

Do you have any questions?

Horizontal lines for writing answers to questions.

REFERENCE ONLY



CREDIT VALLEY
THE CREDIT VALLEY HOSPITAL

Rehabilitation Unit

Patient and Family Education
and Instructions for
The Clinical Practice Guideline
In Stroke Rehabilitation

Your Plan of Care to Recovery

At the Credit Valley Hospital we have a clinical practice guideline for patients who have experienced a stroke and who have been assessed as candidates for rehabilitation. The purpose of the pamphlet is to help you understand the goals and your plan of care and how you or your family member will progress during rehabilitation.

Name: _____

Date of admission to rehabilitation:

____/____/____



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2200 Eglinton Avenue West
Mississauga, Ontario
L5M 2N1
905-813-2200
www.cvh.on.ca

What is a Clinical Guideline?

A clinical guideline is a care plan developed by your health care team. It will outline the sequence of events that should occur and how you may progress during your therapies. The stroke rehabilitation plan of care will be implemented because you have been assessed by the rehabilitation team as a candidate for rehabilitation. The goal is to help you progress through the rehab program.

Guideline Description

The stroke rehabilitation plan of care is divided into three phases:

- Assessment
- Treatment
- Discharge

The Assessment Phase

During the assessment phase a member of your rehab team will be assigned as your case manager. They will be your liaison between you, your family and the team.

All team members will be notified of your admission to the rehabilitation unit. The team will complete their individual assessments and will start to develop treatment strategies to help you progress on the road to recovery.

It is very important that you and your family communicate your needs to the team so that they can help you with your learning and understanding.

Your treatment plan will be initiated during this phase.

The Treatment Phase

During the treatment phase each discipline will review with you and your family your treatment plans and make adjustments according to your progress.

A patient/family meeting will be scheduled for you by your rehab team. Your case manager will inform you of the meeting date, time and location. This is the time to communicate your expectations with your health care team.

A discharge date from your rehab program will be set at this time.

Our goal is to ensure that you can be safely discharged to a suitable environment.

*The anticipated length of time that you will be in the rehab program is **4 weeks**. This plan may be adjusted by the rehab team members based on your level of function and treatment goals.*

Discharge Phase

During the discharge phase all team members will have communicated your progress and will have identified your discharge needs with you and your family.

You will receive education and training as identified by you, your family and the members of your health care team. You will also be provided with options for your safe living arrangements and supports prior to discharge.

Prior to discharge it is often recommended that you go on a pass to the place where you will be living. The purpose of this pass is to trial the environment and identify any additional supports you may need.

Some discharge reminders:

- Keep all of your follow-up appointments
- Take all of your prescribed medications

Your therapists are:
