

Alberta's Strategic Clinical Networks

Stroke Action Plan

The Goal

The Stroke Action Plan is a province-wide plan to ensure stroke patients in small urban and rural settings receive the same level of care delivered in larger centres. Prior to the Stroke Action Plan, stroke unit care access was only offered to 52 per cent of patients.

The Process

Improving the quality of and access to stroke care in rural and small urban stroke centres in Alberta is happening through two main strategies:

- Early Supported Discharge and in-home rehabilitation
- Creation of standards for rural stroke units or stroke unit equivalent care

Early Supported Discharge brings expert rehabilitation teams into the homes of stroke survivors. These teams include physical, occupational, and recreational therapists, speech and language pathologists, nurses, social workers and therapy assistants.

Allowing patients to return home sooner after a stroke helps free up in-patient beds and has been shown to improve patient outcomes.

The Outcome

Since the program's launch in November 2013, Early Supported Discharge programs have been implemented at five small urban primary stroke centres and stroke unit equivalent care implemented in 14 sites, reaching over 1,300 patients provincially. These programs have cut the average length of stay for participating stroke patients in half.

Stroke Action Plan has achieved national recognition, and was awarded the Co-Chair's Award for Impact by the 2014 Canadian Stroke Congress.

The services established under the Stroke Action Plan have now been made permanent based on the success of the project.

The Team

The Cardiovascular Health and Stroke Strategic Clinic Network (SCN) work together with Zone teams to implement the Stroke Action Plan.

www.albertahealthservices.ca/scn

