



05.31.2017 to 06.02.2017 | London, Ontario

# Provincial Interprofessional Stroke Core Competency Framework with a TR Focus

Thursday June 1st, 2017

3:00 – 4:00 p.m.

T14 – Provincial TR Stroke Core Competencies

# Presenters

A decorative graphic consisting of a light gray swirl and leaf-like shapes, positioned to the left of the presenter names.

**Keli Cristofaro R/TRO**

Stroke Community  
Engagement Specialist

NWO Regional Stroke  
Network

**Holly Graham R/TRO**

Recreation Therapist

Huron Perth Community  
Stroke Rehabilitation Team

# Session Outline

The intent of the Stroke Competency framework is to provide health care professionals working in stroke with a clear and comprehensive way to independently achieve core competencies needed for evidence-based stroke care.

## **Learning Objectives**

1. To provide an understanding of the 16 Therapeutic Recreation core competencies.
2. To provide an overview of evidence based stroke care as it relates to Therapeutic Recreation.
3. To support Therapeutic Recreation professionals in accessing the framework and provide options for its usability.

# Where it all began...in 2007

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## Key Stakeholders:

- Heart and Stroke Foundation of Ontario
- Central South Regional Stroke Network
- Hamilton Health Sciences

## Project:

- Developed and piloted a discipline-specific resource
- Learning objectives across 16 areas
- All related to stroke care
- Therapeutic Recreation included



The background features a blue sky with a large, faint, light blue swirl on the right side. A dark blue horizontal band is positioned in the middle, and a green grassy field is at the bottom.

7 years later...

# Where it all began again...2014

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Presentation by Michelle Donald and Rebecca Fleck

- Stroke Collaborative in October 2014

*'A Coordinated Approach towards a Provincial Stroke Competency Frame Work'.*

Disciplines identified to be participating in the project included:

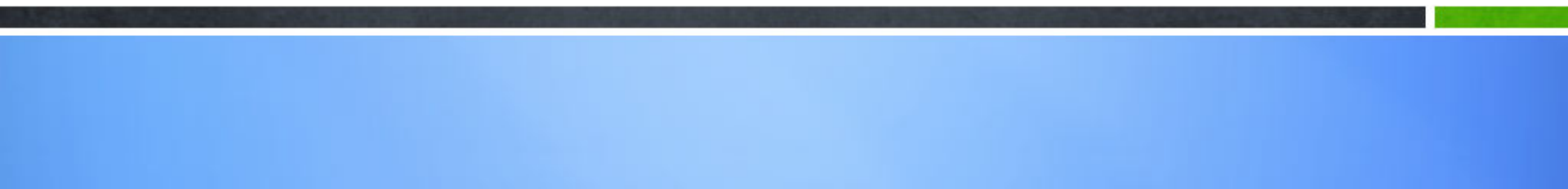
- Nursing
- Physiotherapy
- Occupational Therapy
- Speech-Language Pathology
- Social Work





# Recreation Therapy

The missing discipline to participate  
in the project....





# Moving forward...with Therapeutic Recreation

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- Develop and test a resource outlining discipline specific learning objectives related to stroke care, building on the work that completed in 2007.
- The SWO Recreation Therapy Stroke Network was called upon to form a working group to accomplish these objectives.
- 8 members of this Network committed to reviewing the existing Framework and support the new template.





# What did we accomplish?

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- Reviewed and identify **core** stroke competencies for Recreation Therapy
- Identify resources/tools which could support achievement of each competency
- Identify how achievement of each competency will be evaluated
- Utilized KT experts to review the current competencies



# Pilot Phase - September 2016



The goal for the pilot was to provide the opportunity to review and explore the competencies in real time.



# Timelines

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- Pilot completed Feb 2017 with 30 organizations across the province
- Feedback informing revisions completed May 2017
- Final launch of framework including online templates, User's Guide, and reference materials targeted for June 2017



# Pilot Sites...

- Pembroke Regional Ottawa Hospital, Civic
- Ottawa Hospital Rehab Centre
- Bruyere Hospital
- North York General
- St. Michaels' Hospital
- Rouge Valley Health Centre
- Toronto East General
- Providence Health Centre
- Bridgepoint Health
- Humber River Hospital
- Westpark
- Royal Victoria Hospital
- Lakeridge Health Corp
- Kingston General
- Belleville General Hospital
- Perth and Smith Falls District
- VON, Kingston
- Toronto Rehab
- Hamilton Health Sciences – HGH
- Hamilton Health Sciences – St. Peters
- Hotel Dieu Shaver
- Grand River Hospital
- Brantford Hospital
- Trillium Health Partners
- Brampton Civic Hospital
- Chatham Kent Health Care Alliance
- Stratford General Hospital
- Timmins and District Area Hospital
- St. John's Rehab, Sunnybrook Health Sciences Centre
- Thunder Bay Regional Health Science Center

# Support During the Pilot

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Local contact person:

- for each pilot site to utilize for Q&As during the process

FAQ document:

- was updated weekly to support real life questions asked by current participants

Pilot User Guide:

- outlines the process and identify learning needs



# Where to access this information?

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To view the Recreation Therapy competencies,  
the online framework is available at the  
Ontario Stroke Network website at:


<http://ontariostrokenetwork.ca/core-competencies-for-stroke/>



# Where to access this information?


Call Us: 416.512.7472 | [strokeinfo@ccn.on.ca](mailto:strokeinfo@ccn.on.ca)

[f](#) [t](#) [G+](#) [in](#) [v](#) [v](#) [e](#)



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Advancing the Ontario Stroke System

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**ontario stroke network**  
Advancing the Ontario Stroke System

As of April 1, 2016, the Ontario Stroke Network (OSN) and Cardiac Care Network of Ontario (CCN) have come together as a single entity to ensure a comprehensive and integrated approach to cardiac, vascular and stroke care in Ontario.

