

ANNUAL ACHIEVEMENT REPORT



2023/24

Year in review...



As our 2021-2024 strategic plan comes to a close, we want to thank all of our partners for your ongoing support and dedication towards improving stroke care and getting one step closer to our vision of *Fewer Strokes, Better Outcomes*. In spite of the ongoing economic challenges and health human resource shortages, we are grateful to see increased engagement and input from our partners in many of our initiatives.

We would like to acknowledge Toronto Rehab, UHN and Hennick Bridgepoint Hospital for receiving Stroke Distinction. This achievement is a time intensive endeavor and a testament to your high performing teams. Congratulations.

Meet the Team

North & East GTA Stroke Network

Yasmin Visram
Kathy Golfinopoulos
Brianna Iannazzo
Sandy Lyeo
Tina Sahota

Toronto West Stroke Network

Nicola Tahair
Nandanie Amarasinghe
Donna Cheung
Jaclyn Gilpin
Jocelyne McKellar

South East Toronto Stroke Network

Fatima Quraishi
Nikita Kumar
Lishan Taneza
Michelle Mohan

Steering Committee

Dr. Atif Zafar
Cherie Madden
Dr. Dan Cass
Elizabeth Linkewich
Fatima Quraishi
Ilsa Blidner (Chair)

Jonathan Fetros
Dr. Leanne Casaubon
Nicola Tahair
Rachel Boissonneault
Dr. Rick Swartz
Ron Lacombe

Ru Taggar
Shirley Price
Susan Woollard
Dr. Thomas Parker
Yasmin Visram

Snapshot of Activities



Click any image to learn more



NEW

Strategic Focus 2024-2027

Back to
main
page

Who we are

- As the Toronto Stroke Networks, we are credible advisors, and a key player in the stroke system by leading collectively across organizations AND by being responsive to system needs.
- We are committed to achieving Fewer Strokes, Better Outcomes by facilitating evidence-based best practices with our care continuum partners, in ways that, advance the entire stroke system to be more integrated, equitable, person-centered, and responsive.

What we do

- We plan, design and facilitate regional implementation and knowledge translation initiatives.
- We accelerate from insights to sustainable solutions with local implementation partners.
- We deploy inclusive feedback mechanisms and data collection, with patient-guided perspectives, to inform macro-planning and resource advocacy.

Strategic focus areas for the next 3 years



Act as a Trusted Partner
to Advocate and Facilitate
Progressive Change



Elevate the Voice of
Patients/Caregivers Through
Data Rich Insights



Guide Innovative Best
Practices Implementation as
“One System of Care”



Empower Healthcare
Partners Through
Knowledge Translation

Data Snapshot FY 2023-24

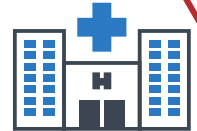
Back to main page

Regional Stroke Centres

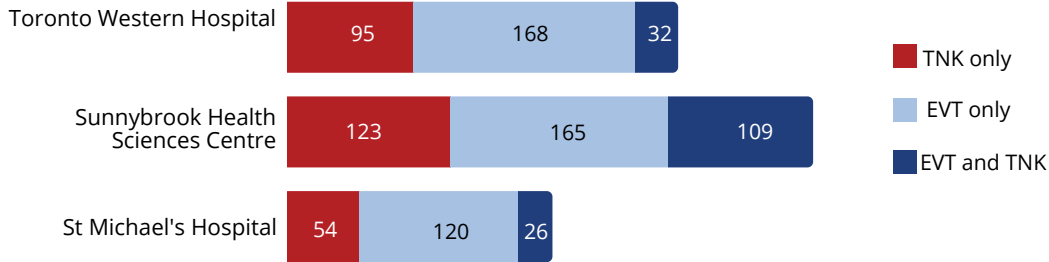


(TPS)

1,267
code stroke transports to regional stroke centres



278 interfacility code stroke transfer (community hospital to regional stroke centre)
(TPS)



(RSCs)

Acute Care

4705

TIA/stroke admissions across 8 acute care hospitals

(CIHI-DAD)



Proportion of Stroke/TIA patients treated on a dedicated stroke unit across Toronto hospitals

47-81%

(CIHI-DAD SP 340)

Rehabilitation

1282

patients accessed high intensity rehab from acute care



(NRS)

87%

of patients with AlphaFIM® 40 – 80, ≤ 7 days post stroke, were automatically accepted to high intensity inpatient rehab

(eStroke)

Median rehab intensity across 6 inpatient rehab programs: **70.4 min/day**

Range in mins/day:

43-99



(NRS)

Community

300

patients accessed outpatient rehab from acute care hospitals in Toronto



(eStroke)

Proportion of ischemic stroke/TIA patients discharged directly from the ED and referred to secondary stroke prevention services ranged from:

68-99%

(NACRS)



Access to Stroke Care

Back to main page

Access to specialized stroke care is vital for recovery and improved quality of life. Work is underway in acute care and rehab to build a more robust integrated system of stroke care in Toronto.

