

ANNUAL REPORT

A YEAR IN REVIEW

FY2025/2026



In this report



DATA
SNAPSHOT



STROKE SYSTEM
OF CARE



EDUCATION
RECAP



www.tostroke.com



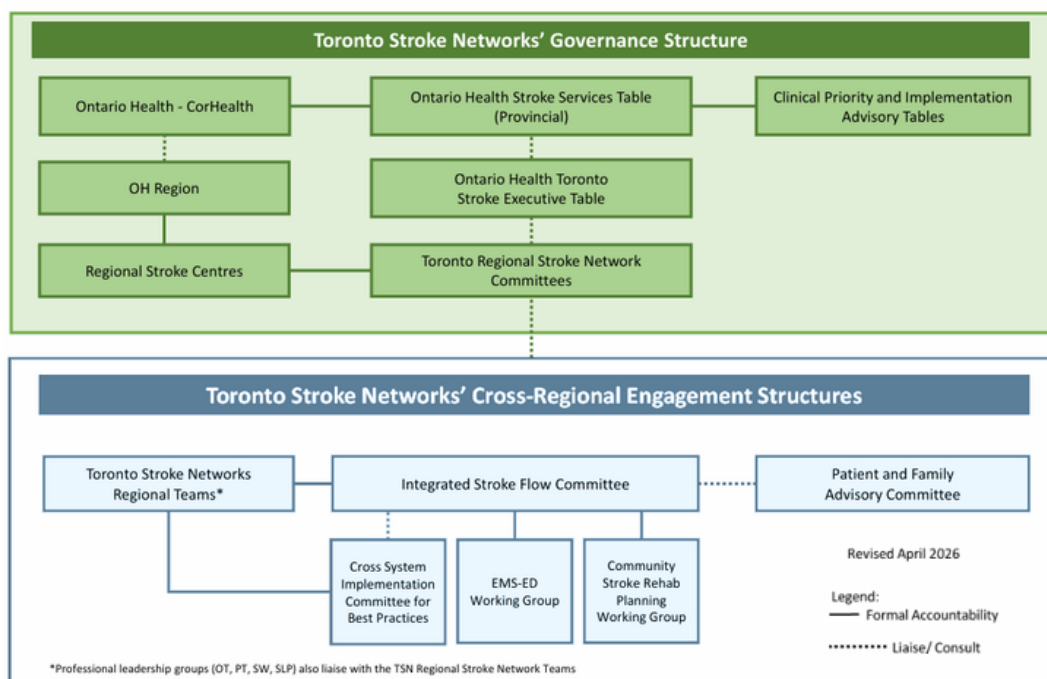
www.strokerecovery.guide



info@tostroke.com

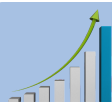
Toronto Stroke Networks (TSN) Governance and Engagement Structure

Ontario Health (OH) has updated the provincial stroke system governance structure. In the new structure, Regional Stroke Centres and Regional Networks have a direct accountability to the OH Region to which they belong. OH CorHealth has also identified provincial annual stroke-system specific priorities which have been shared with OH Regions with the goal of aligning efforts. The TSN have updated their engagement structure to support advancement of both the OH annual business priorities and additional Toronto wide stroke system priorities.



Integrated Stroke Flow Committee Highlights

In February 2026, the TSN convened its Integrated Stroke Flow Committee, bringing together over 50 participants from 11 organizations across the stroke care continuum. The session strengthened cross-site collaboration and reinforced shared system priorities aimed at improving patient outcomes. Below are themes that emerged from the breakout discussions:



Areas of Progress

- Improved rapid access to high-quality stroke care
- Strengthened workforce capability and multidisciplinary collaboration
- Enhanced patient flow and transitions across the care continuum
- Used data transparency and performance metrics to drive excellence
- Advanced toward formal stroke quality recognition



Future Focus Areas

- Driving operational efficiency and standardized access
- Building workforce capability and specialized expertise
- Strengthening collaboration across disciplines and sites
- Leveraging data and decision-support tools to improve performance
- Enhancing patient-centered care, navigation, and rehabilitation outcomes

Data Snapshot FY2025-26

Regional Stroke Centres



1294
code stroke
transports to regional
stroke centres

(TPS) Additional transports to other regional stroke centres



(TPS)

315
interfacility code stroke
transfers (community
hospital to regional
stroke centre)

Toronto Western Hospital

111

102

22

Sunnybrook Health Sciences
Centre

78

153

85

St Michael's Hospital

64

117

25

(RSCs)

Thrombolysis only

Endovascular Treatment only

Thrombolysis & Endovascular
Treatment

Acute Care

5097

TIA/stroke admissions
across 8* acute care
hospitals



(CIHI-DAD)

Proportion of
stroke/TIA patients
treated on a designated
stroke unit across
Toronto hospitals*

70.6%



(CIHI-DAD SP 340)

Rehabilitation

1033

patients
accessed high
intensity
rehab from
acute care



(NRS)

