

2024/25 ANNUAL REPORT



www.tostroke.com 

www.strokerecovery.guide 

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A year in review

This Annual Report showcases the progress and impact of stroke care initiatives across hyperacute, acute, rehabilitation, and community sectors. It reflects our collective efforts in advancing best practices through collaboration and innovation. These achievements would not be possible without the dedication of our partners, including patient and family advisors, whose contributions continue to drive meaningful change across the system of stroke care in Toronto. Thank you for your continued support in our shared vision: Fewer Strokes. Better Outcomes.

Content



DATA
SNAPSHOT



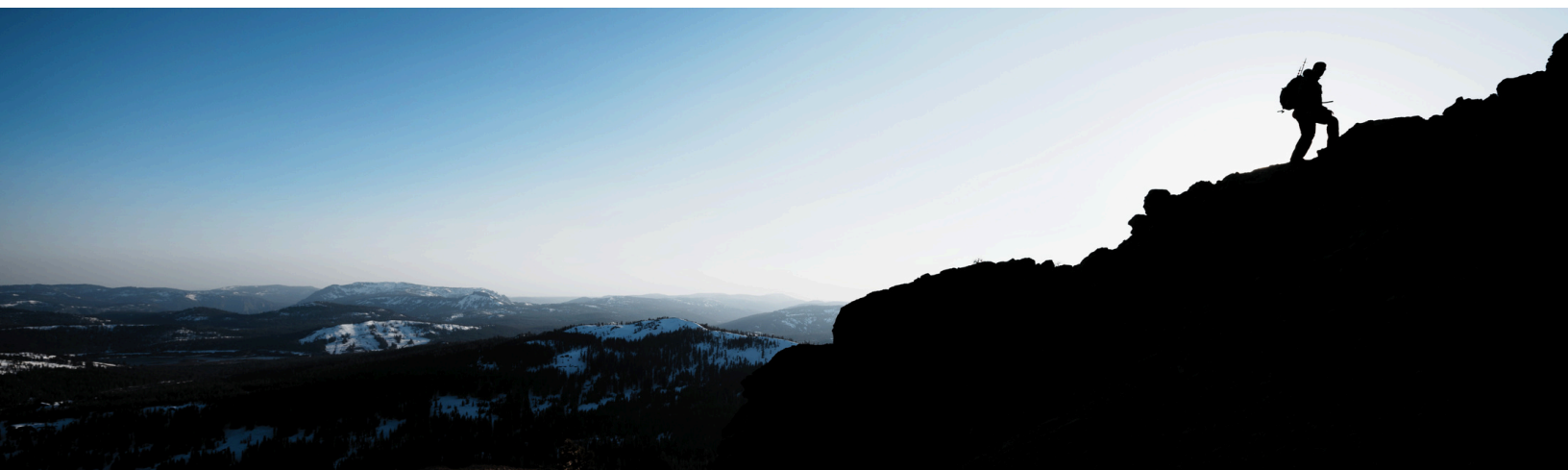
INITIATIVE
HIGHLIGHTS



EDUCATION
SESSIONS



TSN
RESOURCES



Strategic Focus 2024-2027

Fewer Strokes. Better Outcomes



Act as a Trusted Partner
to Advocate and Facilitate
Progressive Change



Elevate the Voice of
Patients/Caregivers Through Data
Rich Insights

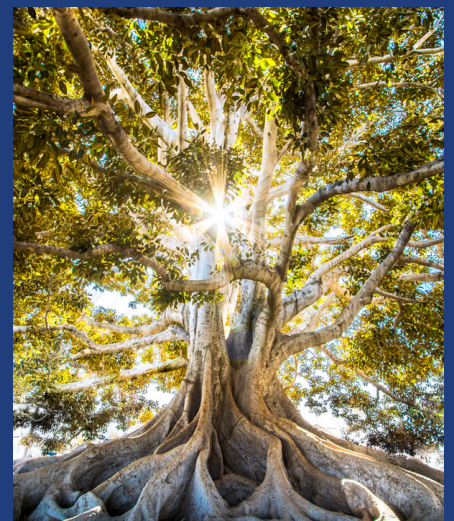


Guide Innovative Best
Practices Implementation as
"One System of Care"



