

# My Stroke Care Passport

## A Guide for Patients & Families



# Introduction

This Stroke Passport binder has been created to assist you and your family/ caregiver(s) with understanding stroke and your care needs.

Please share this binder with your healthcare team, bring this binder with you when you visit your family doctor, any specialist appointments and/or if you are going to attend any community programs.

As you work through this guide, remember that every stroke is different. Your stroke care will be individualized to you to reinforce your inner strengths and help you manage in an optimal way. Be patient with yourself and remember no question or concern is too small. A stroke can also be frightening for you and your family. You will have new experiences in the hospital and you may have questions. This booklet will help answer some of your questions and help you get to know your health care team.

This passport is yours to keep. Please fill in the pages and refer to this guide as you continue through your stroke journey.

Pages 9, 10, 20, 22, 23, 26 & 27 are interactive. Any member of the health care team will be pleased to help fill it in and answer your questions at any time - no question is too simple to ask.



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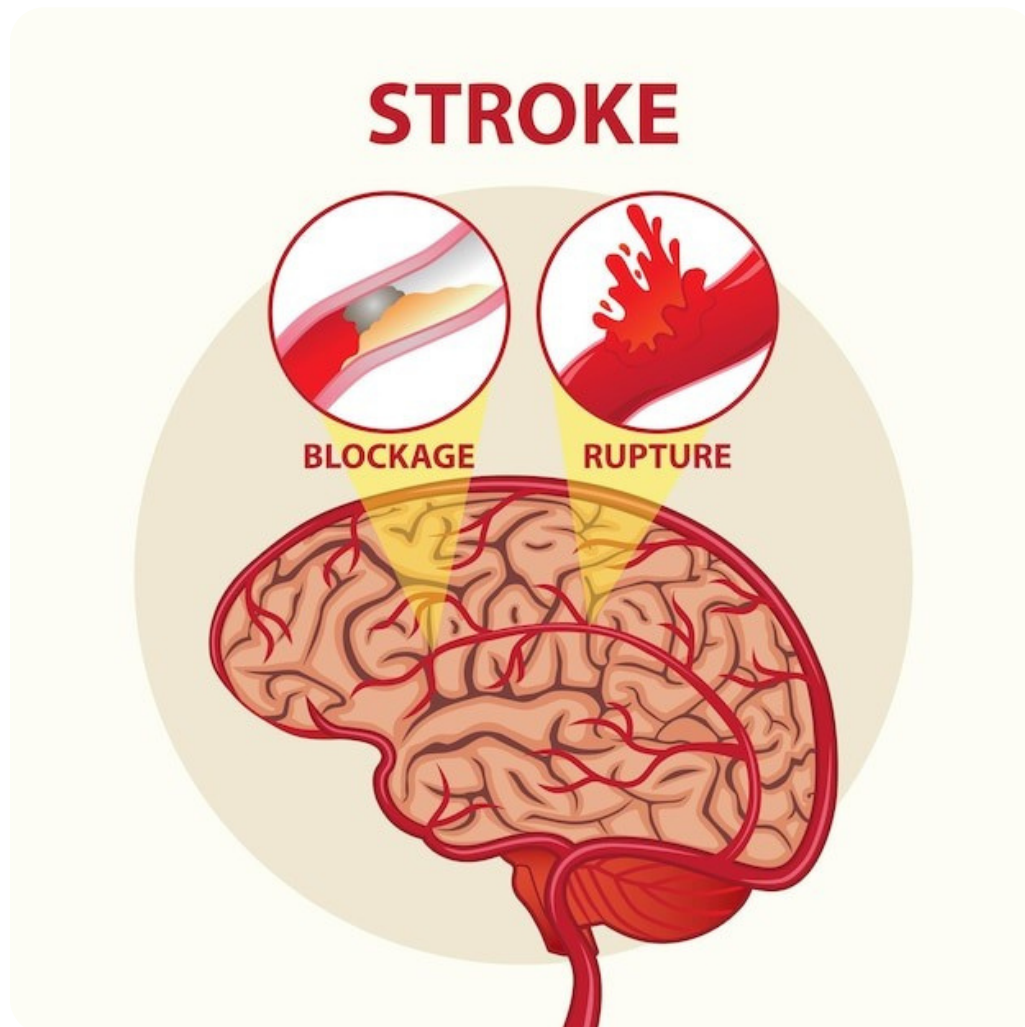
# My Stroke Journey - Understanding My Stroke

## What is a Stroke?

A stroke is a sudden loss of brain function. It is caused by:

- A blockage of blood flow to the brain or,
- A rupture of a blood vessel in the brain.

The effects of the stroke depend on where the brain was injured and how much of the brain is damaged.



# My Stroke Journey - Understanding My Stroke

## What are the Types of Strokes?

### Ischemic stroke

This type of stroke is caused by a blood clot or a blockage within an artery leading to the brain. There are two causes of ischemic stroke:

- **Embolic stroke** – a blood clot is formed somewhere other than in the brain and travels in the bloodstream until it becomes lodged in the smaller arteries leading to the brain.
- **Thrombotic stroke** – an artery becomes blocked by the formation of a blood clot within the brain because of diseased or damaged arteries.

### Hemorrhagic stroke

This stroke is caused when a diseased vessel bursts in the brain allowing blood to leak inside the brain causing damage.

## What are the Effects of a Stroke?

### Cerebrum/Cerebral Hemisphere

The cerebrum is the largest part of the brain. It controls your speech, thinking, reasoning, memory, sexual function and your emotions. It also controls the movements in other parts of the body.

The cerebrum is divided into two parts; the right and the left side. The effects from your stroke depend on which side of the brain was affected. If your stroke occurs in the right side of the brain, then the left side of your body will be affected. If your stroke occurs in the left side of the brain, then the right side of your body will be affected.

