Learning objectives

The 2019 Canadian Stroke Congress will be a catalyst for:
• Sharing current evidence-based best practices in care across the full stroke continuum;
• Networking among inter-professional individuals and groups working in stroke research, clinical care and system planning and improvement;
• Profiling innovative research and highlighting Canadian achievements and contributions to stroke diagnosis, care and recovery;
• Raising the bar on stroke standards of care by providing education, implementation knowledge, and practical skills to be incorporated into daily practice working in stroke care.

Accreditation

The Canadian Stroke Congress is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by the University of Ottawa’s Office of Continuing Professional Development for a maximum of 18 credit hours.

This Group Learning program has been reviewed by the College of Family Physicians of Canada and is awaiting final certification by the College’s Ontario Chapter.

The World Stroke Organization endorses this meeting and encourages all its members to attend: www.world-stroke.org

Committees

A Congress of this magnitude is the result of hard work and commitment from the dedicated members of the Steering and Scientific Committees. Our ongoing collaboration continues to create a unique knowledge exchange opportunity, grounding in a high-caliber scientific program. We thank the members of the Working Groups who shared their expertise to develop the content in each stream.

**STEERING COMMITTEE**
Members:
• Mike Sharma
• Mary Elizabeth Harriman
• Theodore Wein
• Mark Bayley
• Patrice Lindsay

**SCIENTIFIC COMMITTEE**
Leadership:
• Sean Dukelow, Co-Chair
• Frank Silver, Co-Chair
• Patrice Lindsay
• Gord Gubitz
• Leanne Casaubon
• Karen Earl
Members:
• Shaun Boe
• Aline Bourgoin
• Numa Dancause
• Andrew Dawson
• Trish Helm-Neima
• Thomas Jeerakathil
• Timo Krings
• Farrell Leibovitch
• Jennifer Leppard
• Catherine Mercier
• Avik Nath
• Grant Stotts

Co-hosts

Collaborating organization
### Program Overview

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<th>Time</th>
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<tr>
<td>8:30 – 10:00</td>
<td>OPENING CEREMONY AND PLENARY&lt;br&gt;The impact of changing demographics on stroke management: What do we need to do to be ready?</td>
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<tr>
<td>10:00 – 10:30</td>
<td>REFRESHMENT BREAK WITH EXHIBITORS</td>
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<td>10:30 – 12:00</td>
<td><strong>CONCURRENT SESSIONS</strong>&lt;br&gt;<strong>Acute stroke management plenary and oral abstracts</strong>&lt;br&gt;The extremes of hyperacute care: Where are we headed?&lt;br&gt;Oral abstract presentations&lt;br&gt;<strong>Rehabilitation and recovery plenary</strong>&lt;br&gt;Recommendations from the second meeting of the Stroke Rehabilitation and Recovery Roundtable&lt;br&gt;<strong>Stroke systems plenary and oral abstracts</strong>&lt;br&gt;Innovation in transition: Patient-centered outcomes&lt;br&gt;Oral abstract presentations</td>
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<td>12:00 – 13:30</td>
<td>NETWORKING LUNCH</td>
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<td>SPONSORED LUNCH SYMPOSIUM</td>
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<td>13:30 – 15:30</td>
<td><strong>CONCURRENT SESSIONS</strong>&lt;br&gt;<strong>Stroke prevention plenary and oral abstracts</strong>&lt;br&gt;Controversies in secondary stroke prevention&lt;br&gt;Oral abstract presentations&lt;br&gt;<strong>Interdisciplinary workshops</strong>&lt;br&gt;Supported conversation and aphasia: Patient experience and compliance with best practice&lt;br&gt;Smoking cessation in an era of new smoking products&lt;br&gt;Diagnostic imaging interpretation for non-neurologists&lt;br&gt;<strong>Rehabilitation and recovery concurrent session</strong>&lt;br&gt;Community exercise programs for stroke rehabilitation&lt;br&gt;<strong>Rehabilitation and recovery abstracts</strong>&lt;br&gt;Oral abstracts – Brief oral posters – Brag &amp; Steal</td>
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<td>16:00 – 17:00</td>
<td>HNATYSHYN LECTURE&lt;br&gt;The evolution of paediatric stroke in Canada and globally</td>
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<td>17:00 – 18:30</td>
<td>RECEPTION WITH EXHIBITORS AND POSTER PRESENTATIONS</td>
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WELCOME TO ALGONQUIN TERRITORY AND OPENING PRAYER

WELCOME REMARKS:
• Sean Dukelow and Frank Silver, Canadian Stroke Congress Co-chairs
• Andrew Pipe, Heart & Stroke Foundation
• Mike Sharma, Canadian Stroke Consortium

THE IMPACT OF CHANGING DEMOGRAPHICS ON STROKE MANAGEMENT: WHAT DO WE NEED TO DO TO BE READY?