Empower Healthcare
Partners Through
Knowledge Translation

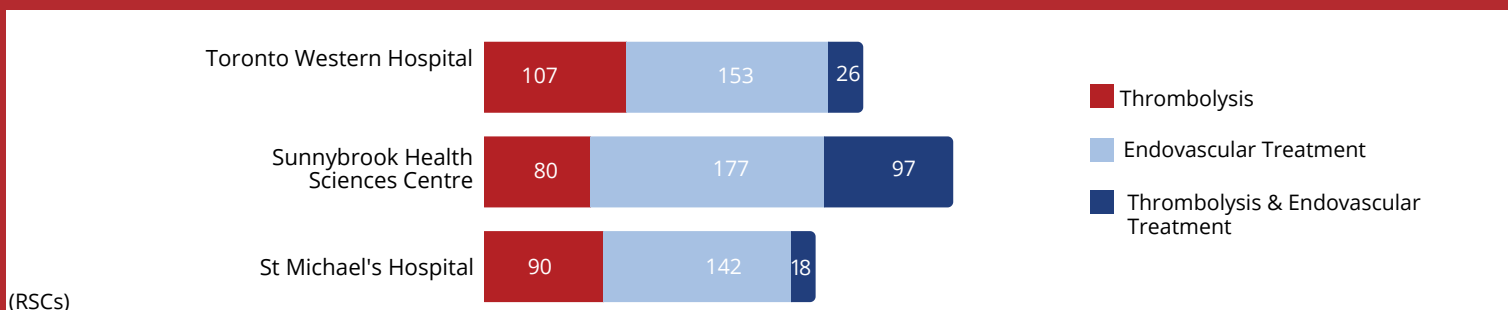
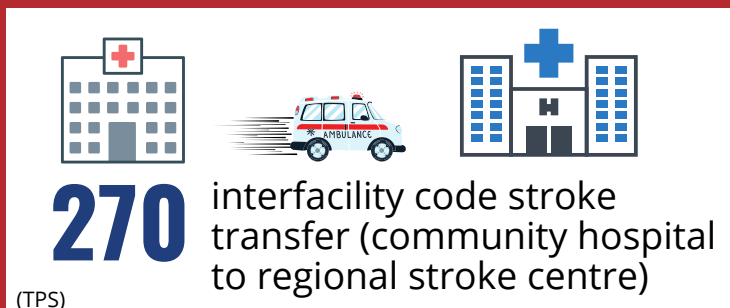
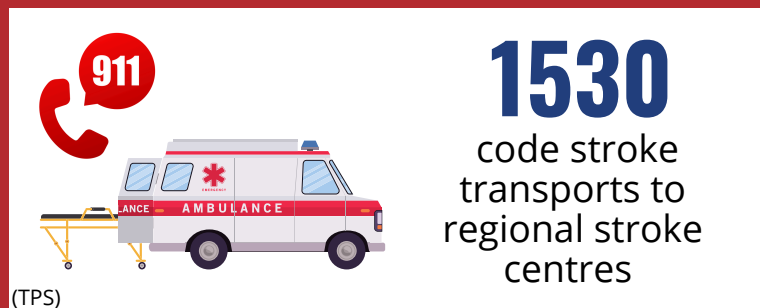
Our work is rooted in four areas of strategic focus. Through the use of data-driven insights, collaborative partnerships, and the implementation of knowledge to practice, we are committed to aligning with stroke best practice recommendations and improving patient outcomes. Collectively, these efforts contribute to a more effective, coordinated, and person-centered system of care.



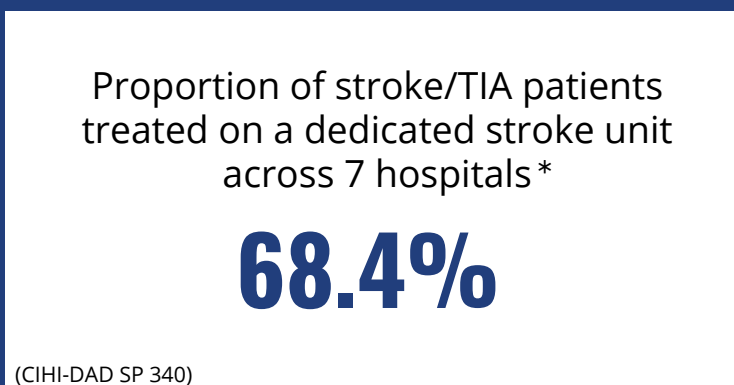
Data Snapshot FY 2024-25

At the time of this report, data missing from Michael Garron Hospital*, West Park Healthcare**