# My Stroke Journey - Understanding My Stroke

## Stroke in the RIGHT side of the brain

- Weakness or paralysis
- Problems seeing
- Problems understanding
- Difficulty in judgment such as acting impulsively or not realizing your own limitations
- Problems with short-term memory
- Ignoring or not recognizing objects or people on your left side
- Problems with distance and depth. This can make it hard to pick up objects, button a shirt, or tie your shoes

## Stroke in the LEFT side of the brain

- Weakness or paralysis
- Trouble reading, talking, thinking or doing math
- Trouble learning or remembering new information
- Behaviour to become more slow and cautious than usual
- The need for frequent instructions

## Cerebellum

The cerebellum is a part of the brain that plays a big role in most physical movement and eye movements. Although strokes are less common in the cerebellum, the effects can be severe. If you have a stroke in the cerebellum, you can have problems with:

- Walking, coordination and balance – this is called ataxia
- Dizziness
- Headache
- Nausea and vomiting



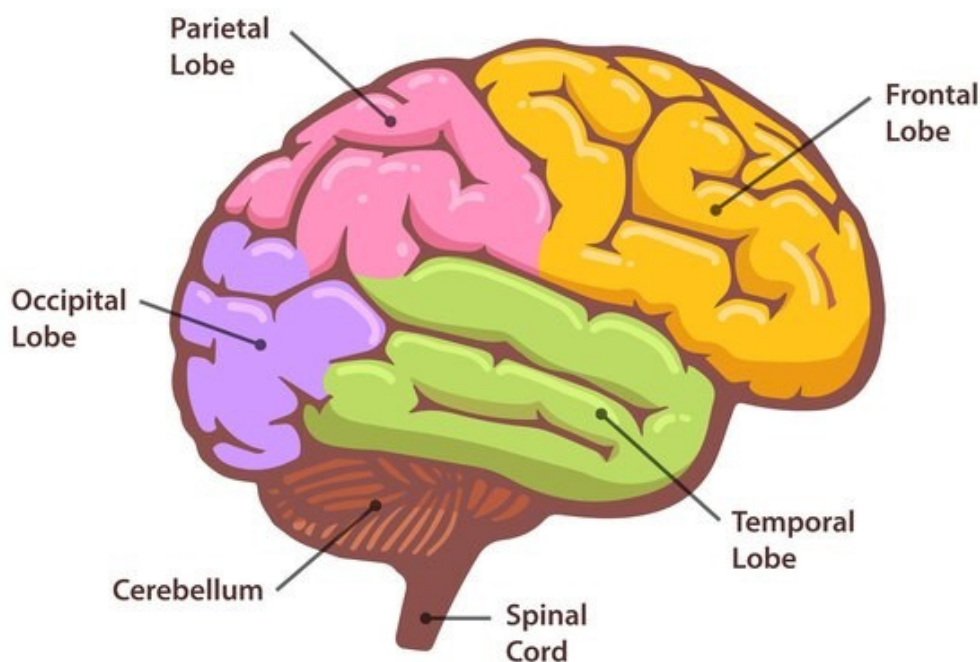
# My Stroke Journey - Understanding My Stroke

## Brain Stem

The brain stem is the area at the very base of the brain, right above the spinal cord.

If you've had a stroke in the brain stem, this can cause:

- Weakness or paralysis of your arms and legs on both sides of the body
- Problems breathing and heart problems
- Difficulty in controlling your body temperature
- Problems in balance and coordination
- Problems chewing, swallowing and speaking
- Problems seeing



**Parts of the Human Brain**

# My Stroke Journey - Understanding My Stroke

## What is a Transient Ischemic Attack or TIA?

Transient Ischemic Attack (TIA) is a short term lack of blood supply to the brain.

This is a temporary problem, which occurs when the brain does not get enough blood supply. TIA's usually last from 30 seconds to 10 minutes; however' some can last up to 24 hours. Most TIA's do not leave noticeable deficits even though some brain cells may have been damaged.

Minor damage to brain cells may go unnoticed as the other healthy brain cells continue to do the work of the normal functioning brain.

TIA's are often referred to as “mini-strokes” and are considered to be a serious sign of an increased risk of stroke.

The short term problems that may occur with a TIA are:

- Weakness
- Vision problems
- Trouble speaking
- Dizziness
- Headache



# My Stroke Journey - Changes Since My Stroke

- ☐ Weakness to **one** side of body \_\_\_ Right side \_\_\_ Left side
- ☐ Weakness to **both** sides of body
- ☐ Communication skills:
  - Speaking
  - Understanding information
  - Reading
  - Writing
- ☐ Swallowing ability
- ☐ Eating
- ☐ Balance and walking problems
- ☐ Neglect – poor attention to one side of your body and/or surroundings **OR** ignoring or not recognizing objects, people or parts on your body on one side
- ☐ Difficulty with activities such as dressing yourself; meal preparation or managing finances
- ☐ Difficulty with thinking, memory, safety, judgment or problem solving
- Changes in mood
- ☐ Feeling tired



# My Stroke Journey - About My Stroke

## My stroke was:

- ☐ Ischemic Stroke
- ☐ Hemorrhagic Stroke
- ☐ Transient Ischemic Attack (TIA)

## The location of my stroke:

- ☐ Right side of my brain, also called right hemisphere
- ☐ Left side of my brain, also called left hemisphere
- ☐ Brainstem
- ☐ Cerebellum

## Interventions I had for my stroke were:

- ☐ Thrombolysis – medicine that dissolves blood clots in the brain
- ☐ Endovascular Thrombectomy – a procedure that removes the blood clot from the brain
- ☐ Craniectomy – a procedure to relieve pressure in the brain after a blood vessel rupture

## Having read about what a stroke is, do I:

- ☐ Know what type of stroke I had?
- ☐ Know where in my brain my stroke was?
- ☐ Know what interventions I had for my stroke and why?

# My Stroke Journey - The Integrated Stroke Unit (ISU)

## **What is an Integrated Stroke Unit?**

At STEGH, we have an 8-bed Integrated Stroke Unit, meaning we offer acute and rehabilitative care to our patients all in one unit. We are also considered a District Stroke Centre, just one of 6 hospitals in Southwest Ontario that provide stroke specific care.

If you wish to contact the ISU please call 519-631-2030, extension 2950. We may not be able to give much information out over the phone because of privacy legislation.

## **What should I expect during my admission?**

During your admission, you will be seen by many members of the stroke team who will assist in your daily care and rehabilitation needs. They will review your progress throughout your time in acute care and help to plan for next steps and discharge.

- The doctor will order a number of tests to determine:
- The type of stroke you have had
- The location of the stroke
- Risk factors for stroke
- Begin treatments to minimize your chance of having another stroke

On the ISU we will also be assessing your neurological status which means assessing wakefulness, ability to understand commands, orientation to person, place and time, ability to see, strength in your arms and legs, ability to feel your face, arms and legs and ability to swallow.

# My Stroke Journey - The Integrated Stroke Unit (ISU)

The health care team will assess the effects of your stroke and determine the treatment you need to help you learn how to do things that you did before the stroke.

During your recovery you will work with the team and therapists on many things such as:

- Getting in and out of bed safely
- Walking or moving around
- Talking
- Thinking
- Eating
- Personal hygiene
- Dressing
- Mood (stress, isolation, depression)

**Our goal is to ensure you and your family are involved and informed throughout your journey.**

**Taking an active part in your assessment and treatment is an important part of your recovery.**

## **Family Meetings**

As you progress on the ISU, a family meeting may be held to discuss the results of your assessments including the type of stroke, any deficits and the next level of care you need.

