

# *Stroke Tele-Rehab Research Project*



KO Home &  
Community Care

January 2009 ~ Esme French & Kirsti Reinikka NWORSN, Heather Coulson &  
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Tina

# Who is the Tele-Rehab Project Team?

Esmé French & Kirsti Reinikka

- coordinating the project from Thunder Bay
- working with the rehabilitation therapists
- collecting the information



Heather Coulson, Marney Vermette  
& Tina Kakepetum-Schultz

- training home care workers on the new equipment
- working with Home & Community Care programs
- working with communities to ensure project is going smoothly



# What is “Tele-Rehab”?

“Tele-Rehab” or “Tele-Rehabilitation”

Rehabilitation therapists using  
telemedicine technology to work with  
people with disabilities

A part of “Telemedicine”

# Who are the Rehab Therapists?

- Occupational Therapist or OT
- Physiotherapist or PT
- Speech Language Pathologist  
or SLP
- Social Worker or SW

# What Do Occupational Therapists Do?

## OT's can help with....

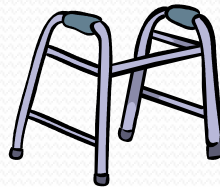
- dressing, bathing, going to the toilet, cooking, cleaning and working (household & personal care tasks)
- improving memory and thinking skills
- recommending equipment that can make tasks easier for the person



# What Do Physiotherapists Do?

## PT's can help with.....

- strengthening or stretching muscles such as in a person's arms, legs, back or stomach
- making people's balance better so they don't fall and can move safely around their home or community
- walking & using canes, walkers, crutches



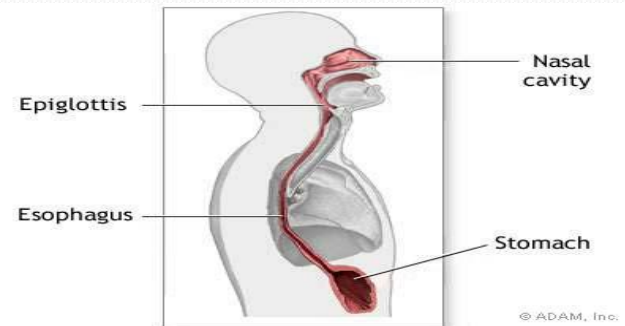
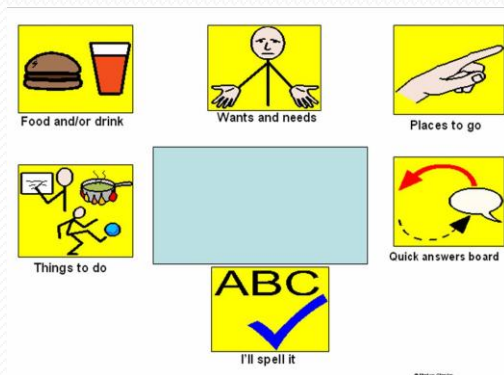
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# What Do Speech Language Pathologist's Do?

## SLP's can help with...

- Making talking clear so that others can understand them
- Finding ways for the person to get their message across if they cannot talk (picture boards)
- Making sure a person can swallow properly so that they do not choke when eating or drinking.





# What Do Social Workers Do?

## **SW can help with....**

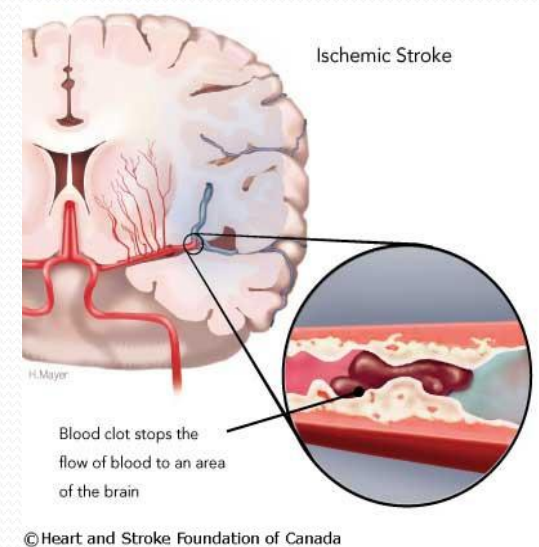
- Talking to the person about how they have been feeling since the stroke
- Trying to find other services that may help the person and their family cope with the effects of a stroke
- Trying to find funding to assist with getting medical equipment or travel to see specialists.