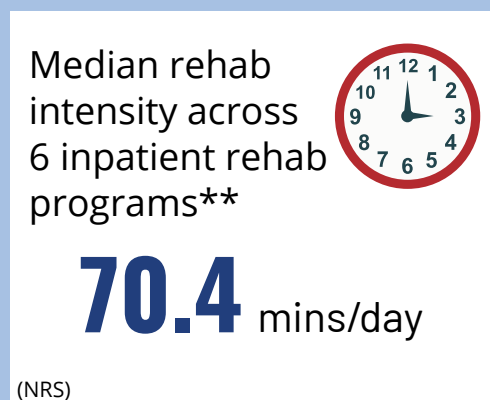
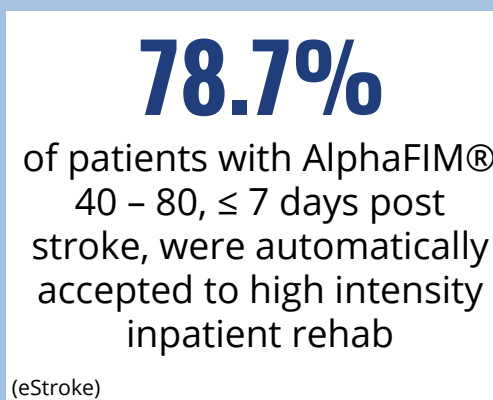
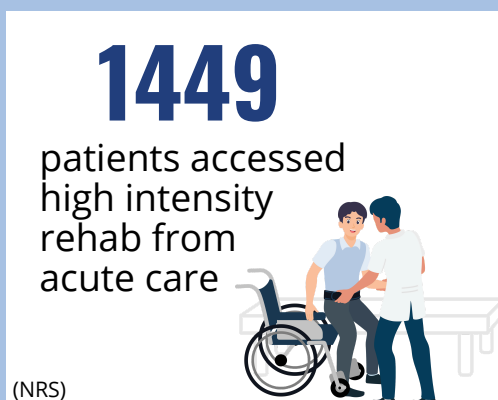
Regional Stroke Centres



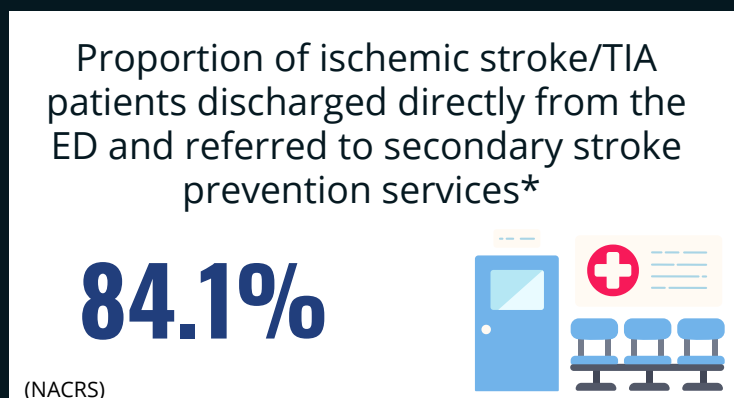
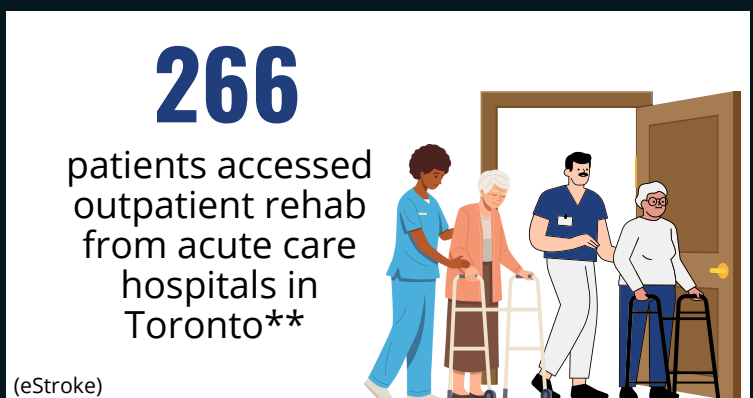
Acute Care



Rehabilitation



Community



Initiative highlights

Patient and Family Engagement

Engaging patient and family advisors is essential to advancing stroke system work in Toronto. Their lived experiences provide valuable insights that help ensure services are person-centered, responsive, and aligned with the real needs of those affected by stroke. Involving patients and families in initiatives and quality improvement efforts builds an inclusive and seamless stroke system that supports better outcomes and experiences across the care continuum.