## **Additional Information**

- Meals are served approximately at 8:30 am, 11:30 am and 4:15 pm.
- Laundry: bedding will be changed as needed and personal clothing will need to be washed at home.

# My Stroke Journey - The Integrated Stroke Unit (ISU)

## The Stroke Care Team

Members of the health care team will teach you and your family about:

- What has happened
- What treatment and care is needed
- What medications you are taking and how they help in your recovery
- What to expect when you leave the hospital
- Your risk factors for stroke and what you can do

| Team Member                                                      | How they help                                                                                                                                                    |
|------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Physician                                                        | Organizes your medical care, monitors the results of your tests, and addresses questions and concerns during your stay.                                          |
| Registered Nurse and Registered Practical Nurse                  | Helps you with your daily care, answers your questions and concerns, and supports your daily needs.                                                              |
| Dietitian                                                        | Helps you meet your nutritional needs, provides education and ensures you receive the foods that are the best for you.                                           |
| Occupational Therapist/<br>Occupational Therapy Assistant        | Helps you become more independent with daily activities, improve memory and thinking, teaches you to use special equipment allowing you to do more for yourself. |
| Physiotherapist/Physiotherapist Assistant                        | Helps you to improve your mobility, strength, flexibility and balance.                                                                                           |
| Speech-Language Pathologist/<br>Communication Disorder Assistant | Helps to improve your ability to swallow, speak, understand, read and write.                                                                                     |
| Pharmacist                                                       | Assesses your medications and dosages; answers questions about your medications.                                                                                 |
| Case Coordinator                                                 | Helps to assist with discharge planning and provides information about resources in the community.                                                               |
| Social Worker                                                    | Helps you and your family learn ways on how to cope with the changes in your lives. Helps connect you with community resources.                                  |
| Recreational Therapist/<br>Recreational Therapist Assistant      | Helps you participate in activities and hobbies that you enjoy. Will connect you with resources in the community.                                                |

# My Stroke Journey -

## The Integrated Stroke Unit (ISU)

### What tests will I have during my admission?

There are many tests that can help the health care team find out what type of stroke you had and why you had it. As each stroke is different, you may only have a few of these tests or you may have other tests not listed below. Please ask your nurse/doctor if you have any questions about the tests you have received.

|                                                                |                                                                                                                                                                                                                                                                                                                                                           |
|----------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Carotid Doppler                                                | An ultrasound probe is placed to the skin and uses non-harmful sound waves to listen to the flow of your blood through your arteries. This test helps to recognize if there is a plaque build-up causing narrowing of your carotid arteries, therefore affecting blood flow.                                                                              |
| ECG (Electrocardiogram)                                        | Sticky pads are placed on your body and these pads have sensors, which detect the electrical activity of your heart. This test records the electrical activity of the heart.                                                                                                                                                                              |
| Holter Monitor                                                 | A portable ECG monitors your heart rhythm for a period of time. The monitor is worn on your body. It is used to record the electrical activity of the heart, most commonly used to determine if you have atrial fibrillation.                                                                                                                             |
| Echocardiogram                                                 | A probe is placed to the skin and uses non-harmful sound waves to create a picture of your heart. This test helps to recognize if there are blood clots forming in your heart or if you have any heart conditions                                                                                                                                         |
| CT Scan (CAT, Computerized Tomography)<br>CTA (CT Angiography) | You lay down flat on a narrow table. A scanner takes a series of pictures of your brain using x-rays. During a CTA, contrast dye will be inserted through an intravenous (IV) catheter. This test looks at brain tissue to identify conditions in the brain, including stroke. CTA's also show the blood flow within the arteries and veins of the brain. |
| MRI (Magnetic Resonance Imaging)                               | Uses a strong, non-harmful magnetic field and radio waves to produce an image of the brain. You are required to lay still on a narrow bed inside a scanner. If you are fearful of small spaces please notify your doctor or nurse. This test is used to examine brain tissue and identify conditions in the brain, including stroke.                      |

# My Stroke Journey - The Integrated Stroke Unit (ISU)

## **Which medications will help me?**

Medications are used for many reasons with the goal to reduce the chance of you having another stroke. You will have your own medication plan to follow based on your condition and your symptoms.

You may need medication to:

- Help prevent blood clots
- Lower your blood pressure
- Lower your cholesterol levels

It is important that you take your medications as prescribed. Never take anyone else's medications. Do not share your medications with other people. While in hospital, your nurse will give your medications to you. Do not take any of your home medications that you may have brought to the hospital with you. Before you leave the hospital, someone from the stroke team will go over your new medications with you and you will be able to ask them questions about these medications.

Your nurse, doctor and pharmacist will help you learn this information about your medications while you are at the hospital. Your community pharmacist will review this information with you each time you refill your prescription as well.

## **What are some common medications used after a stroke?**

On the next two pages, you will see a list of some of common medications used after a stroke. If you have any questions about the medications listed or any medications you are currently prescribed, please ask your doctor, nurse or pharmacist.

# My Stroke Journey - The Integrated Stroke Unit (ISU)

## Medications That Help Prevent Blood Clots

### Antiplatelet

- Acetylsalicylic Acid ASA (Aspirin, Entrophen, Novasen)
- Clopidogrel (Plavix)
- Acetylsalicylic Acid + Dipyridamole (Aggrenox)

### Anticoagulant

- Warfarin (Coumadin)
- Dabigatran (Pradaxa)
- Rivaroxaban (Xarelto)
- Apixaban (Eliquis)

## Medications That Help Lower Blood Pressure

### ACE (Angiotensin-Converting Enzymes) Inhibitors

- Perindopril (Coversyl)
- Ramipril (Altace)

### ARBs (Angiotensin Receptor Blockers)

- Valsartan (Diovan)
- Candesartan (Atacand)

### Calcium Channel Blockers

- Amlodipine (Norvasc)
- Diltiazem (Cardizem SR, Cardizem CD, Tiazac)

### Beta Blockers

- Metoprolol (Lopressor)
- Atenolol (Tenormin)
- Bisoprolol (Monocur)

### Diuretics

- Hydrochlorothiazide (Apo Hydro/Novo-Hydrazide)
- Indapamide (Lozide)

## Medications That Help Lower Cholesterol

### Statins

- Atorvastatin (Lipitor)
- Rosuvastatin (Crestor)

### Fibrates

- Fenofibrate (Lipidil Micro)

### Other

- Ezetimibe (Ezetrol)

# My Stroke Journey - The Integrated Stroke Unit (ISU)

What do I need to know about my medications before I leave the hospital?