82.5%

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

(eStroke)

Average rehab
intensity across
inpatient rehab
programs

80.24 mins/day

(NRS)



Community

353

patients accessed
outpatient rehab from
acute care hospitals
in Toronto

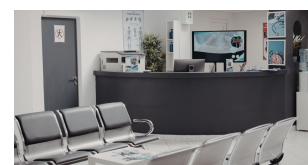


(eStroke)

Proportion of ischemic stroke/TIA
patients discharged directly from the
emergency department* and referred to
secondary stroke prevention services

91%

(NACRS)



* Includes data from SHN and UHN

Data Sources

TPS - Toronto Paramedic Services
RSC - Regional Stroke Centres

CIHI - Canadian Institute for Health Information
DAD - Discharge Abstract Database
NACRS - National Ambulatory Care Reporting System

NRS - National Rehabilitation Reporting System
eStroke - eStroke Rehab Referral System in RM&R (Resource
Matching & Referral)

Stroke System of Care

Prevention and Awareness

Recent data shows that only approximately 35% of Ontarians can identify two or more stroke warning signs, among the lowest recognition rates in Canada. Each stroke network in Toronto are working to increase awareness of stroke symptoms and the importance of calling 911. One area of focus is with high risk neighbourhoods to support access to time-sensitive hyperacute care and the stroke pathway.

Stroke is an emergency.
Know the signs



FACE
Does one side of the face droop when smiling?



ARM WEAKNESS
Can the person raise both arms? Does one arm fall down?



SPEECH
Does the person have trouble speaking or is speech slurred?



TIME
Call 911 immediately if you notice any of these signs

Every Minute Counts
Act **F.A.S.T**

Hyperacute

The TSN Regional Teams support provincial planning by participating in steering committees, working groups, and initiatives that advance hyperacute priorities. Work continues at the TSN EMS/ED Working Group to identify opportunities for quality improvement (e.g. community hospital door-to-CT project) and to ensure timely assessment and management of patients presenting with stroke symptoms. In addition to this system-level work, education is being provided to emergency department staff, including physicians, to further enhance knowledge and adherence to stroke protocols and algorithms.

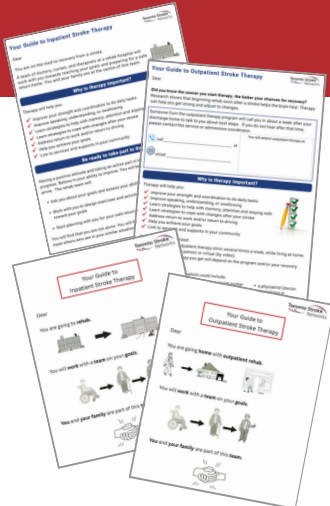
Acute

Acute sites receiving Quality Based Procedure stroke funding should meet all 10 components of the provincial stroke unit definition. As of 2025, all sites have achieved the target of meeting at least 7/10 components. The networks continue to collaborate with sites to develop strategies to ensure 10/10 components are met by 2028. The aim is to improve access to stroke unit care.

Designated Stroke Unit Best Practice Award									
Collective Goal: all sites to achieve 100% by 2028									
	Legend			Met			In progress		
Summary of Acute Stroke Unit Self-Assessment Results 2025	SMH	TWH	SB	MGH	SHN	SHC	HRH	NYGH	
1. Minimum volume of admitted stroke patients per year									
2. Interprofessional team composition									
3. 7 day per week full service IP team availability/model									
4. Stroke care training and expertise									
5. Co-location of stroke unit beds									
6. Prioritization of stroke unit beds for stroke care									
7. Pathways to transition out of acute stroke unit									
8. Performance measurement, monitoring and reporting									
9. On-site availability of diagnostic resources									
10. Patient, family and caregiver education									

Community Stroke Rehabilitation (CSR)

In 2023/24, 17% of accepted outpatient rehabilitation (OPR) referrals in Toronto were cancelled due to duplication, withdrawal, or inability to reach patients. The existing Inpatient and Outpatient Transition Letters were refreshed with input, from patient and family advisors. The updated letters reinforce the importance of attending CSR, help improve patient preparedness, engagement, and follow-through. Having a standardized transition process in place supports efficiency, reduces administrative burden, and enhances patient and family experience. New aphasia-friendly versions were created to improve accessibility.