Some of the initiatives they were involved in:

- Review of “Can I drive after a stroke? Information for people who have had a stroke” resource
- Modifications to the Stroke Journey section on the Guide for Stroke Recovery website
- Review of the TSN Outpatient Rehab Transition Letter
- Story of lived experience shared in Post-Stroke Mood Changes: Exploring Anxiety & Depression
- Post Stroke education session for healthcare providers

Patient and Family Experience Questionnaire

Even though the response rate is lower than fiscal year 2023/24, there are more positive than negative emotions selected in 2024/25. Comments submitted provided rich information, highlighting the following areas:

To access the full report

CLICK HERE

Information Sharing and Care Coordination

Praise of healthcare providers for their clear communication that helped patients feel informed and prepared for next steps

“When she provided me the information, it helped me take responsibility for my own health and feel better when the services ends”
“Therapists helped with home care arrange. Now I better with help at home. [...] Physio called me at home to make sure homecare helping”

Empowerment and Support

Respondents appreciated providers' empathy and support, as well as their efforts to promote self-efficacy.

“When she informed me what the next sessions was going to be, it helped me and motivated me to do better and it made me feel like I have a choice”
“I felt the staff truly cared for my well being and gave me all the encouragement I needed. Overall it was good”

Gains in Recovery

Many reported improved daily functioning and regained strength and independence.

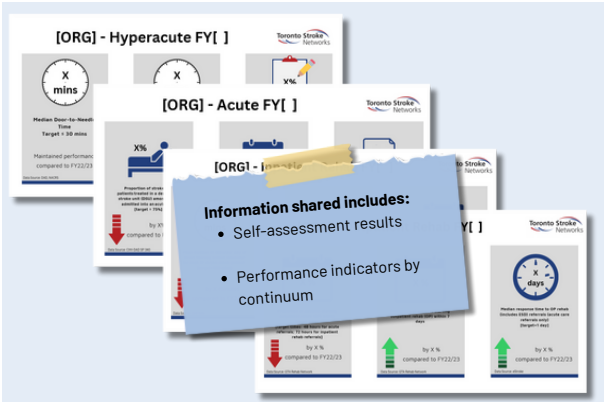
“I had 2 strokes in late 2023. After I came home, I was using a wheelchair and needing 2 person to help for everything. Now I can walk with a walker. I am very happy”
“I do feel hopeful with my recovery. It helped me gain a sense of normalcy within my life”

Initiative highlights continued

Over the past year, there has been a noticeable shift back to in-person education events and meetings within the Toronto Stroke Networks. This return to face-to-face engagement has strengthened opportunities for real-time collaboration, networking, and relationship building among partners. In-person interactions foster deeper connections, support the exchange of ideas, and enhance collective problem-solving –key elements in advancing coordinated stroke care across the region.

Standards of Care (SoC)

The SoC was developed to provide stroke care partners with a user-friendly self-assessment tool to determine current performance relative to established standards. Sites use the self-assessment to develop quality improvement plans aimed at achieving shared best practice standards and excellence in stroke care. Stroke performance indicators and self-assessment results are discussed during local site visits.



