



# My Guide for Stroke Recovery (MGSR) Frequently Asked Questions

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## 1. What is My Guide for Stroke Recovery (MGSR)?

MGSR is a self-management resource binder provided to persons with stroke and families/caregivers in acute, rehabilitation settings and secondary prevention clinics in Toronto. It is intended to help them better understand their stroke, learn to anticipate their needs and take a more active role in prevention and recovery.

## 2. How can I learn more about MGSR?

### a. Transition Resources E-Learning Module

- Overview of MGSR development and content
- Virtual Community of Practice [www.strokecommunity.ca](http://www.strokecommunity.ca) under member resources; or Toronto Stroke Networks [website](#)

### b. Choices and Changes: Motivating Healthy Behaviours Workshop

- Learn specialized skills and techniques to support patient self-management
- Includes an application for stroke using MGSR
- Contact Gail Avinoam at [gail.avinoam@uhn.ca](mailto:gail.avinoam@uhn.ca) for upcoming workshop dates

### c. Implementation Resources [www.tostroke.com/for-professionals/education-resources/](http://www.tostroke.com/for-professionals/education-resources/)

- MGSR in [pdf](#)
- Link to [strokerecovery.guide](http://strokerecovery.guide) website
- Videos: *1. What is My Guide for Stroke Recovery? 2. Introducing My Guide for Stroke Recovery*
- Tip sheets: *1. Implementing My Guide for Stroke Recovery 2. Managing Potential Challenges in Clinical Practice*

\*Patients/caregivers can access a pdf version of MGSR and video *What is My Guide for Stroke Recovery?* at [www.tostroke.com/for-the-public/community-resources/](http://www.tostroke.com/for-the-public/community-resources/)

d. Toronto Stroke Networks' MGSR Implementation Team

- Request a 30 minute in-service to review strategies for implementation and sustainability:

Donna Cheung  
[cheungd@smh.ca](mailto:cheungd@smh.ca)  
(416) 864-6060 ext 3832

Sylvia Chan  
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(416) 603-5800 ext 3693

**3. How can I introduce and engage patients and caregivers to use MGSR?**

It is best to have a previously established rapport with the individual. Introduce MGSR by focusing on a topic area that is most meaningful for them. Incorporate MGSR during day-to-day interactions, orientation or education sessions. Reviewing the Stroke Recovery “Map” at the front of the binder with patients/caregivers helps to explain how to navigate the resource.

**4. How long does it take to introduce MGSR to patients and caregivers?**

It can take as little as 5 minutes. The video *Introducing My Guide for Stroke Recovery* offers an example.

**5. When is the best time to introduce MGSR?**

MGSR can be introduced soon after admission. This provides opportunities for patients to discuss with their healthcare team concerns that may arise as they read through the binder. Include the family/caregiver when possible.

**6. Is this going to create extra work for me?**

It should not seem like extra work if MGSR is integrated as a part of standard care. Because MGSR is intended to support self-management skills, patients/caregivers who are better informed tend to be more self-reliant and require less contact time with their healthcare team.

**7. How do I know which patients would benefit from receiving MGSR?**

This discussion should occur with your team and the patient/caregiver. Feedback provided to the Toronto Stroke Networks revealed that patients of varying ages, support networks and stages of recovery appreciated MGSR as a resource. While not all information is applicable at a given stage of recovery, patients/caregivers can apply the relevant sections as needs change over time.

**8. How will I know if a patient has received MGSR?**

Determine a standard process for communication, for example:

- indicator on electronic white board
- sticker or colored clip on the chart
- discussion during bullet rounds and/or nursing shift report

**For patients transitioning between care settings:**

A standard process suggested by healthcare providers to communicate across care settings is to include this information in rehab referrals (such as E-Stroke). It was suggested that the person most responsible for submitting the rehab referral should be aware that MGSR was provided and indicate this in the referral.

If E-Stroke was not used, then direct communication between organizations or programs is recommended.

**9. Is an electronic version available?**

[Strokerecovery.guide](http://Strokerecovery.guide), a new mobile-friendly website based on MGSR, is now available. The website is designed so that persons with stroke and families/caregivers can easily find information and answers for common concerns after stroke.

**10. Is MGSR available in an aphasia-friendly format?**

While MGSR is not adapted to be aphasia-friendly, your team has been provided with pictographic communication resources from the Aphasia Institute that align with most topic areas in MGSR. These pictographic resources can be used to support the introduction and ongoing use of MGSR.

**11. Is MGSR available in other languages?**

MGSR is currently only available in English. If the patient does not speak English, consider providing MGSR to a family member or caregiver who does. Using the provided aphasia-friendly resources can also help.

**12. Can I add information to MGSR?**

Yes! Information can be inserted into the binder within the most relevant sections, or in the sleeves on the back and front covers.

**13. Can I remove sections of MGSR?**

Given the breadth of topics covered in MGSR, we've found that most individuals immediately after stroke are not ready for all of the information found in the binder. However, we would recommend that all sections remain in the binder. Healthcare providers should encourage patients to refer to MGSR regularly as their needs and goals change over time.

**14. Who do I contact to request more copies of MGSR?**

<p><b>Nandanie Amarasinghe</b> nandanie.amarasinghe@uhn.ca (416) 603-5800 ext 6271</p>	<ul style="list-style-type: none"> <li>• Humber River Hospital</li> <li>• Mount Sinai Hospital</li> <li>• St Joseph's Health Centre</li> <li>• Toronto Rehab</li> <li>• Toronto Western Hospital</li> </ul>
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	<ul style="list-style-type: none"> <li>• West Park Healthcare Centre</li> </ul>
<p><b>Donna Cheung</b>  <a href="mailto:cheungd@smh.ca">cheungd@smh.ca</a>          (416) 864 6060 ext 3832</p>	<ul style="list-style-type: none"> <li>• Bridgepoint Active Healthcare</li> <li>• Michael Garron Hospital</li> <li>• Providence Healthcare</li> <li>• Scarborough and Rouge Hospital – Centenary Site</li> <li>• St Michael’s Hospital</li> </ul>
<p><b>Kathy Golfiopoulos</b>  <a href="mailto:kathy.golfiopoulos@sunnybrook.ca">kathy.golfiopoulos@sunnybrook.ca</a>          (416) 480-6100 ext 3157</p>	<ul style="list-style-type: none"> <li>• North York General Hospital</li> <li>• Sunnybrook Health Sciences Centre: Bayview Campus and St John’s Rehab</li> <li>• Scarborough and Rouge Hospital – General Site</li> </ul>