

TSNs 2nd Annual Forum 2013

VCoP Memberships

350

Upcoming Regional Education

GRASP (Graded Repetitive Arm Supplementary Program) Workshop will be held on February 4, 2014. Please see the Education Section of the VCoP for registration details.

Last Month's Poll Results

VOICE YOUR OPINION

Do you feel ready for Quality Based Procedures (QBP)?

I am unsure of how it will affect me. (44%)

YES, I am ready! (33%)

NO, I am not ready! (23%)

What is the VCoP Voice?

This is the Toronto Stroke Program's Virtual Community of Practice inaugural newsletter.

The Toronto Stroke Networks Virtual Community of Practice (TSNs VCoP) focuses on the practice of improving stroke care. Membership will give you access to an extensive body of knowledge, allowing you to share, learn, and to develop your individual practice while collaborating with other healthcare providers.

In this newsletter, information and

events about the VCoP will be highlighted to show you where the VCoP is and where it will be heading in the future.

The VCoP is being used to encourage collaboration and sharing towards our joint goal of improved stroke care.

Hot Topic: Post Stroke Depression

The hottest topic on our forum was: **What tools are centers using to screen for post-stroke depression? What processes are in place?**

Post stroke depression affects 30% to 60% patients within the first year. There are 4 major steps to improving outcome:

1. Screen
2. Assess
3. Treat
4. Prevent

It is important to identify patients with depression sooner and best practices recommend 3 screening tools:

- Patient Health Questionnaire (PHQ-9)
- Hospital Anxiety and Depression Scale (HADS)
- Geriatric Depression Scale (GDS)

More information about these screening tools and post stroke

depression can be found in the member resources section of the website.

If you have input and would also like to join in on the discussion, please visit our discussion forums. You can find the topic under Post Stroke Complications.

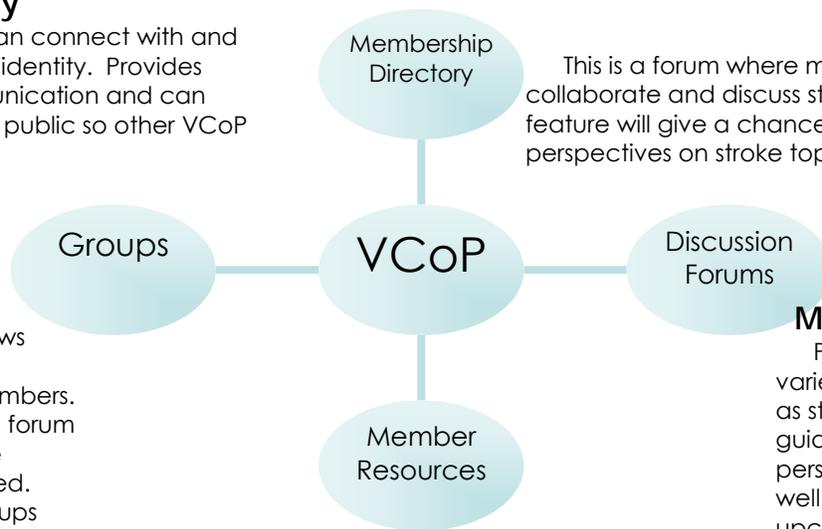
VCoP Features

Membership Directory

Provides contacts you can connect with and enhances your professional identity. Provides multiple methods of communication and can allow your interaction to be public so other VCoP members can weigh in.

Discussion Forums

This is a forum where members can collaborate and discuss stroke related topics. This feature will give a chance to share practices and perspectives on stroke topics.



Groups

Groups is a tool that allows members to have a private discussion with selected members. This feature will have its own forum and resource section where documents can be uploaded. You can request to join groups that interest you.

Member Resources

Provides access to a variety of resources such as stroke best practice guidelines, powerpoint presentations, updates as well as posting of upcoming education events.

