West GTA Stroke Network Symposium  
Mississauga Convention Centre  
Thursday, February 16, 2012

7:45 – 8:30 a.m.  
Registration, Continental Breakfast, Vendor and Poster Showcase

8:30 – 8:40 a.m.  
Welcome and Introductions

8:40 – 9:40 a.m.  
Stroke and the Young  
- Dr. Manu Mehdiratta, Neurologist, M.D., Neurology and Cerebral Diseases, Trillium Health Centre  
- Naren Ariarajah, Chair, Peel/Halton Young Stroke Survivors Group

9:40 – 9:50 a.m.  
Stretch Break

9:50 – 10:50 a.m.  
Stroke and Sexuality  
- Stephen Holzapfel, M.D., F.C.F.P., C.C.F.P., Director, Sexual Medicine Counseling Unit, Department of Family & Community Medicine, Women’s College Hospital

10:50 – 11:20 a.m.  
Refreshment Break, Vendor and Poster Showcase

11:20 – 12:15 p.m.  
Concurrent Sessions – Series 100

101: Implementation of Alpha FIM® Instrument Tool: A Regional Perspective  
- Carmel Forrestal, Reg. P.T., Regional Stroke Rehabilitation Coordinator, West GTA Stroke Network, Trillium Health Centre

102: Community Stroke Rehabilitation Teams: Making Possibilities Come to Life  
- David Ure, Coordinator, Fabian Krupski, Physiotherapist, and Karen Heys, Team Assistant – Community Stroke Rehabilitation Team, Parkwood Hospital, London

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103: Stroke in the South Asian Community  
- Dr. Lopita Banerjee, MSc, M.D., C.C.F.P., Wise Elephant Family Health Team

104: Community Collaboration for Stroke and Chronic Disease (Panel Discussion)

12:15 – 1:15 p.m.  
Lunch and Vendor & Poster Showcase

1:15 – 2:10 p.m.  
Concurrent Sessions – Series 200

201: Think You Know Your ABC’s of Stroke Related Dementia and Brain Injuries? You Might Be Surprised you Don’t!  
- Tony Schembri, Ph.D (C), Psychogeriatric Resource Consultant, West Park Health Centre

202: Determining Capacity to Make Decisions in Individuals with Aphasia and Other Communication Barriers - Issues and Solutions  
- Dr. Alexandra Carling-Rowland, Ph.D., SLP., Reg CASPLO Director, Professional Practice and Quality Assurance, College of Audiologists and Speech Language Pathologists (CASPLO)

203: LHIN Perspectives on the Stroke Strategy  
- Representatives from both the Mississauga Halton and Central West LHINs

204: What About the Caregivers? (Panel Discussion)

2:10 – 2:20 p.m.  
Stretch Break and Move to Closing Session

2:20 – 3:20 p.m.  
Sector Linkage Model for Improved Patient Flow  
- Dr. Peter Nord, Vice-President, Chief Medical Officer and Chief of Staff, Providence Healthcare

3:20 – 3:30 p.m.  
Closing Remarks and Draws
Keynote & Concurrent Session Descriptions & Speaker Bios

Keynote Presentations

**Stroke and the Young**
Dr. Manu Mehdiratta and Naren Ariarajah

- This presentation will cover common and uncommon causes of stroke in the adult patient under the age of 55. This will be a case-based presentation and will cover etiologies such as hypercoagulability, patent foramen ovale, carotid and vertebral dissections and other causes of stroke in the young. An approach to diagnosis and management of these conditions will also be discussed. Following Dr. Mehdiratta's presentation Naran will share his experience as a young stroke survivor.

**Stroke and Sexuality**
Dr. Stephen Holzapfel

- The largest sex organ, surprising to some, is the brain. Stroke can affect sexuality by damaging physical function, emotional feeling, and intimate communication between patients and their partners. This presentation will give an overview of the effects of stroke on sexuality.

**Sector Linkage Model for Improved Patient Flow**
Dr. Peter Nord

- Dr. Nord will present the transformational work done at Providence Healthcare to improve the flow and thereby the care of people who have suffered a stroke. By shifting resources “downstream”, creating “tight connections” at all transition points and focusing on “the hospital of one patient” Providence is improving the flow and measurable short and long term care outcomes of the people we serve.

Concurrent Sessions – Series 100

**101 Implementation of Alpha FIM® Instrument Tool: A Regional Perspective**
Carmel Forrestal

- This presentation will give an overview of the AlphaFIM® instrument Tool and rationale for its implementation in the acute care setting. It will highlight the challenges and successes of the tool’s implementation with particular emphasis on the experience of the West GTA Stroke Network region.