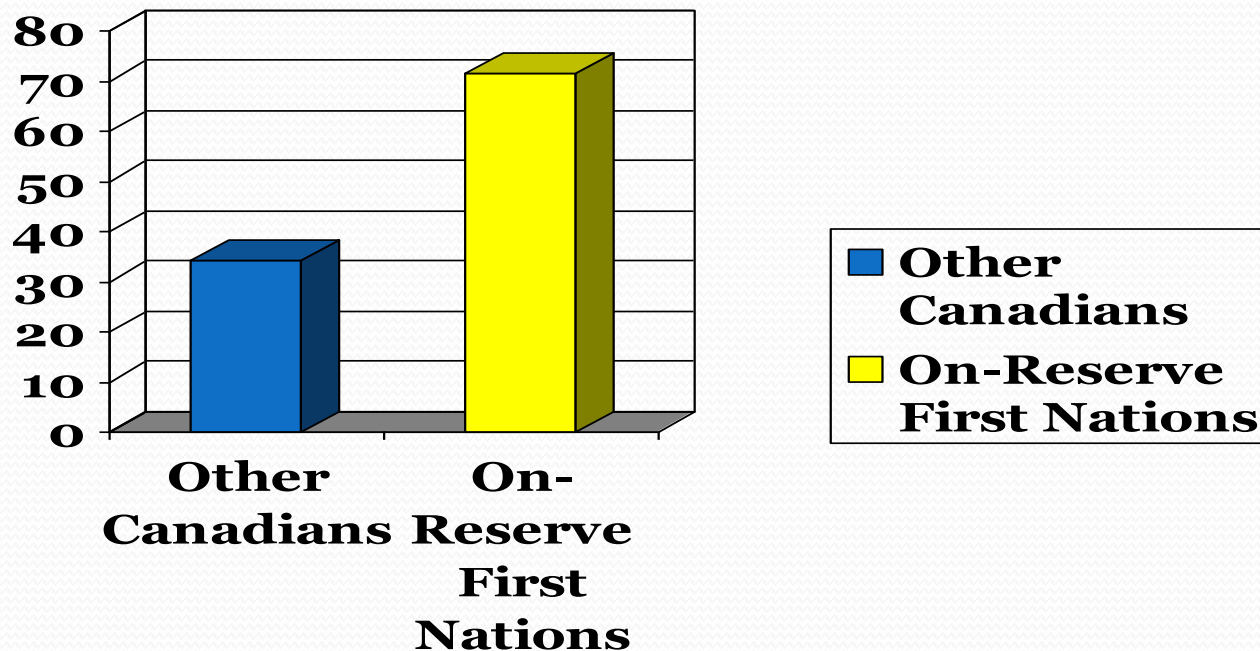
# What is Stroke?

- Stroke is often called a  
“**BRAIN ATTACK**”
  - Part of the brain dies from a blood clot or bleeding
  - The brain can not work properly
- People who survive a stroke can be left with many serious problems:
  - Paralysis or weakness in arms or legs
  - Trouble with talking ...and more



# Why is Stroke Important to First Nations Communities?

MORTALITY RATES FOR STROKE (per 100,000 people)



# Why is Stroke Important to First Nations Communities?

- First Nation people have more risks that can lead to stroke
  - Diabetes
  - Obesity
  - Smoking
  - High cholesterol



# *Why is Stroke Tele-Rehab Important?*

Therapy does help people get better after a stroke

BUT

Not many therapists travel **IN** to remote First-Nations communities

It is hard for someone with a stroke to travel **OUT**  
of the community to see a therapist

We want to use telemedicine to add to, not replace,  
the therapy services that may available in your community



# The Tele-Rehab Research Project

## GOAL:

**To provide **equal access** to rehab service for people with stroke who live in remote areas, such as First Nations communities.**

# How will we do this?

- Using telemedicine, therapists will check on how the person is doing and make any suggestions that might help
- Working together in this way, people can choose to be seen by a therapist in their home community, and in some cases even in their own home





# Who would be involved from your community?

- People who have had a **STROKE**
- The person must also:
  - Agree to take part in the project
  - Have a doctors referral for the therapy visit
  - Be able to understand what the visit is about

# What will we offer the person who takes part?

- The choice to have follow-up visits booked with the rehab therapists they might need
  - Such as OT, PT, SLP &/or Social Work
- The person has the choice to bring an escort to the visit so that they feel comfortable and can make sure all their questions are asked and understood
  - Escort can be a caregiver, family member, translator

# Two Possible Choices for Tele-Rehab

Telemedicine visits could occur:

1. In the person's home
2. At the Nursing Station

# In-home Assessment



Local home care workers, could visit people with stroke in their homes & connect them directly to rehab therapists using special cameras and the internet



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# Standard Telemedicine Assessment



People could go  
to the Nursing  
Station and see  
the Therapist with  
support from the  
Community  
Telemedicine  
Coordinator

# Why are we doing this?

- We believe it is important to find a way to make it easier for people in remote communities to access rehab therapists.
- This project will help us find out:
  1. What **people with stroke** and **therapists** think about using telemedicine for the visits
  2. What we need from the **health care system** for the visits?