- ☐ The correct name and dose of your medications
- ☐ Why you are on these medications
- ☐ How to take your medications correctly and for how long
- ☐ Where to keep your medications
- ☐ The possible side effects of your medications
- ☐ How to refill your prescriptions
- ☐ When to speak to your pharmacist or doctor
- ☐ Do you use a dosette box?
- ☐ Always carry an up-to-date list of your medications and dosages with you all the time



# My Stroke Journey - Rehabilitation

Helping you learn how to do certain activities again is called rehabilitation. It is an important part of your stroke care journey. Working on getting back to doing as much for yourself as possible is an important part of your recovery. You, together with your family/care provider and the health care team, will set goals for recovery based on your personal needs.

Rehabilitation can help you keep your abilities and restore lost abilities. The health care team has determined your stroke rehabilitation needs by completing a number of tests and assessments. The team will help you to set goals. The team will also monitor your mood and provide support as needed.

Stroke rehabilitation is located in the same unit you are currently in. You will continue to work on your rehabilitation that started when you were first admitted to the stroke unit. You will not be moved to another area, but your service will change to rehabilitation.

## **What do I need?**

Each day you will get up and dress in your regular clothes. Wear loose fitting clothing, such as track pants, and wear supportive and comfortable shoes that you will be able to exercise in. Please have your family bring in:

- Running shoes and socks
- Various articles of clothing for 5-7 days
- Personal toiletries such as toothbrush, toothpaste, hair brush, shampoo, body wash, shaving equipment
- Hearing aids (and batteries), glasses and/or dentures
- Any special devices that you use (e.g., walker)
- Do not bring valuables, jewelry or large amounts of money

# My Stroke Journey - Rehabilitation

## **What can I expect in the first few days of stroke rehab?**

You will meet with members of the health care team to talk about your goals in rehabilitation. Your goals are the things you want to accomplish while you are in rehabilitation. For example, some people want to learn how to walk unassisted in their home. Some people want to be able to cook their meals. Other people want to work on their ability to speak. Different people have different goals, depending on how the stroke has affected them.

You will have therapy every day, from Monday to Saturday. The schedule you follow will depend on what you need and what your goals are.

Your team will meet with you and your family to discuss your progress on a regular basis. You and your family are the most important members of the team. We will ask you for your input before each of our meetings. Your team will want your input to create your stroke rehab needs and goals.



# My Stroke Journey - Rehabilitation

## My Stroke Rehab Goals

My stroke rehabilitation needs are:

My goals (long term goals) are:

What do I need to do (steps) to reach my goal(s)? Remember, when goal setting, it is important to be very specific and to answer the What, When, How much, and How Often.

**For example:**

**What:** I will walk the halls

**How much:** 20 minutes

**When:** in the morning

**How often:** Every day

# My Stroke Journey - Stroke Prevention

There are many factors that can increase your risk of stroke. Ask the members of your health care team to discuss your risk factors and how to prevent stroke in the future.

For additional resources, visit the Heart & Stroke Risk and Prevention page: <https://www.heartandstroke.ca/stroke/risk-and-prevention>

## Risk factors you can do something about:

- High blood pressure
- High cholesterol
- Atrial Fibrillation/Irregular Heartbeat
- Diabetes
- Being overweight
- Low activity levels
- Drinking too much alcohol
- Smoking
- Stress
- Poor diet

## Risk factors you cannot control:

- **Age:** As you get older your risk of stroke increases. Most strokes (about 2/3) occur in people over age 65.
- **Sex and Gender:** Sex and gender are different, and both affect women's health. An increased risk of stroke is associated with estrogen, pregnancy and menopause.
- **History/Family History of Stroke or TIA:** You have a higher risk of stroke if a close family member (parent, child, and sibling) had a stroke before age 65.
- **Ethnicity:** First Nations people, as well as those of African, Chinese, Latin American, or South Asian descent seem to have greater rates of high blood pressure and diabetes than the general population.

# My Stroke Journey - Stroke Prevention

## My Stroke Risk Factors

| RISK FACTORS                                                                                               | MY TARGETS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | THINGS I CAN CHANGE                                          |
|------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|
| Blood Pressure<br>        | Systolic blood pressure less than:<br><br>Diastolic blood pressure less than:<br><br>Your Target: <span style="background-color: yellow; border: 1px solid black; display: inline-block; width: 100px; height: 20px;"></span><br><div style="display: flex; justify-content: center; align-items: center;"> <div style="text-align: center;"> <div style="background-color: #0056b3; color: white; padding: 2px 5px;">Systolic (mm Hg)</div> <div style="background-color: #0072bc; color: white; padding: 2px 5px;">Diastolic (mm Hg)</div> <div style="display: flex; justify-content: space-around; margin-top: 5px;"> <div style="text-align: center;"> <div style="background-color: #0072bc; color: white; padding: 2px 5px;">Below 140</div> <div style="background-color: #0072bc; color: white; padding: 2px 5px;">Below 90</div> <div style="font-weight: bold;">CLINIC</div> </div> <div style="text-align: center;"> <div style="background-color: #0072bc; color: white; padding: 2px 5px;">Below 130</div> <div style="background-color: #0072bc; color: white; padding: 2px 5px;">Below 80</div> <div style="font-weight: bold;">DIABETES</div> </div> <div style="text-align: center;"> <div style="background-color: #0072bc; color: white; padding: 2px 5px;">Below 135</div> <div style="background-color: #0072bc; color: white; padding: 2px 5px;">Below 85</div> <div style="font-weight: bold;">AT HOME</div> </div> </div> </div></div> | Reduce salt intake<br>Increase exercise                      |
| Cholesterol<br>          | <b>LDL "Bad Cholesterol"</b> less than: <span style="background-color: yellow; border: 1px solid black; display: inline-block; width: 100px; height: 20px;"></span>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Reduce fat in diet<br>Follow a cardiac/cardiac-diabetic diet |
| Diabetes<br>            | <b>HbA1C:</b> 7% or less<br><b>Fasting blood sugar:</b> 4-7mmol/L                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Reduce salt<br>Diabetic diet<br>Increase exercise            |
| Smoking/vaping<br>      | Smoke and tobacco free                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Reduce/quit smoking<br>Access smoking cessation resources    |
| Waist Circumference<br> | <b>Men:</b> less than 102 cm (40")<br><b>Women:</b> less than 88 cm (35")                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Set weight loss goal                                         |
| Diet<br>                | 3 meals per day<br>7 servings of fruits & vegetables per day                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Follow a cardiac/cardiac-diabetic diet                       |
| Inactivity<br>          | Increase activity to: <span style="background-color: yellow; border: 1px solid black; display: inline-block; width: 100px; height: 20px;"></span>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Increase exercise                                            |
| Alcohol Intake<br>      | Drinks/week:<br><b>Women:</b> less than 10 drinks a week to a maximum of 2 per day.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Reduce alcohol consumption                                   |