35 sites/programs completed the SoC in 2024

Site visits were offered virtually, in-person, and hybrid to improve engagement with the organizations and meet specific program needs



Hyperacute	n = 9
Acute	n = 8
Inpatient Rehab	n = 6
Outpatient Rehab	n = 6
Secondary Prevention	n = 6

98 quality improvement priorities were identified across the programs

Primary themes:

- Access to stroke services (28.6%)
- Standardized (internal) pathways and processes (22.5%)
- Building stroke expertise through staff education (19.3%)
- Patient empowerment (14.3%)

Secondary themes:

- Performance data collection and review (5.1%)
- Program operations (4.1%)
- Rehab Intensity (4.1%)
- Seamless transitions (2.0%)

“ Gave us an opportunity to come together as a group to discuss improvement opportunities ”

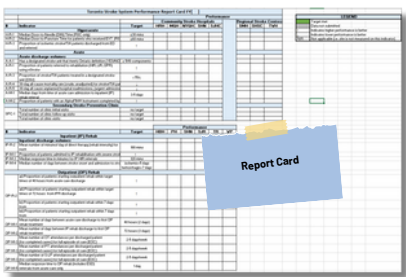
“ Having TSN staff there to support and provide information and summarizing our self assessment was so helpful ”

“ Summary Matrix allowed for comparison with peer hospitals ”

Initiative Highlights Continued

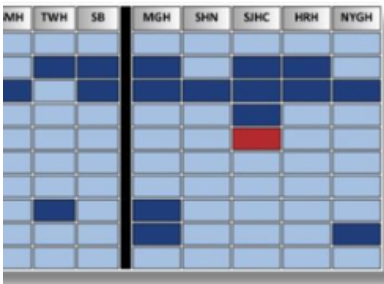
Integrated Care Data and Reporting Framework

All acute care hospitals are now actively submitting data, with reporting expanded to include one indicator for Secondary Stroke Prevention. We are currently in the second year of quarterly distribution of a data summary report and a full fiscal year report card. This data is used across various engagement tables to inform system planning discussions and support the development of an integrated stroke system of care.



Acute Stroke Unit Access

The objective of improving access to acute stroke units is to enhance regional availability of stroke unit care. The long-term goal is for all organizations receiving Quality Based Procedures stroke funding to fully meet the provincial stroke unit definition by 2027. As of 2024, all sites have achieved the interim target of meeting at least 6 out of 10 components of the stroke unit definition.



Community Stroke Rehab

Our goal is to build an accessible, equitable, and well-coordinated community-based stroke rehabilitation system that supports care close to home. Through recent priority setting with the working group, we have decided to focus our efforts on enhancing communication and improving care transitions.

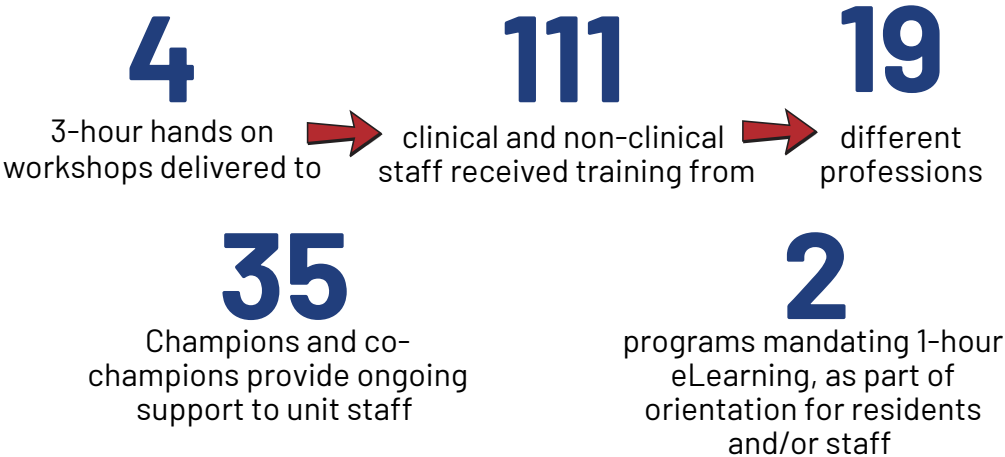


TSN' Supported Conversation for Adults with Aphasia (SCA™) Initiative

We are well on our way to stroke care providers improving their skills, confidence and effectiveness to support patients with aphasia through the use of SCA™.



Facilitators (left to right)
Ran Sun, Scotia McKinlay, Asha Shelton



Education Sessions

The Toronto Stroke Networks offered a diverse range of education sessions including in-person events, live virtual webinars, and self-paced learning modules designed to meet the varied needs and schedules of healthcare providers.

