

NEWS RELEASE

June 23, 2014



STEP 1 IN DELIVERING SEAMLESS TRANSITIONS OF CARE ELIMINATE THE TRANSITION

Integrated Stroke Unit Combines Separate Areas - Patients Placed With Integrated Team from Day 1

(Peterborough, ON) The Peterborough Regional Health Centre is pleased to officially open the new Integrated Stroke Unit (ISU). The unit transitioned its model of care beginning in late April and is now fully functional.

"We know that increasing the number of transitions within hospital can add to delays in care and introduce challenges in delivering high quality, safe care. The creation of this Integrated Stroke Unit signals our commitment to move as quickly as we can to deliver on the strategic directions in our new, three (3) year plan," said Ken Tremblay, President & CEO. The hospital's 2011-14 Strategic Plan promised three (3) Strategic Directions, the second of which was "Deliver Seamless Transitions of Care" both within PRHC and with externally with partners. It is also aligned with the Central East LHIN's system aim of improving the vascular health of local residents. *"It's about getting the right patient, in the right bed, surrounded by the right team, the first time, every time."*

An Integrated Stroke Unit (ISU) provides both acute and rehabilitation care to patients during their in-patient stays following a stroke. The patient remains on the same unit, in the same bed, surrounded by key health team members there to help them through their acute and rehabilitation care. This allows for more timely assessment, management, and consistency of care throughout their hospitalization and transition to the home/community.

"Right from the minute they get into the acute care bed, patients and their families begin to work with the inter-professional team to achieve their individually designed goals and expectations," said Dr. Derek Krete, Medical Director for Sub-acute & Seniors Care. *"The people and environment are key – the shared dining room, rehab gym, activities, all support early mobilization and recovery."*

"The research and experience with these integrated units are clear, this model provides better care and better outcomes for patients," said Brenda Weir, Vice-President.

"Combining acute and rehab patients together in one area has been beneficial from a patient and family perspective. They support, encourage and learn from each other as they share their experiences and treatment journeys," added Julie Hignett – ISU Charge Nurse.

PRHC is working diligently to reach Stroke Accreditation for the next hospital-wide Accreditation Cycle (2017).

For More Information:

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MEDIA BACKGROUNDER

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Definition

An Integrated Stroke Unit is a specialized, geographically defined hospital unit dedicated to the management of stroke patients and staffed by an experienced inter-professional stroke team.

Evidence

Stroke unit care has some of the strongest evidence for improved patient outcomes in the stroke research literature.

- reduces the likelihood of death and disability by as much as 30 percent for men and women of any age with mild, moderate, or severe stroke.
- more likely to be alive, independent, and living at home one year after the stroke.
- fewer complications, earlier mobilization, and pneumonia is recognized earlier.
- rehabilitation should start as early as possible and rehabilitation should be considered an intervention that can occur in any and all settings across the continuum of stroke care.

References:

Canadian Best Practice Recommendations for Stroke Care (Update 2014)
Canadian Best Practice Recommendations Taking Action Towards Optimal Stroke Care (Update 2013)

Key Facts

- Fifteen (15) beds co-located with rehab gym (2), dining room, activities courtyard, activity rooms.
- Key Partners include Central East Community Care Access Centre

Inter-professional team which includes:

Stroke unit care is characterized by a coordinated interprofessional team approach for preventing stroke complications, preventing stroke recurrence, accelerating mobilization, and providing early rehabilitation therapy.

- ✓ Patients and families (Guided By You)
- ✓ Physiatry (physician specialist)
- ✓ Nursing
- ✓ Occupational therapy
- ✓ Physiotherapy
- ✓ Speech-language pathology
- ✓ Social work
- ✓ Pharmacy
- ✓ Nutrition

For additional Stroke Information [click here](#)

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