Click the images to access the letters

Life After Stroke



March of Dimes Canada (MODC) partnered with the TSN and collaborated with persons with lived experience (PWLE) to co-design the Life After Stroke: An Education and Self-Management Program. The program consists of:

- Flexible curriculum of 20 modules (grounded in the TSN Guide for Stroke Recovery resource) addressing the impacts of stroke, secondary stroke prevention, goal setting, and self-management
- A co-facilitated model pairing a health provider with knowledge in stroke with a PWLE, to ensure the integration of both clinical and experiential perspectives
- Group-based format promoting peer support and shared learning
- Ten, 2-hour weekly sessions with facilitated group conversations, subject matter expert video segments and goal setting opportunities

All materials to support program engagement and delivery are available to anyone in stroke care interested in delivering the program. Go to the Login page of www.tostroke.com

Patient & Family Advisor Engagement

The TSN continue to strengthen patient and family engagement through collaborations with Patient & Family Advisors (PFAs). Their work spans across education initiatives and informs system planning. Through their ongoing contributions, the work of PFAs continue to play an essential role in shaping stroke care, education, and system improvement across the TSN. Recruitment of new advisors is ongoing to strive for diverse representation. PFAs participated in the following ways:



Participating in TSN Patient and Family Advisory Committee



Sharing lived experiences at education sessions highlighting challenges and strengths (topics: post-stroke depression, return to driving, and impact of nursing care on recovery).



Working groups reviewed resources for clarity, accessibility, and patient-centered content (e.g., Canadian Occupational Performance Measure materials and Inpatient and Outpatient Transition Letters).



Participating in a focus group on their experiences with wait times and access to outpatient rehabilitation, informing improvements in community stroke care.



Co-designing messaging and direction of an upcoming video project on resilience and recovery, featuring advisor experiences.

Education Sessions

The TSN delivered a range of in-person educational offerings designed to accommodate the diverse needs and schedules of healthcare providers. Many of the session topics were informed by an annual TSN Learning Needs Assessment launched every September, ensuring education reflected priorities and opportunities identified directly by healthcare providers.

Empowering Excellence 2025: Nursing Best Practices in Stroke Care	68 attendees	1-day	<i>"Excellent presentation. I felt like I can do much more for my patients. Empowering"</i>
Handling Skills Workshop: A Two-Part Series	22 attendees	2-day	<i>"The space allowed for easy flow and participation. Staff were helpful to walk around to answer questions. And instructor was very good in educating"</i>
Best Practices for Managing Perceptual Impairments Post-Stroke Workshop	32 attendees	1-day	<i>"Loved the quizzes and interaction during the session. It was very informative"</i>
Seating	17 attendees	1-day	<i>"Well organized, good mix of theory/lecture and practical. Loved being able to try out the different types of wheelchairs."</i>
Upper Extremity Workshop	31 attendees	2-day	<i>"To see the facilitation techniques being demonstrated first, and then we got to practice it later with guidance as needed. Good balance between theory and clinical skills covered."</i>
Pre-Driving Screening Post Stroke	25 attendees	1-day	<i>"Interactive nature of the workshop with real-life scenarios. I really appreciated [the patient partner] video that shared [the] perspectives and experiences as a patient"</i>
Dysphagia Rehab	26 attendees	1-day	<i>"Great balance of theoretical knowledge, research, and application to clinical practice. Excellent engaging presentation and case studies. Meaningful info."</i>
Chedoke-McMaster Stroke Assessment (CMSA)	25 attendees	1-day	<i>"Everything [worked well]. Was very detailed and now I feel confident to conduct CMSA assessment on patients"</i>
Dizziness Workshop	30 attendees	1-day	<i>"Learned some new assessment tools that I can bring to my practice in order to inform my treatment decisions!"</i>
Return to Work	21 attendees	2-day	<i>"Facilitators were knowledgeable and the presentation was well developed. I liked the case studies and the activities helped put the material into practice"</i>
Building Capacity in Psychosocial and Hopeful Care	52 attendees 3 workshops	1/2-day	<i>"How seamless the real life application is. I can start using the strategies and frameworks I've learnt starting today."</i>
Supported Conversation for Adults with Aphasia	44 attendees 2 workshops	1/2-day	<i>"The role play activity was good learning. Allowed me to apply in practice."</i>

TSN Regional Team

North & East GTA Stroke Network



**Yasmin
Visram**



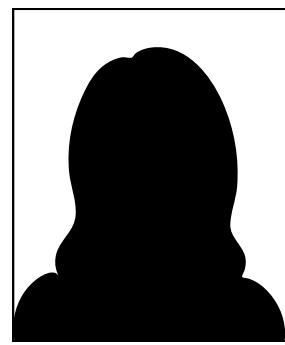
**Tina
Sahota**



**Sandy
Lyeo**



**Foujan
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**Kathy
Golfiopoulou**

Toronto West Stroke Network



**Nicola
Tahair**



**Donna
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**Jocelyne
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**Nandanie
Amarasinghe**

South East Toronto Stroke Network



**Fatima
Quraishi**



**Michelle
Mohan**



**Molly
Firth**

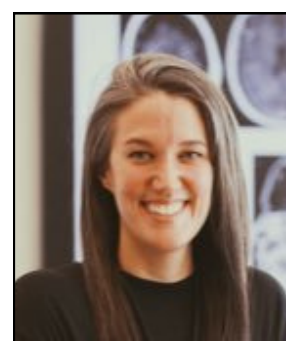


**Jean
Morrow**



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Regional Medical Directors



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