**102 Community Stroke Rehabilitation Teams: Making Possibilities Come to Life**
David Ure, Fabian Krupski and Karen Heys

- At this workshop, participants will gain an understanding of processes involved in the development and implementation of this new model of stroke care. We will discuss services available through Community Stroke Rehabilitation Team’s (CSRTs) and the outcomes and challenges of this new model of care.
103 Stroke in the South Asian Community
Dr. Lopita Banerjee, MSc, M.D., C.C.F.P., Wise Elephant Family Health Team
- Dr. Banerjee will provide a medical review of stroke and the risk factors in the South Asian community. She will also share some of her practice management strategies which she uses at a primary care level.

104 Community Collaboration for Stroke and Chronic Disease
- Many of the chronic diseases have similar risk factors and require similar education and exercise opportunities. This panel presentation includes representatives from diabetic, cardiac, stroke and parks and recreation community programs. You will learn about the current status of education and exercise programs in our region, opportunities for collaboration and participate in a discussion on how to achieve more efficient, collaborative community programming.

Concurrent Sessions – Series 200

201 Think You Know Your ABC’s of Stroke Related Dementia and Brain Injuries? You Might Be Surprised you Don’t! - Tony Schembri
Tony Schembri, Ph.D (C), Psychogeriatric Resource Consultant, West Park Health Centre
- This session will examine problem behaviour as it relates to seniors with dementia, stroke related dementia, and stroke related acquired brain injuries, and will help participants, breakdown and disentangle some of the complexities of “responsive behaviour” and behaviour in general. The workshop will illustrate the use of observation, documentation and the examination of patterns of behaviour, to link probable antecedent or likely triggering events to lower the occurrence of behaviours and increase or promote better health outcomes for everyone involved.

202 Determining Capacity to Make Decisions in Individuals with Aphasia and Other Communication Barriers -Issues and Solutions
Dr. Alexandra Carling-Rowland
- The purpose of the Health Care Consent Act is to provide a framework for the evaluation of capacity to make decisions, thereby protecting patient autonomy regarding consent to treatment and admission to Long Term Care. How do we as healthcare professionals ensure that the rights of individuals with stroke and aphasia to decide are protected? The presentation will focus on the need and the process of making the legal constructs that comprise consent and capacity communicatively accessible.

203 A LHIN Perspective on the Stroke Strategy
- The West GTA Stroke Network region incorporates two LHINs; the Mississauga Halton LHIN and the Central West LHIN. Each LHIN supports integrated stroke care to better serve their populations. Both LHIN representatives will provide an overview of the current status of stroke services and future directions.
204 What About the Caregivers?
- The needs of the caregivers of stroke survivors are many and often forgotten. Only now is increased attention being paid to their needs, including research, new groups, increased awareness, etc. To date, the emphasis has been on caring for the survivor but without able and willing caregivers in the home, some survivors may require a care facility. How can we support these very vital partners in care?
- This panel discussion includes a researcher, 2 caregivers and a social worker who will address the current state, what the evidence shows and how we can improve support for caregivers.

Keynote Speaker Biographies

**Naran Ariarajah**, MSc is the Chair of the Peel/Halton Young Stroke Survivors Group. In his professional life, he’s an IT professional with over 20 years experience, having worked in Canada, Norway, Sri Lanka, Ireland, and Israel.

**Dr. Stephen G. Holzapfel**, M.D., F.C.F.P, C.C.F.P., is a Family Physician and Couple and Sex Therapist with the Department of Family and Community Medicine at the Women's College Hospital and Sunnybrook Health Sciences Centre. He’s also a Sexual Medicine Consultant at the Koffler Men's Health Centre, Mount Sinai Hospital, Divisions of Urology and Department of Surgery. Dr. Holzapfel is an Associate Professor at the University of Toronto’s Department of Obstetrics and Gynaecology, and one of his key interests include teaching the management of men and women’s sexual dysfunction in an integrated, multi-dimensional, couple-centered therapy in a clinical setting.

**Dr. Manu Mehdiratta**, M.D., completed medical school at McMaster University followed by a five year Neurology Residency at the University of British Columbia. He then completed fellowship training in stroke and cerebrovascular diseases at Beth Israel Deaconess Medical Centre (BIDMC) in Boston, Massachusetts. Following the fellowship, he accepted a faculty position in the Division of Cerebrovascular Diseases, Department of Neurology, BIDMC and Harvard Medical School. He is currently a practicing neurologist at Trillium Health Centre and a lecturer in the Division of Neurology at the University of Toronto.

**Dr. Peter Nord** is currently Vice President, Chief Medical Officer and Chief of Staff at Providence Healthcare, a large rehabilitation hospital in Toronto with a focus on assisting the greatest number of individuals to attain their highest level of sustained independence. Dr. Nord is Attending Physician for a 35 bed Stroke Rehabilitation Unit in Providence and also is the Medical Director of the Houses of Providence, a 288 bed LTCH within the Providence organization. He is also an Assistant Professor at the University of Toronto, involved with teaching and research activities.