Acute Stroke Unit

To align with CorHealth's new [Ontario Stroke Unit Definition](#), the TSN supported sites in the completion of the Acute Stroke Unit CorHealth Self-assessments (Sept 28, 2023) and launched a recognition plan for acute stroke units (Nov. 2023).

Currently all sites have met at least 50% of the 10 components in the stroke unit definition. The collective aim is for all acute stroke units in Toronto to meet the provincial definition by 2028 with each year's target criteria increasing by 10%.

Designated Stroke Unit Recognition

NEW eStroke Pathway

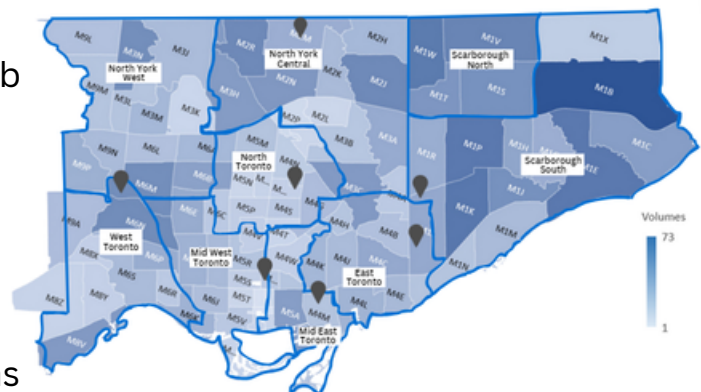
In January 2024, a referral pathway from inpatient rehab to an outpatient rehab program located at an external site was integrated into the eStroke Rehab and Referral System.

This pathway supports:

- Standardized referral content
- Intake responses to referrals within 1 business day
- Reduced need to fax referrals
- Patient tracking across the continuum on one platform

Community Stroke Rehabilitation

- Purpose of our work is to support planning and access to best practice Community Stroke Rehab (CSR) in Toronto
- Informed Provincial Community Stroke Rehab planning with respect to allocation of funding in Toronto
- Supported sites in expanding their CSR programs
- Leveraged provincial TSN research to provide input into the Ontario Health CorHealth's Navigation Guidance document



Patient & Family Engagement

Back to main page

Engaging patient and family advisors (PFAs) in system work ensures healthcare services are aligned with the actual needs and preferences of those they serve, leading to improved patient outcomes and satisfaction. Their insights can help identify gaps and inefficiencies in care delivery, fostering a more patient-centered approach.

14 active PFAs, 9 of which are members of our Patient and Family Advisory Committee. PFAs were engaged and/or consulted in the following stroke system work:

- Guide for Stroke Recovery book update
- Revisions and promotion of Patient & Family Experience Questionnaire
- TSN website re-design
- Stroke unit definition
- TSN strategic planning
- Community stroke rehabilitation
- Delivered the Heart and Stroke "Living with Stroke" program

Patient and Family Experience Questionnaire (PFEQ)

94

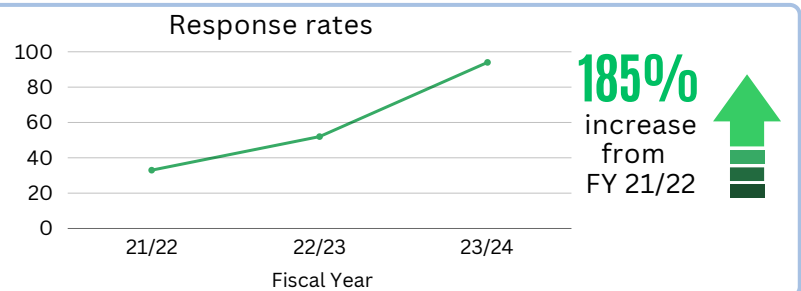
PFEQs completed and analyzed

Top selected positive and negative emotions

Grateful



Frustrated



Comments submitted provided rich information. They reflect a range of positive and negative patient experiences in 4 emerging themes.

Quality of care

Praise of healthcare providers for their professionalism, empathy, knowledge and support during a stressful time

“What impressed me the most was the compassion of every staff member. They not only provided excellent nursing/medical care...they nurtured my spirit.”

Emotional and psychological impact

Respondents highlight the emotional and psychological impact the stroke had on them

“I am still struggling with post stroke anxiety and don't yet feel 'safe'.”

Follow-up care

While care was generally positive, some expressed frustration or a lack of clarity about their follow-up care and appointments

“It was reassuring to have access to a follow up cardiologist as well as the Stroke Clinic.”

Communication and information

Most felt well-informed and reassured about procedures and next steps

“The in-depth sessions for each daily visit have been quite satisfying and all documentation has been top notch.”

Key Initiatives & Event Highlights

Back to main page

The listed initiatives and activities do not cover all the efforts undertaken in fiscal year 2023/24. Achievements are the result of ongoing collaboration and engagement among numerous frontline providers, decision support personnel, professional practice leaders, managers, and directors.