Best Practices for Managing Perceptual Impairments Post Stroke	1 in-person session 52 attendees	<i>"Breakout groups were great and having lots of time for questions - created a very open and trusting environment"</i>
Building Capacity in Psychosocial and Hopeful Care	2 virtual sessions 26 attendees	<i>"I plan to make more time for collaborative goal setting and active listening - I want my patients to feel heard!"</i>
Chedoke McMaster Stroke Assessment Workshop	1 in-person session 25 attendees	<i>"It was really helpful to see the videos to see what was wanted out of the task. I appreciated the discussion for people to voice their questions."</i>
Choices and Changes & the Guide for Stroke Recovery	2 virtual sessions 26 attendees	<i>"Role playing and introduction to the Guide [was most helpful]"</i>
Cognitive Orientation to Daily Occupational Performance	1 virtual Introductory course, with consolidation sessions 14 attendees	<i>"Enjoyed the practical experience and discussion it promoted"</i>
COPM© Learning Modules	Self-paced learning 77 participants	<i>"Provided excellent examples of how to administer and showed the evidence and research behind the tool, making it valuable to use and identify change in a clinical setting"</i>
Guide for Stroke Recovery	3 virtual sessions 30 attendees	<i>"The tips sheet was helpful and the fact that we should encourage participants to read it in sections. Identify areas that might help them get started."</i>
Handling Skills	2 in-person sessions 60 attendees	<i>"Thank you for this amazing workshop! I have learned so much, even though I already have some training and experience with NDT"</i>
Hemispheres	Self-paced learning 38 participants	<i>"It was very informative, and the modules piqued my interest to support my learning and development in stroke care."</i>
Mood and Depression Post-Stroke	1 in-person session 30 attendees	<i>"I liked the variety of speakers! Lots of interesting content and helpful information. I learned things that I am already using in my practice"</i>
Sexual Rehabilitation After Stroke	1 virtual session 25 attendees	<i>"Sexuality after stroke was my blind spot in stroke rehab". "It was a perfect balance of videos, lecture content and collaborative work"</i>
Smart Tips for Stroke Care	1 in-person session 23 attendees	<i>"Thank you for this amazing workshop. I have learned so much"</i>

TSN Resources

Sunsetting the Virtual Community of Practice

As part of the TSN ongoing efforts to enhance healthcare provider access to resources all in one convenient, centralized location, we have transitioned away from the Virtual Community of Practice to the TSN website: [ToStroke.com](https://www.tostroke.com)

Toronto Stroke
Networks

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For the Public

Patient and Family Stories

Guide for Stroke Recovery

Virtual Community of Practice

Welcome to the

**Toronto Stroke
Networks**

Learn about how we are working
towards our vision:

Fewer Strokes. Better Outcomes.

Healthcare providers now have greater access to elearning education, professional development opportunities and various tools, empowering them to stay current, build expertise, and deliver the highest quality stroke care.

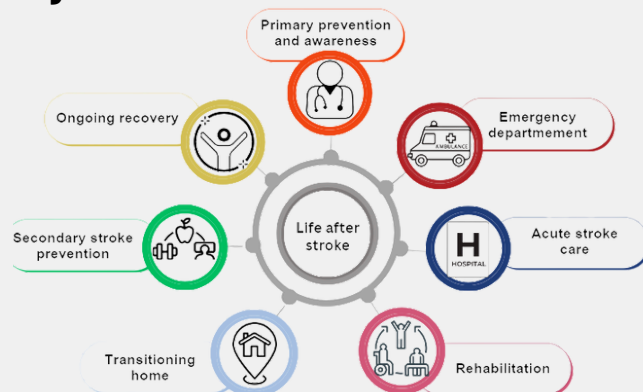


Stroke Education Series developed with 23 modules to support Stroke Core Competency Framework.

Unlock your access to stroke care resources by logging in now to explore on-demand recordings and practical tools designed to support your practice and professional growth.

Exciting updates to the Guide for Stroke Recovery website

The Stroke Journey Map provides a clear visual pathway for recovery, helping individuals and families navigate each stage with confidence. Reflective questions divided into topic areas to guide meaningful conversations about recovery. A dedicated Healthcare Providers tab with resources to support clinicians in supporting navigation, self-management and community re-engagement.



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Rachel Boissonneault
Dr. Rick Swartz
Ron Lacombe

Ru Taggar
Shirley Price
Dr. Thomas Parker
Yasmin Visram


Data Sources

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



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