

TIPS FOR IMPLEMENTING THE GUIDE FOR STROKE RECOVERY (GSR)

Collaboration | Integration | Self-Management



“The Guide for Stroke Recovery 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

- Establish standard processes with the entire stroke team for the GSR. For example:
 - Discuss as a team which patients and/or families/caregivers will benefit from the resource and who on the team will introduce it to them (e.g. during bullet rounds)
 - Rotate staff or assign specific team members to introduce the GSR
 - If peer mentors are available, coordinate with them to provide the GSR during their visit
 - Include the GSR as a standing item during stroke team meetings
 - Include the GSR as part of your new staff orientation package
- Use visual cues to indicate if patients have received a copy. For example:
 - Indicate on electronic white board
 - Place a sticker or colored clip on the chart
- Introduce the GSR to patients shortly after admission to encourage discussions with their healthcare team

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- Engage families/caregivers when possible in the explanation/review of the GSR
- Get to know what is most important to the patient and/or family/caregiver:
 - Have some knowledge of the patient's needs related to their health and/or psychosocial well-being (examples: blood pressure, new diabetes, driving concerns, etc.) to help personalize the interaction
 - Discuss and identify key area(s) of concern. Refer them to the relevant section in the GSR
- Refer to the GSR frequently and integrate into daily practice. For example:
 - When providing education
 - During family meetings
 - For discharge planning
 - During Secondary Prevention Clinic visits
- Use the GSR to support goal setting

"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

"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

