

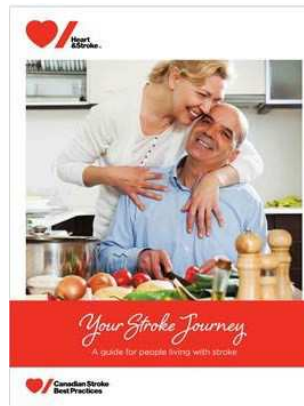
What you can expect:

- Frequent monitoring of your vital signs, movement, sensation, vision and speech.
- A swallowing screen within 24 hours of admission to see if you can safely eat or drink.
- To be out of bed within 24 hours after having the stroke. One of your health care team members will help and will teach you how to get up safely.
- To be up in a chair for all meals.
- To be asked regularly if you need to use the washroom. Team members will encourage the use of a commode or toilet rather than a bedpan.
- To have your mouth cleaned at least three times per day, including bedtime, to avoid chest infections. Families are encouraged to help with mouth care.
- To receive care and information from members of a health care team who are experts in stroke.
- To be assessed by members of the interdisciplinary team to determine your needs and whether stroke rehabilitation is required.

Please keep your

Heart & Stroke Foundation's
"Your Stroke Journey" book.

It has useful information you
can use now and in the future.



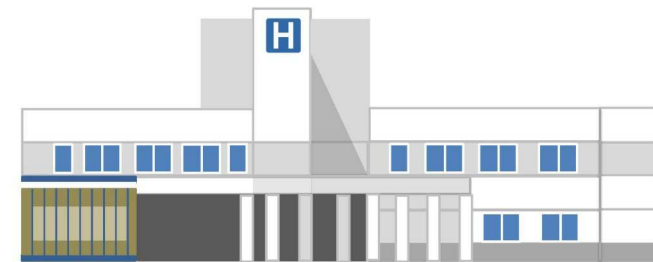
If you have questions about
your care, ask a health care
team member.

GET INVOLVED
SHARE YOUR CONCERNS

PCS-1331-0918a



Welcome to the Integrated Stroke Unit



**A Guide for
Persons with
Stroke and their
Families and
Caregivers**

Timmins and District Hospital is the **District Stroke Centre** for patients in the Cochrane District and the James Bay coast.

The **Integrated Stroke Unit** is on the second floor, Integrated Medical C Unit.

Stroke Unit Goals:

To determine and treat the effects of your stroke. For example: weakness or paralysis, difficulty swallowing, speaking, understanding, reading, writing, learning and/or remembering.

To determine why you had a stroke.

To lower your risk of complications. For example: pneumonia, blood clots.

To lower your risk of having another stroke.

To teach you about stroke.

To provide rehabilitation, if appropriate.

To work with you and your family to plan for discharge.



Your Health Care Team Members

Physician (MD)

Provides supervision and care for medical problems from your stroke.

Registered Nurse (RN) and Registered Practical Nurse (RPN)

Checks your vital signs and the effects of your stroke. Teaches you about stroke, answers questions and talks to other health care team members about your recovery. Assist you in completion of rehabilitation activities, particularly when therapists are not available, such as during weekends and in the evenings.

Physiotherapist (PT)

Assesses the physical effects of your stroke and develops a plan to improve your movement, strength, balance and coordination.

Occupational Therapist (OT)

Assesses the physical, cognitive and perceptual effects of your stroke and develops a plan to improve your ability to engage in your daily activities.

Your Health Care Team Members

Social Worker (SW)

Provides support and counselling for any possible feelings of sadness, anger, depression and anxiety. Helps plan your discharge and makes referrals to community agencies.

Registered Dietitian (RD)

Assesses your nutritional needs following your stroke.

Speech-Language Pathologist (SLP)

Assesses and recommends ways to deal with any swallowing, speaking and communication issues.

Personal Support Worker (PSW)

Helps with your personal care during the day.

Stroke Community Navigator (SCN)

Meets with you to link you to services and programs in the community and provides help along the way, including after discharge.

You & your family are valuable members of our team.