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# SSBC Bulletin

May 2023



## SSBC Welcomes New Team Members



Over the past year, Stroke Services BC (SSBC) has undergone a realignment of its governance and program structure to enhance capacity to advance the Stroke Action Plan strategic priorities. As a result, the need for enhanced clinical medical leadership and clinical education were identified. We are excited to announce the following new members to our team:

### **Dr. Kimia Ghavami - Clinical Medical Chair for Stroke Neurology**

- Dr. Ghavami is a Stroke Neurologist and Clinical Assistant Professor in the Division of Neurology at the University of British Columbia. She has a particular interest in improving stroke pathways of care and enjoys contributing to undergraduate and graduate medical education. She completed her MD at the University of Calgary, neurology residency at the University of British Columbia, and a stroke fellowship at the University of Calgary.
- Dr. Ghavami will provide clinical leadership for priority initiatives, and advise on emerging research and stroke best practices. She will work with SSBC leadership to establish a provincial clinical committee to act as primary advisory table to inform and support the mandate of SSBC.

## **Alison de Wit - Clinical Nurse Specialist**

- With a Masters in Health Leadership, Alison is a Registered Nurse with a background in inpatient medical and surgical neurosciences, emergency, and research. She has spent the last 6 years in the field of stroke, working as a Hyperacute Stroke Nurse and a Clinical Nurse Leader and Educator for the Stroke Rapid Assessment Unit at Victoria General Hospital. She has participated in several QI and program development projects for the Stroke Program at Island Health, and is passionate about advancing evidenced based practice.
- Alison is responsible for working strategically across multiple internal and external stakeholders to promote and apply best practices of stroke care across the province.

**New Posting** - Lead, Provincial Clinical Initiatives and Innovation - One year temporary maternity coverage.

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**Get Ready...**

## **June is Stroke & Aphasia Awareness Month**

Resources and up-to-date data for your awareness campaigns:

- **[Canadian Stroke Best Practices](#)** - Stroke Awareness, Recognition, and Response information
- **[Heart & Stroke](#)** - Stroke in Canada is on the rise
- **[World Stroke Organization](#)** - Campaign information and toolkit
- **[Aphasia Institute](#)** - full resource of information

Get your communications team ready and get the word out!

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## CPSR Website Becomes Portal for Stroke Recovery Community

As Canadian Partnership for Stroke Recovery (CPSR) closed its doors on March 31, its [website](#) has been retooled, redesigned and relaunched as a one-stop portal to stroke clinical trials and training in Canada. The site delivers the latest information on the CanStroke Recovery Trials platform, StrokeCog platform, CanStim, and it provides a gateway to the Canadian Stroke Consortium website.

The site will be built out over time with a knowledge exchange hub, clinicians' corner, StrokeCog training programs to increase equity, diversity, inclusion and accessibility, and more.

Check it out when you have a chance.

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## Women's Heart & Brain Health are at Risk

Gaps in awareness, research, diagnosis and care threaten women's heart and brain health according to a new Heart & Stroke report: [System failure: Healthcare inequities continue to leave women's heart and brain health behind.](#)

There is a continued lack of awareness and understanding around women's heart and brain health. Two-thirds of participants in clinical trials on heart disease and stroke have been men and when women are included, an analysis based on sex and gender is not always done.

“Transforming the state of women’s heart and brain health will involve changing policies, systems, attitudes and behaviours. It will take a massive collaborative effort to break down the barriers that create inequities,” says Doug Roth, CEO, Heart & Stroke. (Article sourced from H&S website)

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## Rehabilitation and Recovery in British Columbia

The ‘BC Rehabilitation and Recovery Strategy and Advocacy Plan’ is a collaboration between five community organizations, health professionals, and people with lived experience aimed at improving rehabilitation and recovery services for people living with stroke, spinal cord injury, and brain injury in BC.

Their Steering Committee, with the input across BC, has put together a set of recommendations aimed at improving the system of post-hospital rehabilitation and support for people living with stroke, spinal cord injury, and brain injury.

Now is your chance to provide feedback on the recommendations via their [survey at this link](#). You can review the report that led to the recommendations [here](#).

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## What is new in stroke research?

### [Sleep too little or too much? You may have an increased risk of stroke](#)

Results of a large international study show stroke risk was more than three times higher in those who slept too little, more than twice as high in those who sleep too

much, and two to three times higher in those with symptoms of severe obstructive sleep apnea.

### [Statin use is associated with lower risk of stroke in patients with atrial fibrillation](#)

Among patients with atrial fibrillation (AF), initiation of statins soon after diagnosis was protective against stroke and related vascular events, and longer duration of use was associated with greater protection, a new cohort study shows.

### [Cancer risk is elevated after stroke in younger people](#)

Younger people who suffer stroke or intracerebral hemorrhage have about a three- to fivefold increased risk of being diagnosed with cancer in the next few years, new research shows.

### [An unusual cause of ischemic stroke](#)

The presence of structural bone and cartilage anomalies, which cause mechanical stress to arteries supplying the brain, has been noted to cause stroke in a new case series.



## **The 15th World Stroke Congress**

The program for the 2023 Congress will feature the latest topics in stroke and cerebrovascular disease and is being prepared for all stroke professionals, researchers and policy makers across the continuum of stroke care. The structure of the program will facilitate discussion, learning and networking opportunities. There will be a focus on diversity, equity, and inclusiveness and provide extensive opportunities for early career investigators.

When: October 10 - 12, 2023 with accessible online components

Where: Toronto, ON

[Registration is open.](#)



## 12th Annual Quality Forum Conference

This year's Quality Forum is once again a three-day event and will include a variety of sessions on topics related to improving quality across the continuum of care. You can look forward to a selection of full-day pre-Forum sessions on June 6, as well as our annual pre-Forum evening event, Health Talks.

[The main Forum programming](#) on June 7 & 8 will feature a mix of content, including plenary speakers, workshops, focus sessions, rapid fire presentations, storyboards, field trips and more.

When: June 6 - 8, 2023

Where: Hyatt Regency, Vancouver, BC

[Registration](#) is full for the main conference days.

Participate virtually, for free - Livestream schedule still to be released

Space is available for the Pre-Forum Day and the screening of "Caring Unmasked 2: From Crisis to Connection – Discovering BC Health Care's Vulnerable Resurgence".



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