

# Time for Change:

## Making Knowledge Translation Come Alive in Stroke Rehabilitation

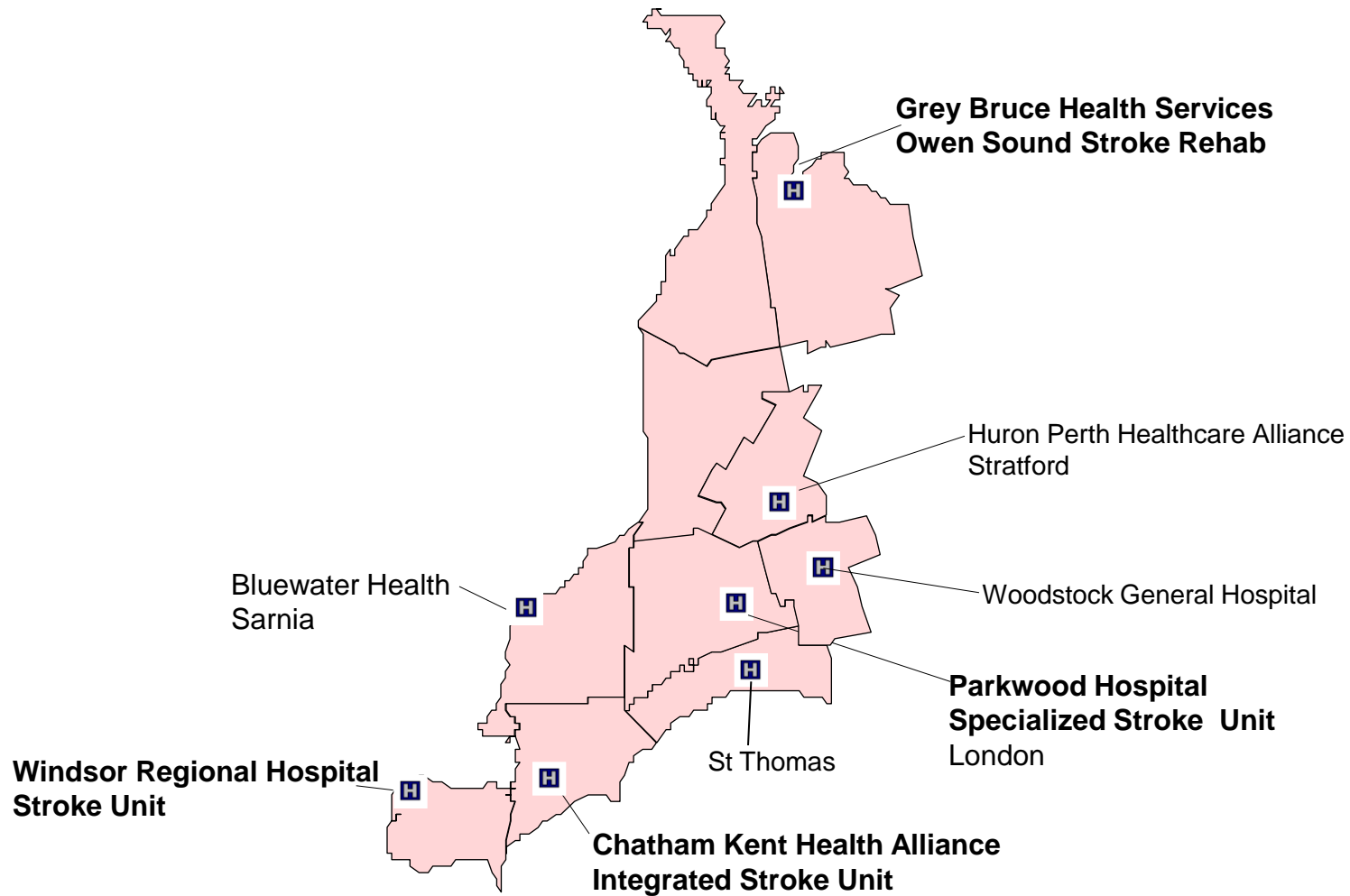
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# Canadian Best Practice Recommendations for Stroke Care

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1. All patients with stroke should begin rehabilitation therapy within **an active and complex stimulating environment** as early as possible once medical stability is reached.
2. Stroke patients should receive, through an individualized treatment plan, a minimum of **three hours of direct task-specific therapy** by the interprofessional stroke team for a minimum of five days per week.
3. The team should promote the **practice of skills** gained in therapy into the patient's daily routine in a consistent manner.

