

# Northeastern Ontario Stroke Care Symposium

## Agenda

Friday, November 9, 2018

<b>Time</b>	<b>Lecture Room A, B, C</b> Rooms 2041, 2043, 2045 OTN Event ID # 91584566
<b>12:00</b>	<b>Lunch</b>

**12:45** **Opening Remarks – NEO Stroke Network**

**1:00** **Supporting Caregivers across the Care Continuum**

Jill Cameron, PhD, Associate Professor, Dept of Occupational Science and Occupational Therapy, University of Toronto

This presentation will highlight the importance of caregivers, the impact providing care can have on caregiver health and wellbeing, possible depression screening tools, the role of support to prevent caregiver depression and burden, how support changes across the illness trajectory, the Timing it Right model of support as a way to address caregivers needs, key considerations to help organizations adopt caregiver support programs, discussion re navigator role, and general discussion/sharing of existing and proposed strategies to support caregivers in the NE region.

### Concurrent Sessions (choose one)

**Lecture Room A, B, C**  
Rooms 2041, 2043, 2045

**Main Conference Room B**  
Room 2072  
OTN Event ID #91584795

**2:00** **Ramping up Stroke Rehabilitation using Aerobic Exercise**

Liam Kelly PhD(c), Exercise Physiologist, Memorial University, St. John's, Newfoundland

This presentation will describe and highlight results from 3 studies conducted through the stroke rehabilitation unit at the LA Miller Center in St. John's, Newfoundland. We will further discuss activity and sedentary time during inpatient stroke rehabilitation, the benefits of combining aerobic exercise with cognitive training and explain ways of meeting aerobic training guidelines.

**Intimacy after Stroke**

Tracey Palmer RN, CRRN, BA Sexology, The Ottawa Hospital  
Shawna McCusker RSW, MSW, The Ottawa Hospital.

A review of the relevant issues pertaining to intimacy and sexuality post stroke, the work that is being done to support patients, and the resources available for health care professionals and those affected by stroke.

**3:00** **BREAK**

**BREAK**

**3:15** **Optimizing Rehabilitation: Tools to Achieving the Aerobic Exercise Best Practice Recommendations**

Denise Taylor, Manager North West LHIN Regional Rehabilitative Care Program and Physiotherapy Professional Practice Leader, St. Joseph's Care Group, Thunder Bay

The following case-based presentation will discuss the best practice guidelines for stroke regarding aerobic training, as well as tools and processes created and regionally adapted to assist in meeting these recommendations at the rehabilitation inpatient and outpatient programs in Thunder Bay.

**Interdisciplinary Approach to Managing Delirium**

Shaen Gingrich, PT, BHSC (Hon), MPT  
Geriatric Knowledge Translator, NESGC

In this session, we will review how to recognize different types of delirium, assess for delirium using the CAM, and discuss approaches to interdisciplinary management.

**Lecture Room A, B, C**  
Rooms 2041, 2043, 2045

**3:45** **Supporting Mental Health in Stroke Survivors**

Emily Zanini, Health Promotion Educator, CMHA

In this session, you will learn some of the basics on mental health and addiction, as well as how we can incorporate this knowledge in supporting our patients. Physical, social, and mental health all influence each other. You will leave this session with tools on how to have mental health conversations, a better awareness of signs and symptoms of mental health problems, and different ways you can support your patients.

**4:30** **Evaluation/Wrap-up**



**Northeastern Ontario**  
Stroke Network

Fewer strokes. Better outcomes.