



Ottawa Stroke Summit 2022

November 18, 2022
Virtual Summit

Program Brochure

This is the region's largest gathering of stroke care professionals.
Join us in our effort to improve the future of stroke care.

www.crsn.ca

OVERALL LEARNING OBJECTIVES

By the end of the Stroke Summit, participants will be able to:

Discuss and share supports, strategies, and resources that will improve the care and experiences for persons living with stroke.

ACCREDITATION

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by the University of Ottawa's Office of Continuing Professional Development. You may claim a maximum of **6.5 hours**.

This Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by the University of Ottawa's Office of Continuing Professional Development for up to **6.5 Mainpro+ credits**.

PLANNING COMMITTEE

Special thanks to the following committee members who participated in the planning of this event:
Dr. Grant Stotts and Dr. Debbie Timpson (Co-Chairs)

Ms. Jill Allan
Ms. Charline Boudreau
Dr. Emelie Braschi
Ms. Cathy Campbell
Ms. Laura Dunn

Mr. Mathieu Grenier
Ms. Dana Guest
Ms. Chantal Mageau-Pinard
Ms. Maria Manzon-Barteau
Ms. Lisa McDonnell
Ms. Jennifer O'Neil

Ms. Jodi Powell
Ms. Lisa Sheeny
Ms. Michelle Simpson
Ms. Ashley Taylor
Ms. Hope Weisenberg

REGISTRATION Site

To register online please visit: <https://uottawacpd.eventsair.com/2022stroke/reg>

Conference Registration Fees (fees are in CAD)	Rate
Physician	\$70 + HST
Other Healthcare Professional*	\$50 + HST
Resident	\$50 + HST
Student**	\$30 + HST

*Other healthcare professional includes: nurses and other disciplines (e.g. therapy staff), researchers, educators and administrators.

**Student must be full time in a Faculty of Health Science professional health discipline program.

Cancellation Policy: Refunds less \$25 administrative charge will be issued in writing by **October 21, 2022**. No refunds will be issued for cancellations received after that date. All refunds will be processed after the event.

Further information: Jennifer.Stewart@uottawa.ca | [Visit our website](#)

PROGRAM AT A GLANCE

SUPPORTING AND IMPROVING THE EXPERIENCE FOR PERSONS LIVING WITH STROKE

7:00-8:00 - Platform Log-In and Exhibit Viewing

8:00 - 8:10 - Greetings and Opening Remarks

8:10 - 8:40 - Top Takeaways You Should Know About Acute Stroke Care —Dr. Grant Stotts

- Explain current advances in acute stroke management and discuss ongoing developments
- Describe the benefits of stroke unit care and explore innovative ways to improve access

8:40—8:45 - Transition

8:45– 9:15 - Top Takeaways You Should Know About Rehabilitation Throughout the Continuum —Dr. Bob Teasell

- Explain current advances in stroke rehabilitation and discuss ongoing developments
- Examine how to improve access to stroke rehabilitation for persons living with stroke

9:15—9:20 - Transition

9:20– 10:05 - The Shared Perspectives on the Experiences Following Stroke: Perspectives from the clinical team and a person with lived experience —Anik Laneville and Derek Edwards

- Describe the clinical picture of a person's deficits following a stroke including the potential impact on meaningful activities
- Describe the lived experience of a person living with stroke and the strategies used to help resume meaningful activities

10:05-10:20 - Stretch Break and Exhibit Viewing

10:20—11:05

Integration of Oral Health into Standard Practice

- Dr. Nalia Gurgel-Juarez & Karen Mallet

- Describe the importance of good oral health following stroke, including prevention of complications
- Describe how best to implement it into clinical practices

10:20—11:05

Reactive Balance Training

Dr. Avril Mansfield & Dr. Elizabeth Inness

- Describe what reactive balance is and the importance of reactive balance in recovery and falls prevention
- Introduce and outline the Reactive Balance Training Toolkit
- Describe how best to implement reactive balance training into clinical practices

10:20—11:05

Social Networks and Peer Support After a Stroke: What does it mean and how can the March of Dimes help?

- Suzanne Smith- Bayley and Dr. Gayatri Aravind

- Explain the role of social networks and peer support in stroke recovery
- Outline available programs and resources offered by March of Dimes that support persons and families living with stroke

11:05—11:10- Transition

11:10—12:10 - Brag and Steal

Theme: Community-based Programs and Initiatives to Enhance Community Re-integration and Improve the Patient Experience

5 sessions: 5 min presentation + 5 min Q&A

12:10-12:45 - Lunch Break and Exhibit Viewing

12:45—13:15 - Poster Showcase and Networking

Rapid podium: Posters Present (3 mins presentation and 2 mins Q&A)

PROGRAM AT A GLANCE

13:15 - 13:20 - Transition

13:20– 14:20 - Crucial Conversations in Stroke Care: Strategies, Techniques, and Tools for Health Care Professionals — Wendy Arnott and Dr. Mark Bayley

- Describe a model that can facilitate crucial conversation
- Identify strategies and techniques to prepare, engage and effectively participate in crucial conversations
- Explain the application of these skills when sharing information about stroke recovery and expectations with persons with stroke, family members, and caregivers.

14:20—14:35 - Stretch Break and Exhibit Viewing

14:35—15:20

Highlights from the Canadian Stroke Best Practices
- Dr. Michel Shamy

- Outline the most important clinical aspects of acute care management and discuss the clinical implications;
- Outline the most important clinical aspects of apathy and anxiety and discuss the clinical implications.

14:35—15:20

System Integration of Care: Optimization of resources and access to sub-acute care
- Shaundra Ridha, Sabine Mersmann and Julie Savage

- Identify Champlain Sub-Acute Network current state and desired future state as it relates to Integrated Rehabilitation Hubs including the framework and benefits;
- Share pilot experiences related to the integration of inpatient/outpatient and community stroke rehabilitation programs in Ottawa;
- Panel discussion with key stakeholders involved in developing the Integrated Rehabilitation Hub concept in Ottawa.

15:20 - 15:25 - Transition

15:25—16:10

Women & Stroke: Can we learn from the progress made in women's heart health?
- Dr. Amy Yu and Dr. Thais Coutinho

- Describe the sex disparities women face and the gaps across the stroke system;
- Describe initiatives undertaken to respond to disparities in women's heart health.

15:25—16:10

Let's Talk About Sex After Stroke
- Dr. Colleen O'Connell

- Identify the psychological and medical impairments impacting returning to intimacy post stroke.

16:10 - 16:15 - Transition

Debate 1 (16:15—16:35) : Thrombolysis after 4.5 Hours: Yes or No
- Dr. Dar Dowlatshahi vs. Dr. Dylan Blacquiere

Analyze the evidence-based risks and benefits of administering thrombolysis within the 0-4.5-hour window

Debate 2 (16:35– 16:55) : To Rehab or Not to Rehab People Living with Cognitive Impairments
- Dr. Debbie Timpson vs. Dr. Christine Yang

*Analyze the benefits of providing stroke rehabilitation to persons living with cognitive impairment
Identify the reasons why not to provide stroke rehabilitation to persons living with cognitive impairment*

16:55—17:00 - Closing Remarks - Dr. Grant Stotts & Dr. Debbie Timpson