

Empowering Excellence: Nursing Best Practices in Stroke Care

April 3rd 2025

Objectives

Upon completion of the workshop, participants will:

1. Improve their understanding of rehabilitation philosophy
2. Learn strategies to help support patients with behaviours and changes in mood post-stroke
3. Learn how to optimize function through proper positioning of you and the patient
4. Be empowered to provide holistic and high-quality care

Date: April, 3rd 2025

Time: 8:30 am - 4:30 pm

Registration: 8:00 am

Target Audience: Nurses working in stroke care

Location: St. Michael's Hospital, Li Ka-Shing Knowledge Institute, Rooms 240 & 241

REGISTER NOW



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For more information contact: michelle.mohan@unityhealth.to

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Workshop Agenda (tentative)	
8:00-8:30	Registration & Breakfast - visit vendors
8:30-8:45	Welcome/Housekeeping
8:45-9:30	Empowering Recovery: A Rehabilitation Philosophy to Care for Everyday Nursing
9:30-10:30	Behavioural Strategies for People Living with Stroke and Cognitive Loss (Part 1)
10:30-10:45	Break & light snacks- visit vendors
10:45-11:45	Behavioural Strategies for People Living with Stroke and Cognitive Loss (Part 2)
11:45-12:45	Lunch - visit vendors
12:45-1:45	Empathy and Empowerment: Understanding and Supporting Mood Changes After Stroke
1:45-2:45	Optimizing Function Through Proper Positioning of You and the Patient (Part 1)
2:45-3:00	Break & light snacks - visit vendors
3:00-4:00	Optimizing Function Through Proper Positioning of You and the Patient (Part 2)
4:00-4:30	Wrap-up and Evaluation

*Please note that the schedule for the day is subject to change without any advance notice

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Workshop Speakers



Grissel Crasto

Grissel Crasto, is an Advanced Practice Nurse Clinical Educator at St. Michael's Hospital. She has a Master of Nursing from Charles Sturt University, Australia and has held leadership roles in neurology and perioperative services, taught at the University of New Brunswick and Humber College, and is actively involved in research, quality improvement, and mentorship, while also serving as Vice President Secretary & President-elect of the Canadian Association of Neuroscience Nurses.



Sasha Johnston

Sasha Johnston is a Psychogeriatric Resource Consultant with the RGP of Toronto and Michael Garron Hospital. As a Registered Nurse, Sasha has held various front-line positions including as a Behavioural Support Lead in long-term care. She also teaches in the post-graduate certificate program in Addictions and Mental Health at Humber Polytechnic. Her passion for mental health and social justice is what fuels her continued education and research in these areas.



Heli Juola

Heli Juola is Program Lead with Psychogeriatric Resource Consultation Program with the RGP of Toronto and based out of Sunnybrook Health Sciences Centre. She has her MSW and has worked for over 20 years in mental health, both in hospital and in her current Knowledge to Practice role. Driven by a focus on quality of life, she works to support staff as care partners in delivering the best quality of care possible.



Colby Koecher

Colby Koecher is a Social Worker working on the Stroke Unit at St. Michael's Hospital. She has extensive experience supporting patients and their families through the emotional and practical challenges of stroke recovery. Colby works closely with interdisciplinary teams to ensure comprehensive, patient-centred care that addresses both physical and emotional needs. She works from a trauma-informed, equity-centred lens to support patients along their journey, offering counseling and connecting patients with necessary resources to facilitate long-term recovery and well-being.



Karen Brunton

Karen Brunton, PT, C/NDT is a physiotherapist with over 40 years of experience working with clients with neurological impairments. Karen held Physiotherapy and Educator positions at Toronto Rehab for 34 years prior to retiring in 2018. She continues to hold an Adjunct Lecturer appointment with the Department of Physical Therapy, U of T. Karen has extensive experience presenting on topics related to the management of individuals recovering from stroke and brain injury. She has presented numerous courses and workshops, locally, nationally and internationally to rehab professionals, including nursing, occupational and physiotherapist.