# My Stroke Journey - Stroke Prevention

## My Stroke Risk Factors

|                                                                                                          |                                                                                                |                                     |
|----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|-------------------------------------|
|                                                                                                          | <b>Men:</b> less than 15 drinks a week to a maximum of 3 per day.<br>In some cases NO alcohol. |                                     |
| Stress/Mood<br>         | <input type="checkbox"/> Feeling stress<br><input type="checkbox"/> Feeling depressed          | Reduce activities that cause stress |
| Atrial Fibrillation<br> | Atrial fibrillation:<br><input type="checkbox"/> Yes<br><input type="checkbox"/> No            | Take your prescribed blood thinner  |

## Self-Management Following Stroke

Depending on the effects of your stroke, you may have to find new ways to adapt. Self-management means actively participating in your health decisions and gaining the confidence to meet your personal care goals. The most important thing to remember about self-management is that you are incredibly resilient and strong!

The Heart & Stroke Foundation online website ([heartandstroke.ca](http://heartandstroke.ca)) has many resources to help support your recovery. Visit the website for the resource document: **“Enabling self-management following stroke: A checklist for patients, families and caregivers”**.

This checklist provides tips to support your transition to home and your recovery process.

# My Stroke Journey - Stroke Prevention



Up to 80% of heart disease can be prevented through lifestyle changes such as eating a healthy diet and regular exercise.

## FAT INTAKE

OMEGA-3 FATTY ACIDS ARE ALSO CALLED "HEART HEALTHY" FATS

## FIBRE

HAVE 5 CUPS OF FRUITS OR VEGETABLES EACH DAY

AIM TO HAVE 3 OUNCES OF WHOLE GRAINS EACH DAY

Canadian Fibre Recommendations:

25g in a day for women  
38g in a day for men

## CARDIAC NUTRITION THERAPY

### WHY FOLLOW A CARDIAC DIET?

There are 2 types of cholesterol. Low-density lipoprotein (LDL) cholesterol known as "bad cholesterol," and high-density lipoprotein (HDL) cholesterol, known as "good cholesterol." Below are suggestions on how to reduce your "bad" cholesterol in your blood.

### HOW TO FOLLOW A CARDIAC DIET?

#### 1. Limit saturated fats

- Choose leaner cuts of meat and remove the skin and other visible fat
- Grill, steam, poach, or bake meals rather than frying or baking

Foods High in Saturated Fats



#### 2. Eat more Omega-3 fatty acids

- Aim to eat fatty fish (salmon, tuna, mackerel, sardines) twice a week or consider an omega-3 supplement
- Add ground flaxseeds or hemp hearts to yogurt parfaits

Sources of Omega-3s



#### 3. Limit your fat intake to 20-35% of the calories you eat

- Aim for <10% of total calories from saturated fat

#### 4. Eat foods rich in fibre

- Soluble fibre can help to lower LDL (bad) cholesterol
- Aim for 10g each day of soluble fibre which can be found in oats, beans, peas, apples, barley and psyllium, bran buds



# My Stroke Journey - Stroke Prevention



Health Canada estimates that over 30% of high blood pressure cases in Canada are due to high sodium intake

## SODIUM

Some salt substitutes may contain potassium chloride in place of sodium chloride which can be harmful to some people.

Mrs. Dash is recommended as a seasoning that is low in sodium and does not contain potassium chloride.

Canadian Sodium Recommendations:  
  
1500mg in a day

## CARDIAC NUTRITION THERAPY

### 5. Limit your sodium intake

- Salt is the main source of sodium
- One teaspoon of salt has 2300mg of sodium
- Dietitian's of Canada recommends limiting the sodium you get from food and drinks to less than 2300mg each day
- A low sodium diet limits sodium to less than 2,000mg per day
- Choose foods that have 140mg or less per serving
- Add more flavour to your food with dry or fresh herbs, lemon juice, lime juice, fruit juice or vinegar

Aim to limit high sodium foods such as cheeses, canned soups, canned sauces (pasta sauce, stir fry sauce), condiments (relish, ketchup, pickles), processed meats (deli meats, sausage, bacon), TV dinners and ready to eat meals (lasagna, pizza)



### Reading Nutrition Labels

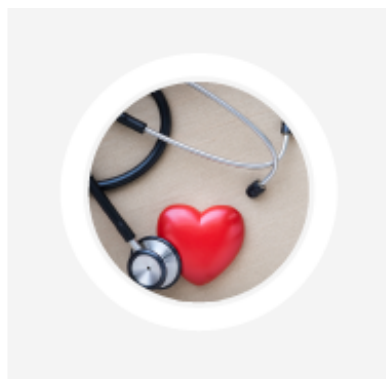
More than 15% Daily Value is considered to be a lot. Choose options which are less than 15% Daily Value of sodium. The low sodium vegetable soup has a % Daily Value of 14%. The regular vegetable soup has a % Daily Value of 28%.

| Vegetable Soup                                           |                      |
|----------------------------------------------------------|----------------------|
| Nutrition Facts                                          |                      |
| Serving Size 1 Cup (237 mL)                              |                      |
| Servings Per Container 2                                 |                      |
| Amount Per Serving                                       |                      |
| Calories 160                                             | Calories from Fat 35 |
| % Daily Value*                                           |                      |
| Total Fat 4g                                             | 6%                   |
| Saturated Fat 0.5g                                       | 3%                   |
| Sodium 680mg                                             | 28%                  |
| Total Carbohydrate 24g                                   | 8%                   |
| Dietary Fiber 8g                                         | 32%                  |
| Sugars 5g                                                |                      |
| Protein 7g                                               |                      |
| Vitamin A 45%                                            | Vitamin C 20%        |
| Calcium 6%                                               | Iron 15%             |
| Not a significant source of trans fat, cholesterol.      |                      |
| *Percent Daily Values are based on a 2,000 calorie diet. |                      |

| Low Sodium Vegetable Soup                                |                      |
|----------------------------------------------------------|----------------------|
| Nutrition Facts                                          |                      |
| Serving Size 1 Cup (237 mL)                              |                      |
| Servings Per Container 2                                 |                      |
| Amount Per Serving                                       |                      |
| Calories 160                                             | Calories from Fat 35 |
| % Daily Value*                                           |                      |
| Total Fat 4g                                             | 6%                   |
| Saturated Fat 0.5g                                       | 3%                   |
| Sodium 340mg                                             | 14%                  |
| Total Carbohydrate 24g                                   | 8%                   |
| Dietary Fiber 8g                                         | 32%                  |
| Sugars 5g                                                |                      |
| Protein 7g                                               |                      |
| Vitamin A 45%                                            | Vitamin C 20%        |
| Calcium 6%                                               | Iron 15%             |
| Not a significant source of trans fat, cholesterol.      |                      |
| *Percent Daily Values are based on a 2,000 calorie diet. |                      |