Learning objectives:
Upon completion of this session, participants will be able to:
• Identify 3 key elements for successfully implementing standardized evidence informed stroke care in the acute phase.
• Demonstrate the importance of applying person centred care principles in the acute phase.
• Define an integrated system of stroke care and services through the lens of a patient’s journey.

8:50 – 9:05 Prevention
9:05 – 9:20 Acute care
9:20 – 9:35 Rehabilitation and recovery
9:35 – 9:50 Stroke: The unplanned event in a person's journey
9:50 – 10:00 Panel Q&A

10:00 – 10:30 REFRESHMENT BREAK WITH EXHIBITORS PARLIAMENT FOYER

10:30 – 12:00 CONCURRENT SESSIONS LEVEL TWO

ACUTE STROKE MANAGEMENT PLENARY

ACUTE STROKE - ORAL ABSTRACT PRESENTATIONS

Learning objectives:
Upon completion of these presentations, participants will be able to:
• Describe emerging approaches to diagnosis and management of acute ischemic stroke and intracerebral hemorrhage.
• Explain ethical issues related to consent in acute stroke treatment.

10:30 – 11:20 Oral abstract presentations

THE EXTREMES OF HYPERACUTE CARE: WHERE ARE WE HEADED?

Learning objectives:
Upon completion of these presentations, participants will be able to:
• Explain current evidence on acute stroke management.
• Describe implications of new evidence for clinical practice.

11:20 – 11:55 Pushing the boundaries of thrombolysis
11:55 – 12:30 Their NIHSS = 2. What are my treatment options?
10:30 – 12:00 CONCURRENT SESSIONS

REHABILITATION AND RECOVERY PLENARY

RECOMMENDATIONS FROM THE SECOND MEETING OF THE STROKE REHABILITATION AND RECOVERY ROUNDTABLE

Learning objectives:
Upon completion of this session, participants will be able to:
• Summarize the recommendations from each of the Stroke Rehabilitation & Recovery Roundtable.
• Identify appropriate outcome measures to include in stroke rehabilitation research trials.

10:30 – 10:35 Overview of the Stroke Rehabilitation and Recovery Roundtable
10:35 – 10:50 Cognitive rehabilitation
10:50 – 11:05 Knowledge translation
11:05 – 11:20 Kinematic assessments
11:20 – 11:35 Next trials
11:35 – 12:00 Panel Q&A

STROKE SYSTEMS PLENARY

INNOVATION IN TRANSITION: PATIENT-CENTERED OUTCOMES AND EXPERIENCES

Learning objectives:
Upon completion of these presentations, participants will be able to:
• Discuss innovative approaches to support transitions across the stroke continuum.
• Explore how to design transition models that focus on the needs of patients and their families.

10:30 – 10:50 An innovative paradigm shift in thinking about transitions of care
10:50 – 11:00 Re-conceptualizing transitions in stroke care from the patient perspective in British Columbia
11:00 – 11:10 Peer Support Program bridging Hospital to Community: Renfrew County Community Partnership Model
11:10 – 11:15 Living through transitions
11:15 – 11:30 Panel Q&A

SYSTEMS OF CARE - ORAL ABSTRACT PRESENTATIONS

Learning objectives:
Upon completion of these presentations, participants will be able to:
• Describe innovation and successes in improving stroke systems of care.
• Identify current availability and dispersion of stroke services across Canada and potential gaps.

11:30 – 12:00 Oral abstract presentations

12:00 – 13:30 NETWORKING LUNCH

12:15 – 13:15 SPONSORED LUNCH SYMPOSIUM
STROKE PREVENTION PLENARY

STROKE PREVENTION - ORAL ABSTRACT PRESENTATIONS

Learning objectives:
Upon completion of these presentations, participants will be able to:
- Explain the use of diagnostic imaging technology for secondary stroke prevention.
- Discuss the value of virtual technology to increase access to stroke prevention services.
- Summarize the evidence related to interpreting troponin results after stroke.