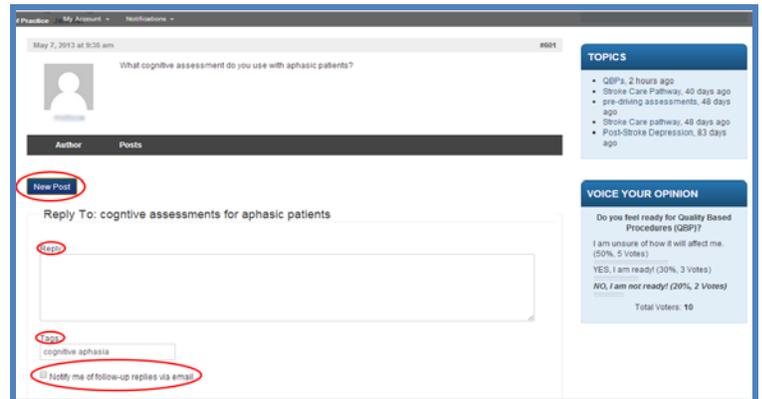
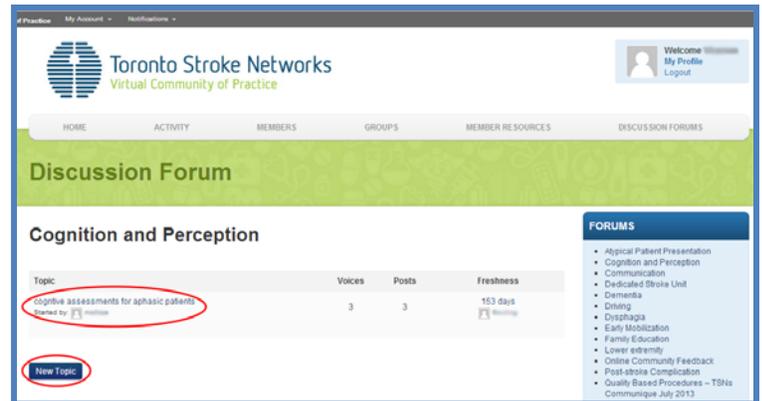
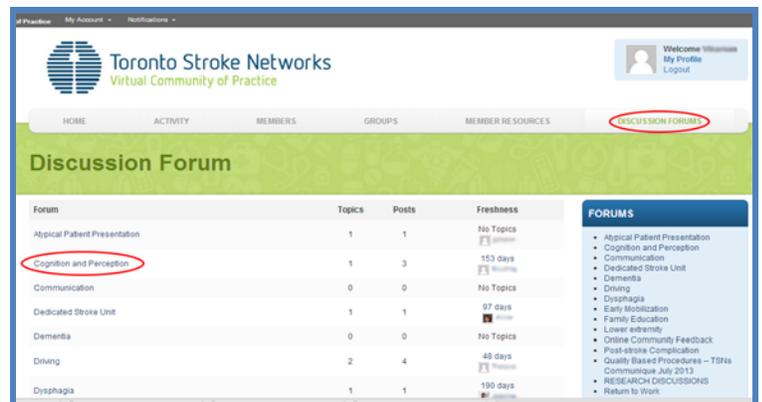
Discussion Forums – How to use it?

One of the more useful and powerful features of the VCoP website is the discussion forum. The discussion forum is an area of the website where members will be able to discuss and share puzzling concepts, best practices and seek the advice and expertise of other healthcare professionals.

There are multiple topics that are covered on the discussion forums and in order to participate you must be a member. After signing up to the VCoP website you will be able to post questions to the members of VCoP and join in on other discussions that are happening.

To participate in a discussion forum, follow these 3 simple steps:

1. Locate the discussion forums tab on the bar at the top of the website. Click on this tab to see all the forum topics listed. Click on the forum relevant to your question.
2. After clicking on the forum, the topics pertaining to that forum will be visible. To start a new topic under this forum, click "new topic" which can be found under all the topics. Give your topic a title and a description of what the question or discussion will be about. There will be an option to tag keywords which will be used to find your topic when others search for those keywords. There is also the option to check the "Notify me of follow-up replies via email" which will allow the system to send notification emails to the registered email. When you are done, clicking submit to post your topic.
3. To participate in an already existing topic, click on the selected topic, and then click on "new post". By clicking this button you will be able to enter a reply, tag key words and check the "Notify me of follow-up replies via email". When you are done, clicking submit will post your reply with the other posts for that topic.



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A message from the VCoP Administrators

The VCoP Administrators would like to encourage everyone to take full advantage of VCoP's features and functions to bring better stroke practice to Toronto and the Greater Toronto Area. We would like to thank all the members of VCoP for participating in VCoP. The VCoP is growing and improving because of you! Hopefully, with even more participation and members, the VCoP can have an even stronger and meaningful influence on the way stroke care is provided throughout the continuum.

- VCoP Administrators

A New Era of Stroke Education and Knowledge Translation (KT)

Supports for Stroke Teams

A close collaboration of the three Toronto Stroke Networks (TSNs)* has resulted in the launch of an impressive array of programming, events, and resources to enable professional development and successful implementation of recommended stroke care practices for enhanced patient care. Two Committees have ably informed program development including the TSNs Education and KT Advisory Committee and the TSNs Cross-system KT and Implementation Committee for Best Practices (CSIC), representing champions from 16 organizations committed to stroke care within Toronto. As recent examples, activities have included an Interprofessional Collaborative Event to introduce evidence-informed enabling strategies for excellence in patient care, the dissemination of co-created knowledge-to-action resources to support positive

change in practice, support for collaboration through the TSNs VCoP, and key skill-based workshop offerings.

Planning ahead, we look forward to consultation with CSIC and other representatives to further fulfill current needs of learners and ensure a meaningful roll-out of key supports utilizing leading practices in education and knowledge transfer. For further information about the TSNs Education and KT Plan, please visit www.strokecommunity.ca or contact our TSNs Regional Education Coordinators: Krystyna Skrabka, skrabkak@smh.ca; Gail Avinoam, gail.avinoam@uhn.ca; and, Michelle Donald, michelle.donald@sunnybrook.ca



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TSNs Interprofessional Collaborative Event 2013

**Toronto Stroke
Networks**