### 6. Choose fresh foods over processed foods

# My Stroke Journey - Stroke Prevention



## CARDIAC NUTRITION THERAPY

### 7. Eat more plant-based meals

- Many plants contain plant sterols, compounds known to block cholesterol absorption
- Plant sterols can reduce LDL (bad) cholesterol by 10% with no effect on HDL (good) cholesterol
- Choose soy or beans as the protein source in your meals

### CHOOSE OFTEN

### LIMIT

|                     |                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                  |
|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| GRAINS              | whole grains breads, oats, barley, whole grain pasta, brown rice, whole grain crackers, popcorn                                                                                                                                                                                                                                        | high fat baked goods (donuts, pastries, cookies), chips, cheese puffs, white bread and pasts, butter-flavoured popcorn                                                                                                                                                                           |
| VEGETABLES & FRUITS | fresh, frozen, canned, and dried fruits and vegetables without added salt or fat                                                                                                                                                                                                                                                       | avoid frying your vegetables and fruits, or adding cream, butter, or cheese                                                                                                                                                                                                                      |
| PROTEINS            | Dairy: skim (nonfat) milk, 1% milk, or buttermilk, fat-free or low-fat yogurt or cottage cheese, and low fat cheeses<br><br>Lean beef and pork meats (loin, leg, round, extra-lean hamburger), eggs (limit to 6 egg yolks per week) skinless poultry, venison, and vegetarian sources of protein (nuts, nut butters, beans, peas, soy) | Dairy: Whole milk, 2% milk, full-fat yogurt, icecream, half and half or whipping creams, cream cheese, sour cream, and cheese with more than 20% M.F.<br><br>Higher-fat cuts of meat (ribs, t-bone steak), bacon, sausage, cold cut meats, hot dogs, organ meats, poultry with skin, fried meats |
| FATS & OILS         | Unsaturated Fats: olive, peanut, soy, sunflower, and canola oils, sort margarines, oil based salad dressings, avocado, nuts and seeds                                                                                                                                                                                                  | Butter, hard margarine, shortening, tropical oils such as coconut, palm, and palm kernel oils                                                                                                                                                                                                    |

# My Stroke Journey - Planning for Discharge

Discharge planning starts from the time you enter the program. Our therapy team and care coordinator will help you with planning what you will need when you leave the program. The whole stroke team will help make your transition out of rehabilitation as smooth as possible.

You will have a follow-up appointment in the Secondary Stroke Prevention Clinic when you go home. The clinic is located within STEGH on the ground floor. During this appointment you will be able to discuss your progress, medications, concerns, questions, and supports.

## **After inpatient rehabilitation**

Your work is not done when you leave the rehabilitation program. You will need to continue to practice your exercises and use the information you learned in the program. Before you finish the program, your rehabilitation therapists may give you exercises to do on your own or with family members or support persons.

Stroke recovery can take a toll on everyone. Learn what to expect and get support on topics such as staying connected, maintaining relationships, parenting, and intimacy by visiting <https://www.heartandstroke.ca/stroke/recovery-and-support/relationships>, or ask your nurse to print off these free resources.



# My Stroke Journey - Planning for Discharge

## Getting help after discharge

- Your stroke team may give you specific instructions to manage your condition at home
- If you are experiencing any side effects from the medications you have been prescribed, you should speak to your pharmacist or family doctor
- If you experience new or worsening stroke symptoms, call 911 right away

**F**ace is it drooping?  
**A**rms can you raise both?  
**S**peech is it slurred or jumbled?  
**T**ime to call 9-1-1 right away.

Act **F A S T**. Lifesaving treatment begins the second you call 9-1-1.

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# My Stroke Journey - Planning for Discharge

## My Discharge

Ongoing recovery goals:

Safety concerns/return to activity:

Driving recommendations:

- ☐ No restrictions on driving
- ☐ I can return to driving in \_\_\_\_\_ days
- ☐ Do NOT drive - Ministry of Transportation notified

*Driving after Stroke* pamphlet provided?    YES    NO

Return to work:

Equipment needs:



Share your  
experience  
with us!

