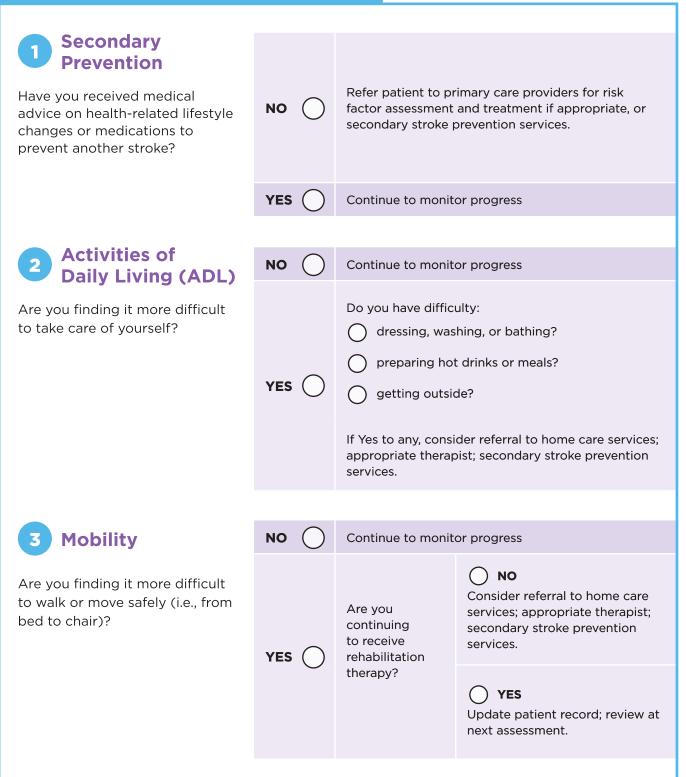
POST STROKE

Not sure what to update your doctor during your medical follow up for stroke? Here is a checklist developed by the Global Stroke Community Advisory Panel [2012], endorsed by the World Stroke Organization, adapted by the Heart and Stroke Foundation Canadian Stroke Best Practice Recommendations development team [2014].





4 Spasticity	NO ()	Continue to monitor progress			
Do you have increasing stiffness in your arms, hand, or legs?	YES ()	Is this interfering with activities of daily living?	 NO Update patient record; review at next assessment. YES Consider referral to rehabilitation service; secondary stroke prevention services; physician with experience in post-stroke spasticity (e.g., physiatrist, neurologist). 		
5 Pain	NO ()	Continue to monit	or progress		
Do you have any new pain?	YES 🔵	Ensure there is adequate evaluation by a healthcare provider with expertise in pain management.			
6 Incontinence	NO ()	Continue to monit	or progress		
Are you having more problems controlling your bladder or bowels?	YES 🔵	Consider referral to healthcare provider with experience in incontinence; secondary stroke prevention services.			
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7 Communication	NO ()	Continue to monitor progress			
Are you finding it more difficult to communicate?	YES 🔵	Consider referral to speech language pathologist; rehabilitation service; secondary stroke prevention services.			
8 Mood	NO ()	Continue to monit	or progress		
Do you feel more anxious or depressed?	YES 🔵	psychologist, neur	o healthcare provider (e.g., opsychologist, psychiatrist) with c-stroke mood changes; secondary services.		

9 Cognition	NO 🔘	Continue to monitor progress				
Are you finding it more difficult to think, concentrate, or remember things?		Is this interfering with your ability to participate in activities?	NO Update patient record; review at next assessment.			
	YES ()		YES Consider referral to healthcare provider with experience in post- stroke cognition changes; secondary stroke prevention services; rehabilitation service; memory clinic			
10 Life After Stroke	NO O	Continue to monitor progress				
Are you finding it more difficult to carry out leisure activities, hobbies, work, or engage in sexual activity?	YES 🔵	Consider referral to stroke support organization support group; leisure, vocational, or recreational therapist.				
Personal Relationships	NO 🔘	Continue to monitor progress				
Have your personal relationships (with family, friends, or others) become more difficult or strained?		Schedule next primary care visit with patient and family member(s) to discuss difficulties.				
	YES ()	Consider referral to stroke support organization; healthcare provider (e.g., psychologist, counsellor, therapist) with experience in family relationships and stroke.				
12 Fatigue	NO O	Continue to monitor progress				
Are you experiencing fatigue that is interfering with your ability to do your exercises or other activities?		Discuss fatigue with Primary Care provider.				
	YES 🔵	Consider referral to home care services for education and counselling.				
13 Other Challenges	NO 🔘	Continue to monit	or progress			
Do you have other challenges or concerns related to your stroke that are interfering with your recovery or causing you distress?	YES ()	Schedule next primary care visit with patient and family member(s) to discuss challenges and concerns.				
	Ú	Consider referral to healthcare provider; stroke support organization.				