

Photos: Transition Improvement for Continuity of Care (TICC) Summit 2014

A message from the VCoP Administrators

We would like to welcome new VCoP Members and thank all members for your participation in continuing to grow our virtual community!

We continue to build resources, share information, and have valuable discussion as a stroke community.

This newsletter will highlight recent events, inform of educational opportunities, and provide you with tips about using the functions of the VCoP.

We look forward to continuing to grow this resource together.

Have a wonderful summer!

- VCoP Administrators

Transition Improvement for Continuity of Care (TICC) Summit 2014

On April 9th 2014, many of you joined us at the TICC summit. Eighty – eight attendees represented 24 organizations and included 4 persons with stroke. It was an inspiring day in which we learned about the value of the programs and tools which have been developed. We participated in interactive activities, shared our successes, and created a vision for sustaining improvements made in the transition experience for persons with stroke and caregivers.

To learn more about the three core projects (Knowing Each Other's Work, Peers Fostering Hope, and My Stroke Passport), please contact Jocelyne McKellar, Rehab & Community Re-engagement Coordinator at Jocelyne.McKellar@uhn.ca, (416) 603-5800 Ext. 3693 or Gail Avinoam, Regional Education Coordinator, Gail.Avinoam@uhn.ca, (416) 603-5800 Ext. 6503.

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Memberships

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Hot Topics

Depression Screening was once again the hottest topic on our discussion forum! While initial questions asked for help to identify tools used for screening, more recent discussion centered on the sharing of existing depression screening protocols amongst organizations.

Canadian Stroke Best Practice Guidelines recommend depression screening using a validated tool and screening across the stroke care continuum. However, timing of this assessment is not clear and the best standardized tool has yet to be identified. There is still some disagreement about whether doing depression screening in the acute care phase provides a valid measure. Moreover, once depression is identified, referrals to appropriate mental health services need to be made and a process for follow is needed.

We have had input from St. Michael's Hospital, Toronto Western Hospital, Providence Healthcare, Mackenzie Health, and North York General Hospital. There are two relevant discussion forums: Depression Screening and Post-Stroke Depression.

Mackenzie Health has shared a protocol with VCoP Members which outlines the use of the PHQ-9 by their stroke team and Providence Healthcare has shared a Psychosocial Decision Making Flowchart. You can access both resources by visiting the discussion forum tab on the VCoP, clicking on depression screening, and then clicking on "developing a plan".

As always, we are stronger together than we are apart...please join the discussion and be heard as we continue to work towards consensus on this valuable clinical issue!

VCoP User Tips

Groups – How to Use this Feature

The key features of the VCoP are: Membership Directory, Groups, Discussion Forum and Member Resources

A few points about Groups:

- The Groups feature of VCoP allows for collaboration, learning, sharing and planning
- A public group is accessible by any member of the VCoP community
- A private group is accessible only to approved group members.
- In both public and private groups any group member can add a post, start a discussion, attach a document etc.

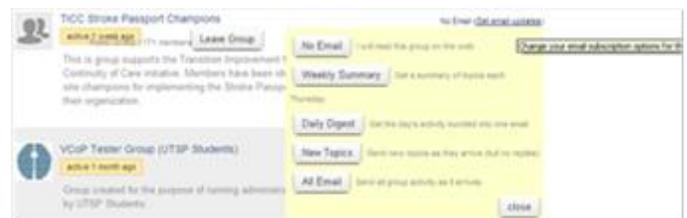
Learn how to join an existing group or create a new group in a few simple steps.

To join an existing Group:

1. Log into your VCoP account and click on the "Groups" tab on the grey navigation bar.
2. Browse the groups listed under "all groups". If you don't know the name of the group you want to join you can use the "Search Groups" bar in the upper right hand corner.
3. To join a public group, simply click "Join Group".
4. To join a private group, click "Request Membership". The group administrator will have to approve your request before you can gain access to the group page. You will be notified through the VCoP once your membership has been approved.



5. Once you are part of a group, you have different options for notifications you can receive from the group. Click "Get e-mail Updates" or "Change" to view or select the different mailing options.