<https://tinyurl.com/yc6km6wn>

# My Stroke Journey - Planning for Discharge

## Discharge/Transfer Information

I am being discharged/transferred to: \_\_\_\_\_

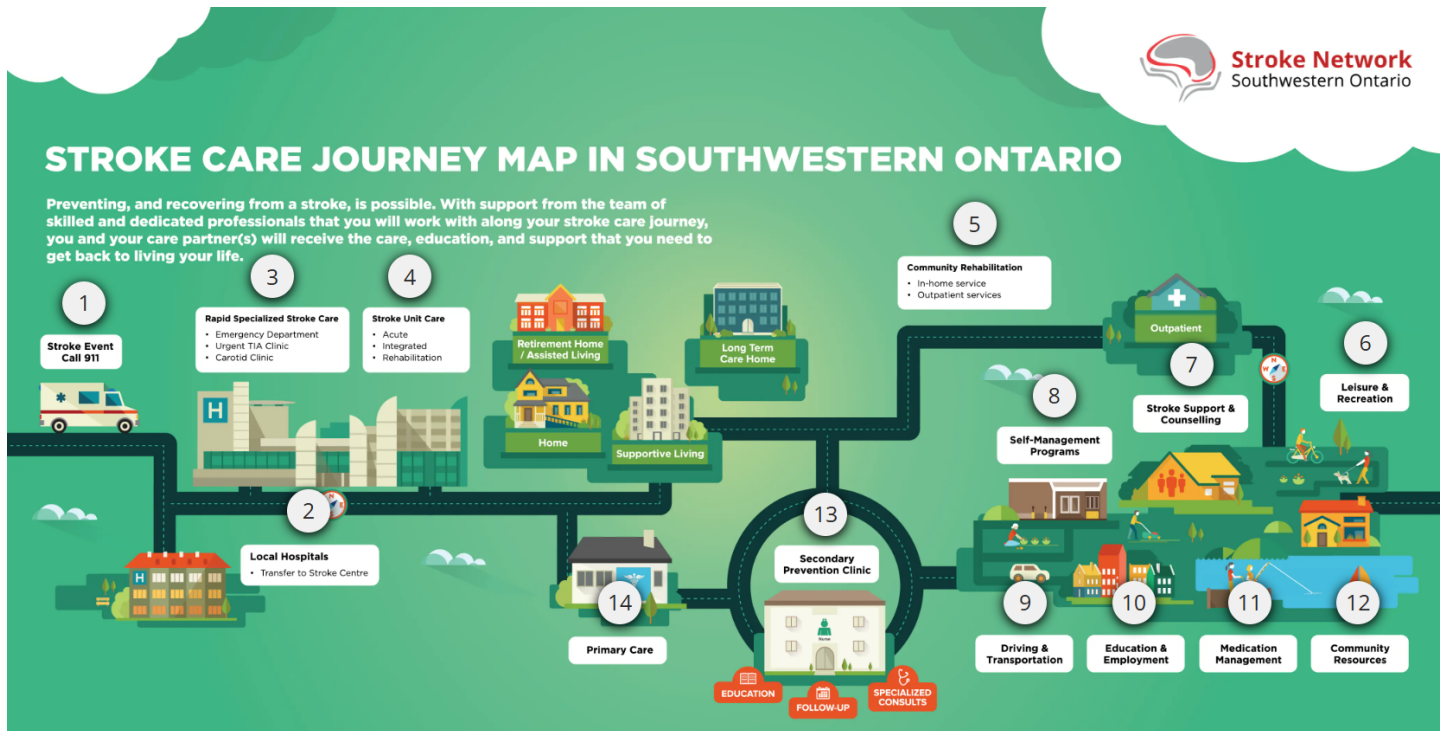
### Ask yourself: 'Before I Go'

(Check-off all that apply. If you have not checked off a box, speak with your nurse).

- ☐ I have been involved in decisions about what will happen after I leave the hospital
- ☐ I understand where I am going to go after I leave the hospital
- ☐ I understand what my medications are, how and where to get my medications and how to take them
- ☐ I understand the potential side effects of my medications and whom I should call if I experience them
- ☐ I understand what stroke symptoms I need to watch out for and whom to call should I notice them
- ☐ I understand how to keep my health problems from becoming worse
- ☐ I understand who to contact if I am experiencing feelings of depression, sadness or isolation
- ☐ I understand when I can return to driving
- ☐ I understand when I can return to work
- ☐ I understand when I can return to physical or sexual activity
- ☐ My doctor or nurse has answered my most important questions prior to leaving the hospital
- ☐ My family or someone close to me knows where I am going
- ☐ If I am going directly home, I am aware of any follow-up appointments, and I have transportation to the appointment(s)

### Questions after discharge - Who do I contact?

# Stroke Care Journey Map in SW Ontario



Local resources for stroke patients and caregivers, tailored to your area and community needs.

Available on the [Southwestern Ontario Stroke Network website](https://swostroke.ca/).



Visit: <https://swostroke.ca/>



Click on the “Patient and Caregiver Resources” section.



## Learn the signs of a stroke

Stroke is a medical emergency. If you experience any of these signs, call 9-1-1. Do not drive to the hospital. An ambulance will get you to the best hospital for stroke care.

|          |              |                           |
|----------|--------------|---------------------------|
| <b>F</b> | <b>ACE</b>   | Is it drooping?           |
| <b>A</b> | <b>RMS</b>   | Can you raise both?       |
| <b>S</b> | <b>PEECH</b> | Is it slurred or jumbled? |
| <b>T</b> | <b>IME</b>   | To call 9-1-1 right away  |

# Community Programs

## YMCA

YMCA offers fitness center and equipment, group fitness classes, community events, pool access for lane swims, aquatic exercise groups

For program information and services visit: <https://www.ymcaswo.ca/>

### YMCA of Western Ontario

20 High Street, St. Thomas ON

Phone: 519-631-2418

<http://ymcawo.ca/st-thomas-elgin>

## VON

VON offers a variety of supports including: assisted living supports, bathing, blood pressure clinics, caregiver/family supports, meal services, exercise programming, transportation and other group programs and services

### VON Middlesex-Elgin

100-1151 Florence St London ON

Phone: 519-659-2273, option 0

Toll free: 1-866-559-5532, option 0

Home care: 1-866-865-6711

### VON Oxford

550 Ingersoll Ave Woodstock ON

Phone: 519-539-1231

<https://von.ca/en>

## LIFE AFTER STROKE

Life After Stroke program is one day per week from 9:30 am -2:00 pm, a referral must be completed upon discharge from the hospital.

**Where:** Terrace Lodge 49462 Talbot Street. East, Aylmer, ON

Cost: \$13

**Transportation:** \$14 less than 20km or \$15 more than 20km

**Overnight Respite:** Wednesday and Thursday nights Starts 2:30 pm Wednesday until Friday at 9:00 am

**Cost:** \$42.28 + cost of programs attended

**Bath Program:** \$30

**Phone:** 519-631-1030, ext. 310

## MARCH OF DIMES CANADA - After Stroke Program

March of Dimes Canada provides numerous programs, resources and services to support Stroke Survivors and their Caregivers. MODC is a Not-For-Profit organization that is staff led and volunteer driven. Its purpose is to support and help people living with disabilities. MODC is a care partner with primary and secondary healthcare providers in offering a continuum of care to stroke survivors and their families.

### Offerings:

- Local monthly Face to Face Chapters for peer support of stroke survivors and caregivers run by seasoned stroke survivors in their community
- Virtual meetings many times a week for Stroke Survivors to share experiences and meet with other stroke survivors across the country - specific groups for people with aphasia and young stroke survivors
- Virtual meetings weekly for Stroke Caregivers to share experiences and meet with other caregivers across the country
- Virtual skills/knowledge trainings for stroke survivors. I.E. Living Life to the Full (in coordination with CAMH), Introduction to Stroke...
- Virtual exercise programs. Yoga, stability, mobility, strengthening focus
- In-hospital visits to recent stroke patients to provide hope, listening, and direction on what is available to them once they leave the hospital
- Monthly Newsletter and regular communications on items of interest to the After Stroke Community
- “Ask an Expert” virtual workshops where an expert on a topic engages with stroke survivors and caregivers
- Grants and financial assistance for modifications to vehicles and homes for stroke survivors

## **MARCH OF DIMES cont...**

For more information about community programs contact  
[communityprograms@marchofdimes.ca](mailto:communityprograms@marchofdimes.ca)

### **London**

920 Commissioners Road East

Phone: 519-642-3999

Toll-free: 1-866-496-8603

### **Home and Vehicle Modification Program (HVMP)**

291 King Street, 3rd Floor London ON

Phone: 519-642-3700

Toll-free: 1-877-369-4867

### **Assistive Devices Program**

291 King Street, 3rd Floor London ON

Phone: 519-642-3700

Toll-free: 1-866-765-7237

**Visit:** <https://www.marchofdimes.ca/en-ca/programs/acs>

## **DALE Brain Injury Services**

DALE Brain Injury Available across the South West (Elgin, Oxford, London/ Middlesex, Huron, Perth, Grey and Bruce Counties)

- In-person and virtual groups focusing on individual and group goal achievement, increased independence and quality of life.
- Groups provided offer social, recreational, wellness, skill building, exercise and therapeutic activities.
- Services are available on a short-term, transitional, or lifelong basis.