Dr. Nord is the provincial Physician Champion for ALC through the Wait Times Information System of Ontario. As advisor to the Ministry of Health and Long Term Care, he currently co-chairs the Rehabilitation and CCC Expert Panel and is a member of the ER/ALC Expert Panel.

Dr. Nord trained at McMaster University and the University of Toronto. He practiced in Toronto and also in the US, holding senior leadership positions with several health systems, and was Medical Director for Blue Cross of Virginia for a number of years.
He was also the President of The Flying Hospital, a non-profit humanitarian relief organization, for a number of years before returning to Toronto.

**Concurrent Session Speaker Biographies**

**Dr. Lopita Banerjee**, MSc, M.D., CCFP, graduated from the University of Toronto, where she completed a third year fellowship in addiction and global health, and has worked in Myanmar, Nepal and India. Dr. Banerjee worked with Peel Public Health in developing Domestic Violence Programs, and continues her work at the Healthy Sexuality Clinic run by the Peel Health Department. She's active staff at the William Osler Health Centre; physician lead for family physicians practicing primary care obstetrics; and also part of the Central West LHIN Maternal/Newborn Advisory Committee.

Dr. Banerjee practices at the Wise Elephant Family Health Team in Brampton. She and her group have developed programs to help patients manage high risk factors related to cerebro/cardio disease, cholesterol and stroke.

**Dr. Alexander Carling-Rowland** has recently joined the College of Audiologists and Speech Language Pathologists (CASLPO) as the Director of Professional Practice and Quality Assurance. Before her move, Alexandra completed a CHIR post-doctoral fellowship at Health Care Technology and Place at the University of Toronto where she investigated communication barriers and access to psychosocial oncology research trials. In 2010 she completed her doctorate from the Institute of Medical Science at the University of Toronto.

Her research focused on the consent and capacity process for people living with aphasia and other communication barriers. As part of her doctoral studies she developed and successfully tested a tool, the Communication Aid to Capacity Evaluation (CACE). Alexandra has presented her research at national and international conferences and has been published in a number of journals.

**Carmel Forrestal**, Reg. P.T., is a physiotherapist who has 30 years of healthcare experience working in the UK and Canada. She has extensive clinical experience with orthopaedic and neurological patient populations in all areas of the continuum. For the past six years she has held the position of Regional Stroke Rehab Coordinator for the West GTA Stroke Network.

**Karen Heys** is the Team Assistant, of the Community Stroke Rehabilitation Team (CSTR), at Parkwood Hospital in London. She's a graduate of the University of Western Ontario, with an Honours Bachelor of Arts, combined History & English. She has worked for St. Joseph’s Health Care, London since the Community Support Rehabilitation Team was established in 2009.

Karen was instrumental in the development of the CSRT operations, including developing the client database and the recently completed CSRT Website. She developed and manages the central intake process for referrals while providing administrative support for all three teams in the South West LHIN.
Fabian Krupski, is the Physiotherapist of the Community Stroke Rehabilitation Team (CSTR) at Parkwood Hospital in London. Fabian holds an Honors Bachelor of Science degree from the University of Toronto, a Masters of Science (Physiotherapy) degree from McMaster University, and is a member of the Canadian Physiotherapy Association.

Fabian has approximately seven years of experience in the private and public healthcare systems. He is trained in manual therapy, acupuncture and is Neuro-Developmental Treatment certified.

Tony Schembri is a PhD Candidate in Psychology and holds a Master’s Degree in Educational Psychology. He has researched and participated on advisory panels with the University of Ottawa, University of Montreal, and the University of Guelph in combination with the Douglas Hospital in Montreal; on a Canadian Institutes of Health Research grant exploring aspects of recovery for people with issues of mental health. Tony has also participated in research within the area of acquired brain injury while at West Park Healthcare Center. He is currently a Psychogeriatric Resource Consultant at West Park Healthcare Center, and brings 25 years of practical “hands on” to the understanding of the issues of mental health and senior’s mental health. He applies his knowledge to assist and educate long term care facilities in developing strategies for care.

Tony also serves as an adjunct professor were he teaches and develops curriculum pertinent to issues in health. Topics are from within psychology and include ethics in health care to therapy models at both the college and university level.

David Ure, is the Coordinator of the Community Stroke Rehabilitation Team (CSRT) at the Parkwood Hospital in London, and is an Occupational Therapist with more than 17 years of clinical and management experience in the health care industry. He became a Certified Management Accountant (CMA) in 2009.

David has worked in the private and public sectors in Ontario and the USA. His work areas include long term care, school health, adult community care, mental health, and the automobile insurance industry. He came to the Community Stroke Rehabilitation Team in June 2011.