To create a new Group:

1. Log into your VCoP account
2. Click on the "Groups" tab on the grey navigation bar
3. Click on "Create a Group" button
4. You will be asked to name your group and provide a brief description of the group
5. You will then be guided through a few simple steps
6. The individual who sets up the group will be the administrator for that group

Educational Opportunities

Positioning, Transfer & Mobility DVD & Facilitator's Guide

Description:

The Positioning, Transfer & Mobility DVD and accompanying Facilitator's Guide are intended as tools for educators /facilitators to enhance the learning experience.

Content:

The DVD is 30 minutes in length and is comprised of the following sections: safety, positioning, bed mobility, transfers, mobility. The manual follows the sequence of the DVD and is structured in a manner which allows the facilitator to engage the participants in active learning using adult learning principles. Each section contains: key points to reinforce, questions for discussion, and practice exercises.

Cost:

Free upon request.

Contact:

Krystyna Skrabka, Regional Education Coordinator
skrabkak@smh.ca, 416-864-6060 ext. 3125

Web-based Certificate Programs

NIHSS Online Training and Certification

Description:

The National Institutes of Health Stroke Scale (NIHSS) is a valid and reliable 15 –item neurological examination scale used to determine degree of neurological deficit in acute stroke patients.

This program is intended for physicians, nurses or therapists who perform neurological assessments on stroke patients in the Emergency Department or Acute Care.

Certificate will be provided upon successful completion of the module.

NOTE: If you are planning to apply for a Hemispheres™ license, the NIHSS module will be included in the curriculum.

Cost:

The NIHSS module is Free for all health professionals

How to access the NIHSS online module:

1. Go to the Apex Innovations home page, www.apexinnovations.com and click on 'Create NIHSS Account'.
2. Put in name of your organization in the appropriate box
3. Further down the page you will see "not an existing user, but have a license key?" Click there to create account and use this (case sensitive) License Key: **ABYRQZ8J**

Hemispheres™ - Stroke Competency Series

Description:

A multi-level, interactive, comprehensive web-based educational series updated with Canadian Content. Stroke anatomy & physiology, acute stroke care, and stroke prevention are among the topics included.

This program is intended for Nurses, Allied Health Professionals & Physicians interested in either refreshing or enhancing their stroke knowledge. Especially useful for professionals working on stroke units.

Unique feature of this program:

- Allows you to learn at your own pace
- Filled with interactivity in each level to engage you and enhance your learning experience
- Certificate upon successful completion of the entire series

Cost:

The cost of this series will be paid for by the Toronto Stroke Networks. The series will be made available **free of charge** to any professional working in stroke care in one of the Toronto Stroke Networks partner organizations and who is committed to completing a minimum of two modules relevant to their practice within a period of 1 year.

NOTE: license keys are valid for one year from the time of activation.

For more information or to obtain a license key, please contact Krystyna Skrabka, Regional Education Coordinator, skrabkak@smh.ca, 416-864-6060 ext. 3125.

Congratulations to our VCoP Providence Members!



On May 5th, 2014 at the GTA Rehab Network Best Practice Day, **Julia Filinski (Physiotherapist) and Jennifer Joachimides (Occupational Therapist)** from Providence Healthcare won best poster!

The MORE (Maximizing Opportunities for Rehab Events) Project was successful in providing additional therapy opportunities for patients at Providence Healthcare throughout their day.

These opportunities facilitate faster recovery, timely discharge and optimize patient outcomes. This innovation requires no extra resources to provide additional therapy opportunities in an inpatient setting.

Congratulations from your fellow VCoP Members!

VCoP Evaluation Informing Improvements

Earlier this year, the VCoP was evaluated through a number of focus groups and individual interviews which many of you participated in. Your valuable input is informing priorities for functional changes to the VCoP this year in order to better meet our needs as a learning community.

The value of the VCoP in **building professional networks** was the primary theme identified in this study. Members value being more easily able to connect with other members and learn what other organizations are doing. In addition, our data analysis showed that through participation in activities on the VCoP, members were able to **acquire knowledge about priorities in stroke care and stroke best practices**.

As a result, functional changes to the VCoP in 2014 will focus on improving member and site search capabilities and improving notification functions to encourage more timely information sharing amongst members.

Join Now and enjoy the benefits

If you are not already part of the VCoP Community apply for membership at:

<http://www.strokecommunity.ca>



• Leadership • Innovation • Collaboration

DISCUSSION FORUMS COMING SOON!

Continence and Bowel Care – June 2014

Stroke Care Pathway – July 2014

Oral Care – September 2014

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