Integrated Care Data and Reporting Framework

21 indicators collected quarterly across the continuum of care
Piloting 1 indicator for stroke prevention clinics



Data summary report shared with system partners to support system level planning and integrated care

Participating sites: **7** acute care **5** inpatient rehab **5** outpatient rehab **1** integrated stroke unit

Standards of Care

37 programs across 16 organizations completed

Priority themes for quality improvement plans identified:

- Building specialized teams with stroke care expertise (38.5%)
- Supporting patient experience (14.6%)
- Supporting seamless transitions (13.5%)

“ Provides a dedicated forum for the team to work collaboratively. Helps us strive towards and achieve stroke best practices ”

TSN Quality Improvement People’s Choice Award winner

St. Michael’s Hospital

“Outstanding Outcomes: Empowering bedside staff to recognize and activate a code stroke”



Cognitive Orientation to Occupational Performance™ (CO-OP)



20 staff trained in Introduction to the CO-OP Approach™ Workshop

30%

increase in attendance compared to the 2022-2023 session

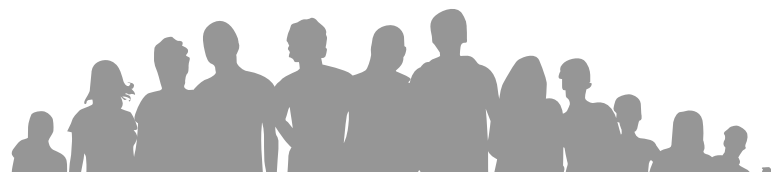


15 staff trained in Maximizing CO-OP™ Effectiveness Workshop

Events

Annual Collaborative

100+ Attended this virtual event to celebrate our collective system successes; learn about quality improvement initiatives from various sites and worked collaboratively to inform our 2024-2027 strategic plan.



Community Forum

75+ staff working across the continuum participated in building their knowledge and skills to support care and community re-engagement through workshops and rapid podium presentations. Topics included:

- Fatigue
- Sexuality
- Return to work
- Stroke Core Competency Framework
- Stroke as a provincial priority

Empowering healthcare partners through knowledge translation is a key priority of the TSN. Numerous resources continue to be developed and updated to support the delivery of best practice stroke care.

Guide for Stroke Recovery

Engaged Patient and Family Advisors and 20+ front line providers in adding and revising content to the book and a new look to the book cover.

A new bookmark was developed highlighting both the new Toronto Stroke Network website and the Guide for Stroke Recovery.

Seven Guide for Stroke Recovery and 3 Choices and Changes workshops were held.

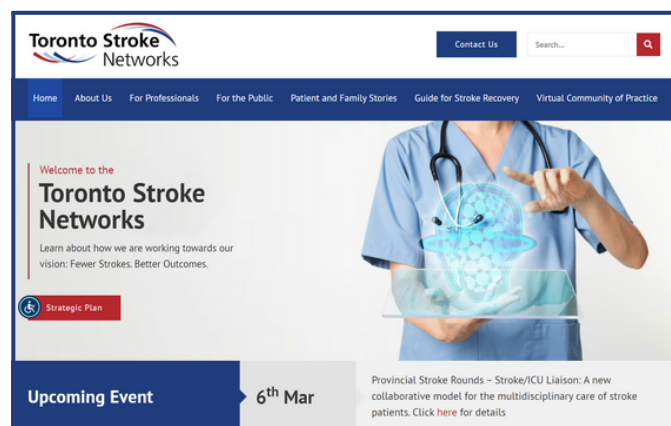


Toronto Stroke Networks' website

Newly designed website launched January 12, 2024 Collaborative process with patient/family advisors and health care providers to ensure content is relevant, easy to find and maintains accessibility standards.

Highlights:

- Supports orientation to the stroke system in Toronto, curated list of resources for patients/families/ caregivers;
- Supports professional development (e-modules, resources, upcoming events);



Canadian Occupational Performance Measure[®] communication visual aid tools

Two new resources were created to support the completion of the COPM[®]. They can be used to help patients identify what is most important to them, through images and keywords, during their stroke recovery journey.

The resources were developed from feedback provided by clinicians and through engagement with patient advisors.



Stroke Core Competency Framework (SCCF) launch

The TSN's SCCF was adapted from the provincial SCCF and launched in September 2023.

Adaptations include:

- Integration of concepts that support a dedicated stroke rehabilitation team in the community;
- Emphasis on integrated stroke care across the continuum;
- Concept of hopeful care during recovery;
- Identifying virtual care resources to support stroke care;
- Addition of the Reporting and Performance competency.

The framework was refined to improve the user experience.





CIHI.....	Canadian Institute for Health Information
DAD.....	Discharge Abstract Database
eStroke.....	eStroke Rehab Referral System in RM&R (Resource Matching & Referral)
NACRS.....	National Ambulatory Care Reporting System
NRS	National Rehabilitation Reporting System
RSCs	Regional Stroke Centres
TPS	Toronto Paramedic Services

Contact Us



info@tostroke.com



www.tostroke.com