

Tips for Implementing My Guide for Stroke Recovery (MGSR)

Below are strategies that other health care teams have used to support the use of My Guide for Stroke Recovery

- Establish standard processes with the entire stroke team
 - Discuss as a team which patient and/or caregiver will benefit from the resource and who on the team will introduce it to them (example: during bullet rounds)
 - Rotate staff to introduce MGSR, or assign specific team members
 - Have peers provide MGSR during their visit
 - Include MGSR as a standing item during business meetings
 - Include MGSR during regular orientation for new staff
- Use visual cues to indicate if the patient has received MGSR, such as:
 - Electronic white board
 - Place a sticker or colored clip on the chart
- Introduce MGSR soon after admission for opportunities to discuss questions with their health care team
- Include family/caregiver when possible in the explanation/review of MGSR
- Know what could be most important to the patient and caregiver:
 - Have some knowledge of the patient's health and/or psychosocial issues (examples: blood pressure, new diabetes, driving concerns, etc.) to help personalize the interaction
 - Discuss and identify any key area(s) of concern. Refer them to the relevant section(s).
 - Provide sticky flags to mark important sections.

"I am finding it good as a reference book as well, especially if they are asking questions about returning to driving, returning to working. Things that we would give them for education, so we can direct them there." (Occupational Therapist – Rehab)

- Refer to MGSR frequently. It should be integrated into daily practice.
For example:
 - During day-to-day interactions or when providing education
 - During family meetings
 - For discharge planning. Ask them to identify things they may need to consider before going home.
 - As part of risk factor education and counselling in the Secondary Prevention Clinic

"It fits right in with the integration to the community, talking about resources, return to work, return to driving, also resources about finances, and sexuality." (Nurse Practitioner – Stroke Prevention Clinic)

- Use MGSR to set goals. It can provide consistent language among health care providers and allow for follow through on previously established goals.

"We set goals with patients, domains that they might potentially want to address. A lot of them are the things that the Guide does address. Before when the patient brought it up, I wouldn't necessarily have information, or an education tool I can give them on the spot. Whereas now I say it is here – you know in your Guide you have a section we can look at." (Physiotherapist – Rehab)