. The documents are designed to be guidance rather than strict directives, meaning they are intended to support, rather than replace, the clinical judgment of individual healthcare providers. By focusing on stroke care that aligns with best practices, these resources help ensure that stroke patients continue to receive appropriate and timely treatment, despite the challenges of the healthcare system.

## Acute Stroke Care Timelines (CSBPR)



Visit the CRSN website for more information: [www.crsn.ca](http://www.crsn.ca)

- To learn more on post stroke conditions and to access practice tools: <https://crsn.ca/en/clinical-tools-resources>
- For all patient handouts/infographics: <https://crsn.ca/en/resources-for-stroke-care-and-recovery>

Topic	Key Messages (for more information go to <a href="http://www.strokebestpractices.ca">www.strokebestpractices.ca</a> )	Where to Find More Information
<b>Assessments</b>	Assessment components in OT should include mood and cognition, mobility, functional assessment and activity limitations, skin breakdown and discharge planning (incl. role participation restrictions and environmental factors), while making evaluation of safety (cognition, fitness to drive, mobility) a priority.	<a href="#">Stroke Engine - Assessments</a>
<b>Cognition and Perception</b>	<p>Patients with stroke and TIA should be considered for screening for vascular cognitive impairment, using a validated screening tool such as the MoCA – can be done in acute care, particularly if cognitive, perceptual, or functional concerns, in the absence of delirium is noted.</p> <p>All patients with stroke should be screened for visual, visual motor, and visual perceptual deficits – can be done in acute care if deemed indicated/necessary, or in rehab. Visual scanning techniques should be used to improve perceptual impairments caused by neglect.</p>	<p><a href="#">Stroke Engine – Star Cancellation Test</a>  <a href="#">Stroke Engine – Line Bisection Test</a>  <a href="#">Stroke Engine - Clock Drawing Test</a></p> <p><a href="#">MoCA</a></p> <p><a href="#">Apraxia handout for families and caregivers</a>  <a href="#">Neglect handout for families and caregivers</a></p>
<b>Positioning and Upper Extremity Management</b>	<p>Spasticity and contractures may be managed by antispastic pattern positioning, ROM exercises, and/or stretching.</p> <p>Joint protection strategies should be applied during the early or flaccid stage of recovery to prevent or minimize shoulder pain and injury, including positioning, protecting and supporting the arm at all times.</p> <p>The use of slings should be discouraged with the exception of the flaccid stage. In this case a sling is worn whenever support at the shoulder cannot be provided (i.e. transfers, ambulation and when sitting on toilet).</p> <p>Patients and families/caregivers should be educated to correctly protect, position and handle the involved arm.</p>	<p>Patient infographics on <a href="#">pain</a> and <a href="#">spasticity</a></p> <p><a href="#">OT sitting position poster for hemiplegia</a>  <a href="#">OT bed positioning poster for hemiplegia</a></p> <p><a href="#">Hemiarm Protocol</a> (includes other positioning posters)</p> <p><a href="#">Winnipeg Regional Health Authority - Evidence Based Occupational Therapy Toolkit for Assessment and Treatment of the Upper Extremity Post Stroke</a> (includes other positioning posters)</p>

Topic	Key Messages <i>(for more information go to <a href="http://www.strokebestpractices.ca">www.strokebestpractices.ca</a>)</i>	Where to Find More Information
	<p>The arm should not be moved passively beyond 90 degrees of shoulder flexion or abduction unless the scapula is upwardly rotated and the humerus is laterally rotated.</p> <p>Hand oedema can be managed using ROM exercises and retrograde massage. When at rest, the arm should be elevated if possible.</p>	
<p><b>ADLs, IADLs and Upper Extremity training</b></p>	<p>Training should encourage the use of patients' affected limb during functional tasks and be designed to simulate partial or whole skills required in ADL.</p> <p>Patients should engage in training that is meaningful, engaging, repetitive, progressively adapted, task-specific, and goal-oriented in an effort to enhance motor control and restore sensorimotor function.</p> <p>Oral care is important and may need to be enabled via adaptive aids and/or retraining.</p> <p>Patients should be advised to stop driving for <u>at least</u> one month after a stroke.</p>	<p><a href="#">GRASP (Graded Repetitive Arm Supplementary Program)</a></p> <p><a href="#">Viatherapy app</a></p> <p><a href="#">Winnipeg Regional Health Authority - Evidence Based Occupational Therapy Toolkit for Assessment and Treatment of the Upper Extremity Post Stroke</a></p> <p><a href="#">R hemi 1 person pivot; L hemi 1 person pivot</a> <a href="#">R hemi 2 person pivot ; L hemi 2 person pivot</a></p> <p><a href="#">Heart &amp; Stroke - Dressing after stroke demonstration videos</a></p> <p>Patient infographic on <a href="#">driving</a></p>
<p><b>Transitions Management</b></p>	<p><b>Given challenged access to outpatient and community rehab at this time, it is strongly recommended that patients be discharged with therapy materials if deemed appropriate.</b></p> <p>All patients, family members and informal caregivers should receive timely and comprehensive information, education and skills training by all interdisciplinary team members.</p>	<p>Therapy material: <a href="#">GRASP home program</a> <i>Other optional tools that may be available at your facility: OT toolkit, Workbook of Activities for Language and Cognition</i></p> <p>Education: <a href="#">Your Stroke Journey</a> booklet (should be at bedside)</p>

Topic	Key Messages <i>(for more information go to <a href="http://www.strokebestpractices.ca">www.strokebestpractices.ca</a>)</i>	Where to Find More Information
		<a href="#">Self-management education checklist – Heart &amp; Stroke</a>

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