ABOUT CCN

Primary Care Programs

Professional Stroke Education Inventory

Provincial Interprofessional Stroke Core Competency Framework

Stroke Quality Based Procedures Resource Centre

Strategy for Patient-Oriented Research (SPOR)

Stroke Services Distinction Program

Telestroke

WORK

(OSN) and Cardiac Care Network of Ontario (CCN) have come together as a single entity to ensure a comprehensive and integrated approach to cardiac, vascular and stroke care in Ontario.

## Our Mission

We provide provincial leadership and planning for the Ontario Stroke System by measuring performance, partnering to achieve best practices, and creating innovations for stroke prevention, care, recovery and reintegration.

As of April 1, 2016, the Ontario Stroke Network (OSN) and Cardiac Care Network of Ontario (CCN) have come together as a single entity to ensure a comprehensive and integrated approach to cardiac, vascular and stroke care in Ontario.

[Read More](#)

## Upcoming Events

SEP 13

Cardiac Care Network Annual General Meeting 2016  
September 13 @ 3:30 pm - 4:30 pm  
Toronto Marriott Downtown East Centre Hotel

SEP 14

Annual scientific meeting of the Canadian Partnership for Stroke Recovery  
September 14



## Core Competencies for Stroke

The Ontario Stroke Network (OSN) provides provincial leadership and planning for Ontario's 11 Regional Stroke Networks (RSN) by measuring performance, partnering to achieve best practices and creating innovations for stroke prevention, care, recovery and integration.

LINK INCORRECT? CLICK HERE.

There is Level A Evidence that stroke unit care reduces the likelihood of death and disability by as much as 30 per cent for men and women of any age with mild, moderate or severe stroke. One of the key components of Stroke Unit Care is that the core interprofessional team should consist of healthcare professional with stroke expertise. Furthermore, Quality Based Procedures for stroke recommend that interprofessional stroke teams across the continuum receive education and training to promote stroke expertise.

In alignment with these recommendations, one of the OSN's provincial priorities identified the development of a minimum set of competencies for health care professionals working in stroke. An OSN working group, comprised of representatives from each of the OSN provincial groups has developed a provincial stroke competency framework. This work builds on initial work by the Heart and Stroke Foundation of Ontario to develop interdisciplinary learning objectives for stroke care.

### + Background

### + Guidelines for Using this Framework

### + Framework Description

### + Getting Started with the Self-Rating Scale

### + Pilot User Guide

### - Disciplines

1. Nursing
2. Occupational Therapy
3. Physiotherapy
4. Recreational Therapy
5. Social Worker
6. Speech Language Pathology

# Core Competency Areas

1. Principles of Stroke Care
2. Anatomy and Physiology of Stroke
3. Cardiovascular and Respiratory Effects
4. Psychosocial Effects
5. Communication
6. Independence in Mobility and Prevention of Complications of Immobility
7. Routine Activities of Daily Living
8. Instruments Activities of Daily Living
9. Cognitive, Perceptual and Behavioural Changes Following Stroke
10. Sexuality
11. Nutrition
12. Dysphagia
13. Skin Care
14. Continence Management
15. Primary and Secondary Stroke Managements
16. Transitions Management

## 14.0 Continence Management

### Learning Objective:

14.1 Recognize the effect of stroke on bladder and bowel function and strategies for continence management during leisure engagement.

### Suggested Learning Resources:

- Heart & Stroke Foundation: Taking Action for Optimal Community and Long Term Stroke Care (TACLS) Chapter 3 Body Functions (Physical) Section 3.4 Bowel and Bladder Control Pages 47-57
- SWO Stroke Rehab Unit Orientation Module 4: Continence

### Optional Learning Resources:

- Canadian Stroke Best Practice Recommendations: Section 4.2.5 Continence
- Heart & Stroke Foundation: Your Stroke Journey Chapter 4: Living with Physical Changes- Bladder and Bowel Pages 56-58

### Suggested Evaluation Methods:

Successful completion of SWO Stroke Rehab Unit Orientation Module 4 quiz.

# Benefits of a Using the Core Competency Framework

## **Professional**

- Learning gap analyses
- Support self-directed learning
- Professional development (individual or group learning opportunities)
- Inclusion of stroke specific goals for performance appraisals
- Form the foundation for learning plans for ongoing individual professional development
- Guidance of annual education plans for Coordinators, Educators, Nurse Clinicians etc.

# Benefits of a Using the Core Competency Framework

## **Organizational**

- Training/orientation of staff in new or established stroke units
- Support interprofessional education and collaborative practice through shared learning opportunities
- Support accreditation processes i.e. Accreditation Canada's Stroke Distinction
- Stroke team quality initiatives

# Moving Forward...

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## Sustainability

- Updating links within the templates (2 times per year)
- Reviewing templates for removal of out of date resources and addition of new resources within the templates (once per year)
- A coordinated effort to support local use of the framework



# Where to learn more?



**More Information can be found by  
accessing :**

**<http://ontariostrokenetwork.ca/core-competencies-for-stroke/>**

*Thank You!*