# We will collect the following information:

- The number of people who take part
- The number of visits we complete
- The type of therapists that were seen (OT, PT, SLP &/or SW)
- Where the visits took place
- What type of telemedicine equipment was used

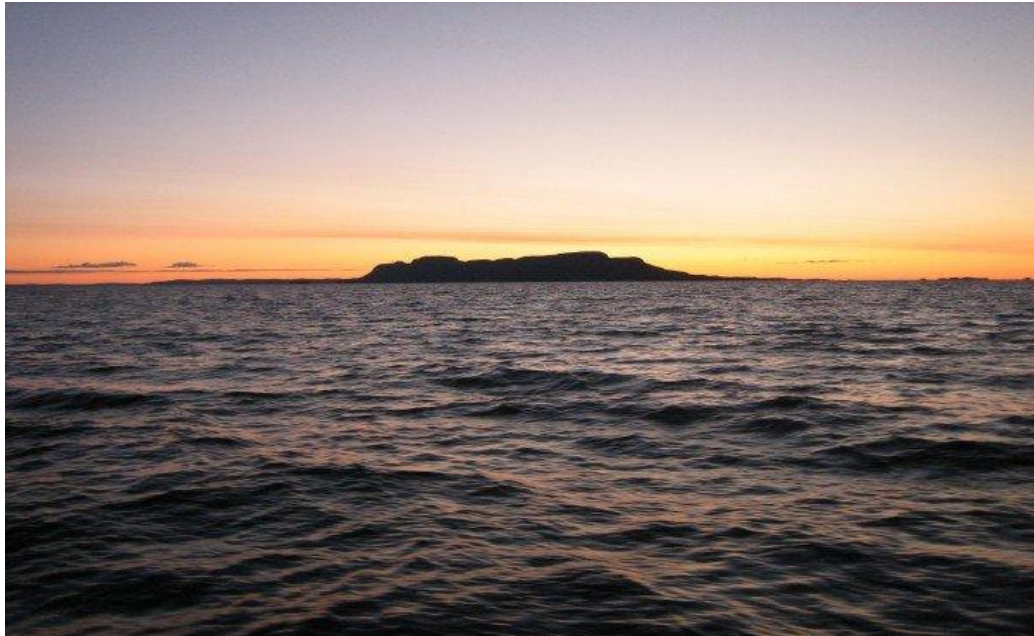
# We will ask the participants to:

- Take part in 2 tele-rehab visits with rehab therapists (around 30-90 minutes long)
- Bring their care provider or health care worker to the visit (if there is someone who helps with their day to day care)
- Tell us what they thought about their tele-rehab visit
  - On paper (with help if needed)
  - On the telephone

**THE PERSON CAN ALWAYS SAY **NO**  
TO ANY OF THESE REQUESTS**

If they do not want to take part – we will just ask the reason  
to help improve our project

# The Seven Teachings and Tele-Rehab



Acknowledgements to Tina Kakepetum-Schultz for her guidance

# The Benefits

- People with stroke will have a chance to have follow-up from a therapist without leaving their community
- The project will let people using telemedicine tell us how they think the visits went
  - This will help us to improve Tele-Rehab services



# Questions and/or Concerns?

Do you have any questions or concerns?

Do you feel this is a project that would be valuable to your community?

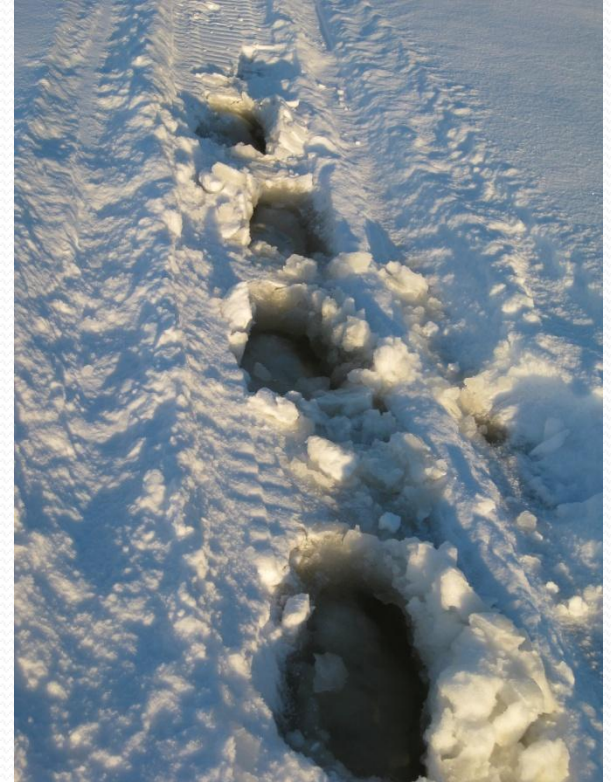
Do you support the idea of this project moving forward within your community?





# Next Steps

- Present to the Research Ethics Boards of Thunder Bay hospitals for approval
- Continue with equipment purchase and training for home care and rehab staff





# *Kitchii Miiquetch!*

## *Thank You!*

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