



Guide for Stroke Recovery (GSR) Questions Frequently Asked by Healthcare Providers

Guide for Stroke Recovery, formally My Guide for Stroke Recovery has been updated (2018) but continues to be an information and self-management resource for persons with stroke and families/caregivers.

1. What is the Guide for Stroke Recovery (GSR)?

GSR is a hardcover self-management resource provided to persons with stroke and families/caregivers. It is provided in acute and rehabilitation settings and secondary prevention clinics across Toronto. It is intended to empower patients to manage their care and support a more meaningful recovery.

2. How do we become familiar with GSR?

There are several ways:

- a. Online module: For self-directed learning. Found on the Virtual Community of Practice www.strokecommunity.ca or the Toronto Stroke Networks website www.tostroke.com
- b. *Choices and Changes: Motivating Healthy Behaviours* workshop with an integrated application for stroke using GSR. You will learn specialized skills and communication strategies to encourage self-management through the use of GSR. Contact Gail Avinoam at gail.avinoam@uhn.ca for workshop dates.
- c. Online: A video *What is the Guide for Stroke Recovery?* and other resources to build familiarity with GSR. Refer to the end of this document for these resources.
- d. Ask the GSR implementation team (contact information at the end) to deliver a 30 minute in-service to your team.

3. How can I best introduce and engage patients and caregivers in the use of GSR?

GSR is a resource for the person with stroke/caregivers to help them understand the impact of stroke, learn to anticipate their needs and take a more active role in prevention and recovery. Providers have found that reviewing the Stroke Recovery “Map” at the front of the book with patients/caregivers helps to explain and how best to navigate the resource.

You can incorporate GSR during day-to-day interactions, orientation or education sessions. Introduce GSR by focusing on a topic area that is most meaningful for your patients/caregivers at that time.

4. Is this going to create extra work for me?

It should not be extra work if you and your team incorporate GSR as part of the regular care you provide. GSR is a navigation and education tool for the patient and caregiver to support **their** self-management. Patients who are better informed and able to direct their own care tend to be less dependent on healthcare providers to manage their needs.

Refer to GSR often and encourage your patient/caregiver to review information or resources. Encourage them to self-direct their care.

5. What is the average time commitment required to introduce GSR to patients and caregivers?

It takes about 5 minutes to introduce GSR. It is best to establish a rapport through a previous encounter. You can introduce GSR as part of your patient's orientation or education. For an example, watch the video *How to introduce My Guide for Stroke Recovery*.

6. When is the best time to introduce GSR?

You can introduce GSR soon after admission. This allows opportunities for your patient to discuss questions with the healthcare team. Include the family/caregiver when possible. Ensure a consistent method of communication amongst your team so everyone is aware when a patient/caregiver has received GSR.

7. How do we know which patients would benefit most from receiving GSR?

This discussion should occur with members of your team as well as with the patient/caregiver. The Toronto Stroke Networks heard that GSR benefits patients of varying ages, levels of support and recovery. There will be information in GSR that is relevant for patients/caregivers during all phases of stroke recovery. While not all information is necessarily applicable in hospital, it may be relevant as they transition to another care setting or into the community.

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

Discuss with your team about using visual cues including:

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

For patients transitioning between care settings

A common process is required to communicate that a patient/caregiver has received this resource. Providers suggested including this information in rehab referrals (such as the E-Stroke referral). Effective communication between team members is required to ensure the person most responsible

for submitting the rehab referral knows whether GSR was provided and writes this in the referral.

If E-Stroke referral was not used, then communication amongst care providers between organizations or programs is recommended.

9. Will an electronic version be available?

GSR has been adapted into a web-based format. It will be available in early fall 2016. The mobile-friendly website is designed to support a proactive approach to recovery and community re-engagement. It allows persons with stroke/caregivers to navigate topics related to everyday concerns and needs, while providing information, videos, strategies, resources and illustrations, to successfully manage life after stroke.

10. Is GSR available in an aphasia-friendly format?

While GSR is not adapted to be aphasia-friendly, your team has been provided with pictographic communication resources (from the Aphasia Institute (AI)) that align with most topic areas in GSR. These pictographic resources can be used to support the introduction and ongoing use of GSR. Decide as a team where to keep these AI resources so all members can access them.

11. Is GSR available in other languages?

GSR is only available in English at this time. If your patient does not speak English, consider providing GSR to a family member or caregiver who speaks English. Using the aphasia-friendly resources mentioned above can also help.

12. Can I add information to GSR?

Yes, you can insert information directly into the binder within the most relevant sections or use the sleeves on the back and front covers.

13. Can I remove sections of GSR?

While patients might not be ready for all of the information contained in GSR immediately after their stroke, this resource is intended to support long-term recovery and self-management. We would suggest that healthcare providers encourage patients to refer to GSR as their needs and goals change. For this reason, it is recommended that all sections remain within the binder.

14. Where can I find GSR and related implementation tools?

The following documents and videos can be found at <http://www.tostroke.com/for-professionals/education-resources/>

- Pdf version of GSR
- Videos:
 1. *What is My Guide for Stroke Recovery?*
 2. *How to introduce My Guide for Stroke Recovery*
- Tip sheet for healthcare providers

- This FAQ document

Patients/caregivers can access a pdf version of GSR and view the video *What is My Guide for Stroke Recovery* at: <http://www.tostroke.com/for-the-public/community-resources/>

15. How can we obtain coaching support to enable successful implementation of GSR (on the unit)?

You can request support from a member of the GSR implementation team to review with your team strategies for implementation and sustainability.

Implementation Team:

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16. Who do I contact for more copies of GSR?

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<p>Belinda Austrio AustriacoA@smh.ca 416 864 6060 ext. 2185</p>	<ul style="list-style-type: none"> • Bridgepoint Sinai Health System • Providence Healthcare • Rouge Valley Health System • St Michael’s Hospital • Toronto East General Hospital
<p>Kathy Golfiopoulos Kathy.Golfiopoulos@sunnybrook.ca (416)480-6100 ext. 3157</p>	<ul style="list-style-type: none"> • North York General Hospital • Sunnybrook Health Sciences Centre <ul style="list-style-type: none"> ○ Bayview Campus and St John’s Rehab • The Scarborough Hospital