**Visit:** <https://www.daleservices.on.ca/>

## WHAT'S IN YOUR COMMUNITY?

Many local senior centers, libraries and recreation/community centers offer virtual programs and/or in-person programs. Contact your local organization by phone or through their websites to learn more about virtual and group opportunities.

### LONDON/MIDDLESEX:

- Horton Senior Centre, Kiwanis Senior Center, Hamilton Rd. Senior Center, London Satellite Senior Programs through City of London, Huff n Puff League, Strathroy Senior Center, Thorndale and Dorchester Lions Senior Centers.
- Aquatic programs at Carling Heights Community Center, Aquatic Center, South London Community Pool and Boys and Girls Club. Over the Deep End in Strathroy.

### ELGIN:

- St. Thomas Senior Center, West Lorne Community Health Center, East Elgin Community Complex Aylmer
- Aquatic programs at Talbot Trail Physiotherapy and Terrace Lodge in Aylmer.

### OXFORD:

- Ingersoll 50+ Activity Center and Services for Seniors, Woodstock South Gate Seniors Center, Tillsonburg Senior Center, Tillsonburg Community Center, Station Arts Center Tillsonburg.
- Aquatic programs at Victoria Park Community Center, Tillsonburg Community Center, Southside Aquatic Center Woodstock.

## SUPPORTIVE CARE

### Secondary Stroke Prevention Clinic

St. Thomas Elgin General Hospital, South Building, B Unit  
519-631-2030, ext. 6760

### Southwestern Public Health

1230 Talbot Street, St. Thomas, ON  
1-800-922-0096 or 519-631-9900  
<https://www.swpublichealth.ca/en/index.aspx>

### Closing the Gap

112-10 Mondamin Street, St. Thomas, ON  
519-631-9866 or 1-877-560-0202  
<http://www.closingthegap.ca/>

## WHAT'S IN YOUR COMMUNITY?

### **Intensive Rehabilitation Outpatient Program (IROP)**

Woodstock Hospital  
519-421-4211

### **Lifemark Physiotherapy**

106-25 Elm Street, St. Thomas, ON  
519-633-4300  
<http://www.lifemark.ca>

### **Talbot Trail Physiotherapy**

189 Elm Street, South Building  
519-637-7727  
<http://www.talbottrailphysiotherapy.ca/>

### **Driving Assessment and Rehabilitation Programs (DARP & DriveABLE)**

550 Wellington Road, London, ON  
519-685-4070  
<https://www.sjhc.london.on.ca/darp#darp>

### **Smokers' HelpLine**

1-877-513-5333  
<http://www.smokershelpline.ca/>

## ONLINE SERVICES

### **Southwestern Ontario Stroke Network**

[https://swostroke.ca/11/Stroke\\_Survivors\\_and\\_Caregivers/](https://swostroke.ca/11/Stroke_Survivors_and_Caregivers/)

### **Heart & Stroke Foundation**

<https://www.heartandstroke.ca/>

### **Southwest Healthline**

[www.stroke.southwesthealthline.ca](http://www.stroke.southwesthealthline.ca)

### **South West Local Health Integration Network**

519-631-9907 or 1-800-811-5146  
<http://www.southwestlhin.on.ca/>

## ONLINE SERVICES

### **Canada's Food Guide**

<https://www.canada.ca/en/health-canada/services/canada-food-guides.html>

### **Eat Right Ontario**

<https://www.eatrightontario.ca/en/>

## FOOD DELIVERY OPTIONS

### **Heart to Home Meals**

1-866-933-1516

<https://www.hearttohomemeals.ca/>

### **Meals on Wheels**

519-660-1430

<https://mowl.ca/>

### **St. Thomas Seniors Centre**

225 Chestnut Street, St. Thomas, ON

519-633-2850

Lunch served Tuesday to Friday 11:30-12:30pm

<https://stthomasseniorscentre.com/catering/>

### **Kathy's Catering**

42703 Fruit Ridge Line, St. Thomas, ON

519-633-0101 - Meals to go

<https://www.kathyscateringcanada.ca/>

## FUNDING

### **March of Dimes - Home and Vehicle Modification Program**

<https://www.marchofdimes.ca/en-ca/programs/am>

### **Ceridian Cares - Barrier Free Living, Quality of Life Grant**

<https://www.ceridiancares.ca/evaluation>

### **Trillium Drug Program**

Toll-Free: 1-800-575-5386

<https://www.ontario.ca/page/get-help-high-prescription-drug-costs>

## FUNDING

### Disability Benefits

[www.canadabenefits.gc.ca](http://www.canadabenefits.gc.ca)

### Employment Insurance

<https://www.canada.ca/en/services/benefits/ei.html>

### Disability Tax Credit

[www.cra-arc.gc.ca](http://www.cra-arc.gc.ca)

## MENTAL HEALTH SUPPORTS

### Reach Out 24/7

519-433-2023

### ConnexOntario Helpline

1-866-531-2600

Live Web Chat: <https://www.connexontario.ca/Chat>

### BounceBack - Free Cognitive Behaviour Therapy (CBT) program

1-866-345-0224

<https://bouncebackontario.ca/>

### The Ontario Caregiver Organization

1-833-416-2273 (24/7)

<https://ontariocaregiver.ca/>

## TRANSPORTATION

### Red Line Taxi

519-631-1200

### Your Taxi (Wheelchair Accessible)

519-631-1800

### Accessible Parking Permits

1-800-267-8097

<https://www.ontario.ca/page/get-accessible-parking-permit>

## TRANSPORTATION

### **St. Thomas Parallel Transit Service (Paratransit)**

545 Talbot Street, St. Thomas, ON

519-631-1680

### **Voyago Transport Services**

519-455-1390 or 1-855-942-4400

Book a trip online: <https://voyagohealth.ca/reservations/>