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SSBC Bulletin

March 2024



SSBC Enhancing Stroke Unit Care March Education Session



Topic: Screening and Management of Post-Stroke Depression

Featuring: Dr. Treena Blake

- Date: March 20, 2024
- Time: 8:15am - 9:00am
- Location: Online (Teams)

Please join in for our **free monthly education sessions** coordinated by SSBC's Clinical Nurse Specialist, Alison de Wit.

Email [Alexis Chicoine](mailto:Alexis.Chicoine@ssbc.ca) if you are interested.

You will receive a calendar invite each month, which you can reply to based on your availability. The sessions are recorded for later viewing as well.

Quality Forum BC



The main two days of Quality Forum 2024 are now sold out!

BUT you can still join the waitlist for the main Forum on April 24 & 25.

- There are often spots that become available, so don't forget to click "Join the Waitlist" on the ticket selection page. You'll be contacted if a spot becomes available.

There are still ways to attend in-person - Pre-Forum sessions on April 23.

[Register here.](#)

- Trailblazing Together: Creating Health Care & Community Partnerships
- JCC Pre-Forum: Together We Thrive: Improving Together
- Health Talks: Bold Ideas, Stories That Inspire

If you have any questions, please email [HQBC](#).

Heart & Stroke Gala 2024



The Heart & Stroke Gala has returned in 2024 and it will shine a light on the importance of [women's heart and brain health](#).

Date: May 4, 2024

Time: 5:30pm

Location: Fairmont Pacific Rim

[Tickets available here](#)

13th World Congress for Neurorehabilitation



Vancouver
22–25 May 2024
CANADA



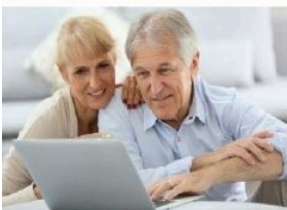
The World Congress for Neurorehabilitation offers a unique experience to learn about the latest advances in research and practice in neurorehabilitation.

- Date: May 22 - 25, 2024
- Location: Vancouver Convention Centre - 1055 Canada Place

With a [full programme](#) of informative sessions [register](#) soon.

Recruiting Participants - Online CBT

INTERNET-DELIVERED COGNITIVE BEHAVIOUR THERAPY FOR PERSONS WITH STROKE



Have you experienced a stroke?

Would you like to learn different skills to manage your well-being by reducing stress and improving your coping and memory



We are looking for participants to join a 10 week research study which provides online education on well-being after stroke.

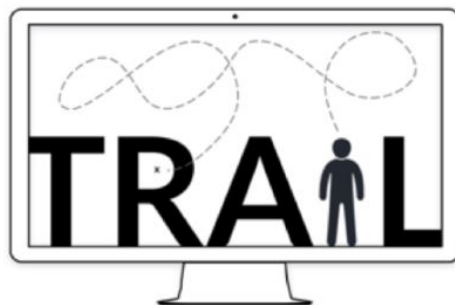
- **Free Program**
- **Weekly support provided**
- **Private and confidential**
- **Amazon gift card upon completion**



If interested, click the link below or QR code to complete the online screen:
<https://redcap.lawsonresearch.ca/surveys/?s=TLRCDEFECNHW8EE>
Or email Dr. Swati Mehta, swati.mehta@sjhc.london.on.ca

The [Wellbeing After Stroke Program](#) aims to provide an educational series based on cognitive behavioral therapy techniques for managing mental and emotional wellbeing of individuals who have experienced Stroke. The program consists of 6 core lessons to help clients gain skills to manage their thoughts, behaviors, and physical symptoms resulting from post-stroke depression and/or anxiety.

The TRAIL Trial Community-based Tele-rehabilitation



The TRAIL trial, which was run on the CanStroke platform, studied the feasibility of a progressive virtual exercise and self-management intervention in individuals with stroke, using video-conferencing technology.

[Check out the results](#) that show this approach appears to have positive influences on mobility, lower extremity impairment, strength, and goal attainment when delivered under the guidance of trained clinicians when social support and program resources are available.

These types of programs can prolong the continuum of care that individuals receive once they are discharged back into the community.

Stroke news shared at the International Stroke Conference 2024



[Lying Flat Shows Big Benefit in Large Vessel Occlusion \(LVO\) Stroke](#)

Patients with acute ischemic stroke who have LVO have shown an impressive benefit from having their head lowered to a flat position until they are able to undergo thrombectomy in a new landmark randomized clinical trial.

[Vagal Nerve Stimulation in Stroke: Benefit Out to 1 Year](#)

Use of vagal nerve stimulation in combination with intense physical rehabilitation in patients with chronic stroke led to improved hand and arm function, with benefits maintained out to 1 year

[Ginkgo Injections Tied to Cognitive Recovery Post Stroke](#)

A combination of biologically active components of Ginkgo biloba given by intravenous (IV) injection for 14 days was associated with improved early cognitive recovery in patients with acute ischemic stroke.

[Hypertension Before 35 Tied to Triple Stroke Risk in Midlife](#)

Black women who develop high blood pressure before age 35 have a threefold increased risk of having a midlife stroke, new observational data suggested



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