# Southwestern Ontario Inpatient Rehabilitation



# Knowledge Exchange

## Change Management Approach

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- Experts provide vision:
  - *What's the evidence? What are best practices? What's the desired future state?*
- Identify current state:
  - *How does our team measure up?*
- Continuous improvement:
  - *What's one small thing we can do?*
- Focus on passions/strengths:
  - *Why do we do what we do? What are we good at and how can we get even better?*

# Knowledge Exchange

## Change Management Approach

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- Patient Perspective
  - *What can we learn from them? How can we use their experiences to drive change?*
- Share Practical Ideas/Successes Amongst Peers
  - *What can we learn from each other? What new ideas can we generate?*
- Action Planning in Teams
  - *What will we commit to?*
- Provide Tools
- Follow-up

# Video: Time is Function



<http://swostroke.ca/videos>

# Southwestern Ontario Stroke Rehabilitation Forum

## Time is Function: Making It Real

April 26, 2012

### TIME ACTIVITY

0930 - 1000	Registration, Breakfast & Networking
1000 - 1020	Welcome Stroke Rehabilitation Best Practices – what does success look like?
1020 - 1100	Rehabilitation Best Practices Dr. Robert Teasell MD FRCPC
1100 - 1130	What small improvements could we make to move towards implementing best practices?
1130 - 1200	The Impact of Moving to Stroke Rehabilitation Best Practices in Ontario Matthew Meyer, OSN Project Lead
1200 - 1230	How can we use this data to influence practice change?
1230 - 1315	Lunch
1315 - 1430	Share practical ideas, tools and processes to implement rehabilitation best practices
1430 - 1515	Support available to your team Develop a next steps action plan for your team
1515 - 1530	Wrap-up & Evaluation

### WHO?

Directors, Rehab Program Managers, Front Line Clinicians and Teams

### WHAT?

The focus of this Stroke Rehabilitation Forum is on sharing strategies for increasing therapy time and extending hours of activation. The evidence is clear that rehabilitation makes a difference to the recovery of stroke patients. What are the possibilities for enhancing rehabilitation with our resource pool?

**Deb Willems,**  
**Regional Rehabilitation Coordinator**

# Practical Ideas/Success Stories

- Group classes
- Extend therapy hours
- Family involvement
- Scheduling
- Communication tools
- Practice time
- GRASP - UE homework
- Wii
- Nustep – cardio machine
- Functional Electrical Stimulation
- Mental Imagery





# Results: Evaluations

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Statement	Agree/Strongly Agree
My understanding of the stroke rehabilitation evidence and rehabilitation best practices improved	89%
I learned about practical strategies to improve stroke rehabilitation care	96%
I am confident that our team will make progress on our action plan in the next 4-6 months	83%
Most positive aspect of workshop	Being able to create an action plan with my team

# Results: Action Plans

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Rehab Program	Actions Planned	Implemented at 6 Months
A	6	2
B	10	10
C	5	1
D	7	4
E	2	2
F	6	3
G	7	5
H	5	3
<b>Total</b>	<b>48</b>	<b>30</b>

# Key Messages

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- Change Management approach to Knowledge Translation works!
- Knowledge Exchange opportunities that give teams focused time to learn from colleagues and plan together is golden.
- This approach was a catalyst for getting teams unstuck and giving them tools and strategies to influence change in their organizations.
- Using a video allowed participants to ‘hear the stories’ directly from patients and colleagues.

