

## BEST PRACTICE STROKE CARE PLANS FOR LONG-TERM CARE

### Background

There are over 50,000 strokes in Canada each year. Of every 100 people who have a stroke:

- 15 die
- 10 recover completely
- 25 recover with a minor impairment or disability
- 40 are left with a moderate to severe impairment
- 10 are so severely disabled they require long-term care<sup>1</sup>

In long-term care (LTC), 21.3% of residents have had a stroke<sup>2</sup> and stroke is the third most common diagnosis in LTC residents.<sup>3</sup> In fact, stroke is believed to be one of the leading causes of transfer of elderly individuals to LTC facilities.<sup>4</sup> More than 10% of patients who have experienced a stroke require long term care and twenty percent of stroke survivors who are identified as having moderate or severe impairments following stroke are discharged to a LTC Home or to Complex Continuing Care.<sup>5,6</sup>

### Development Phase

In June 2011, a collaborative project was developed between LTC Home representatives and Ontario Stroke Regional Community and LTC Coordinators (CLTCs) to integrate stroke best practices into long-term care facilities. The project was supported by the Project Lead of the Long Term Care Home Common Assessment Project (LTCH CAP). The objective of this project was to link stroke best practice information with Resident Assessment Instrument – Minimum Dataset (RAI-MDS) data elements and Resident Assessment Protocols (RAPs) through the integration of best practice *Stroke Care Plans* into existing LTC care plan libraries. Twelve *Stroke Care Plans* were developed based on the *Tips and Tools for Everyday Living*<sup>®</sup> (Heart and Stroke Foundation of Ontario, 2010) best practice resource and incorporating RAI MDS Outcome Scales. As a result, the *Stroke Care Plans* translated evidence-based, best practice stroke care into comprehensive and practical care plans for front line providers.

Additionally, the project supported compliance with:

- Accreditation Canada and other certification standards;
- The Long-Term Care Homes Act, 2007<sup>7</sup>
- MOHLTC Quality Inspector expectations

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<sup>1</sup> Quality Based Procedures: Clinical Handbook for Stroke, 2015

<sup>2</sup> Continuing Care Reporting System, CIHI, 2014-15

<sup>3</sup> PriceWaterhouseCooper, 2001

<sup>4</sup> Statistics Canada, 2010

<sup>5</sup> SEQC, 2012

<sup>6</sup> Heart and Stroke Foundation of Ontario, 2011

<sup>7</sup> <https://www.ontario.ca/laws/statute/07108>

### Pilot Phase:

A successful pilot was completed in September 2012 in four Ontario LTC homes. The evaluation surveys indicated that use of the *Stroke Care Plans* facilitated an:

- enhanced ability to care for residents with stroke in 95.8% of post survey respondents
- increased awareness and uptake of best practice stroke care
- increased development of strategies to facilitate stroke-related education such as a stroke best practice resource teams/champions, collaboration with Ontario Stroke Networks, procurement of further stroke resources and additional stroke-related tools.

The four LTC Homes that participated in the pilot project strongly recommended that the *Stroke Care Plans* be offered to all other Ontario LTC Homes in order to develop and support ongoing best practice stroke care. The following quotes from participants illustrate the value of the *Stroke Care Plans* and the supporting *Tips and Tools for Everyday Living*<sup>®</sup> resource:

- “The opportunity to ensure that our care planning contained best practices and an evidence base was the foundation for us to move forward in this project.”
- “Staff demonstrated enthusiasm for the project resulting from their own personal experiences and those of the residents for whom they provide care.”

### Revision Phase

In 2015, the Heart & Stroke Foundation released the best practice resource, *Taking Action for Optimal Community & Long Term Stroke Care*<sup>®</sup> (previously *Tips and Tools for Everyday Living*<sup>®</sup>). In response, a working group of LTC representatives and CLTCs reviewed the *Stroke Care Plans* to ensure continued alignment with this best practice document and current LTC practices and regulations. The review process was completed in March 2016.

### Implementation Toolkit

The Implementation Toolkit includes tips for implementation, an adaptable PowerPoint presentation and a frequently asked questions document. The Toolkit can be accessed through the Ontario Stroke Network (OSN) website at [LTC Stroke Care Plans](#). The Regional Community & LTC Coordinators in the Ontario Stroke Network are available to support the implementation of the *Stroke Care Plans* and other quality initiatives that will enhance the best practice stroke care provided to residents of Ontario LTC Homes. You can obtain contact information for your Regional Community & LTC Coordinator by visiting the OSN website at <https://ontariostrokenetwork.ca/patientsfamilies/contact-a-stroke-centre/>

### Implementing the LTC Stroke Care Plans?

If you have or planning to implement the LTC Stroke Care Plans, we would like to hear from you! Please send your comments via email to one of the contacts listed below. Please consider describing how you are currently using the LTC Stroke Care Plans and sharing with us any strengths and areas for improvement.

### Contacts

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