13:30 – 14:30 Oral abstract presentations

CONTROVERSIES IN SECONDARY STROKE PREVENTION

Learning objectives:
Upon completion of these presentations, participants will be able to:
- Describe current evidence on secondary prevention of stroke.
- Discuss implications of new evidence on prevention for clinical practice.

14:30 – 15:00 What do we do now with ESUS Strokes?
15:00 – 15:30 When atrial fibrillation gets complicated: a series of challenging cases

INTERDISCIPLINARY WORKSHOPS

13:30 - 15:30 SUPPORTED CONVERSATION AND APHASIA: PATIENT EXPERIENCE AND COMPLIANCE WITH BEST PRACTICE

Each workshop is 55 minutes and will be repeated twice [13:30 – 14:25 and 14:35 – 15:30]

Learning objectives:
Upon completion of this workshop, participants will be able to:
- Describe basics of supportive conversation for adults with aphasia.
- Identify communication barriers and solutions.
- Integrate approaches for supportive conversation to their own setting.

13:30 - 14:30 SMOKING CESSATION IN AN ERA OF NEW SMOKING PRODUCTS

Learning objectives:
Upon completion of this workshop, participants will be able to:
- Identify the various smoking cessation products available on the market.
- Describe the potential risks and benefits of e-cigarettes and other tobacco products at the individual and population level.
- Implement knowledge of new and novel smoking products when counselling clients on smoking cessation.

14:30 - 15:30 DIAGNOSTIC IMAGING INTERPRETATION FOR NON-NEUROLOGISTS

Learning objectives:
Upon completion of this workshop, participants will be able to:
- Describe the diagnostic purpose and appropriate application of CAT and MRI scans.
- Recognize basic anatomy and pathology as seen on neuroimaging studies.
- Apply a consistent approach to CT/MRI interpretation for the identification of ischemic and hemorrhagic stroke.
Thursday, October 3

13:30 – 15:30 CONCURRENT SESSIONS

REHABILITATION AND RECOVERY CONCURRENT SESSION

COMMUNITY EXERCISE PROGRAMS FOR STROKE REHABILITATION

Learning objectives:
Upon completion of this session, participants will be able to:
• Describe the barriers and challenges for the implementation of community exercise programs following stroke.
• Discuss lessons learned from the successful implementation of community exercise programs.

13:30 – 13:50 Stroke Recovery in Motion:
Building community capacity to implement and sustain exercise programs for people with stroke

13:50 – 14:10 Program 1: FAME (Fitness and Mobility Exercise)

14:10 – 14:30 Program 2: TIME (Together in Movement and Exercise):
A community-based exercise program incorporating a healthcare-recreation partnership

14:30 – 14:50 Program 3: FFF (Fit for Function)

14:50 – 15:30 Panel Q&A

13:30 – 15:30 ORAL ABSTRACTS – BRIEF ORAL POSTERS – BRAG & STEAL

Learning objectives:
Upon completion of these presentations, participants will be able to:
• Discuss current and emerging evidence in stroke rehabilitation and recovery.
• Describe application of emerging evidence in clinical practice and patient care.

15:30 – 16:00 REFRESHMENT BREAK WITH EXHIBITORS PARLIAMENT FOYER

16:00 – 17:00 HNATYSHYN LECTURE CANADA HALL 1

THE EVOLUTION OF PAEDIATRIC STROKE IN CANADA AND GLOBALLY

Introduction:
• Adam Kirton

Lecturer:
• Gabrielle deVeber

Learning objectives:
Upon completion of this session, participants will be able to:
• Describe the evolution of paediatric stroke care in Canada.
• Discuss current management approaches to paediatric stroke.
• Summarize the impact of paediatric stroke on families and approaches for holistic support of the family unit.

17:00 – 18:30 RECEPTION WITH EXHIBITORS AND POSTER PRESENTATIONS PARLIAMENT FOYER

Connect with exhibitors and meet fellow participants from across the country during the casual networking reception.

Engage with poster presenters to discuss current and emerging research, systems design and quality improvement initiatives in stroke across the continuum of care and across conference streams.
## Program overview

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<td>Rehabilitation and recovery plenary</td>
<td>Advances in cognitive rehabilitation therapies</td>
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<td>Increasing the clinical utility of the 10-metre and 6-minute walk tests for stroke rehabilitation&lt;br&gt;Family caregiving and stroke recovery&lt;br&gt;Incorporating reactive balance control assessment and training into stroke rehabilitation&lt;br&gt;Best practice for behavioural assessments in pre-clinical stroke models: Kinematics, robotics, reaching</td>
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<td>Stroke systems workshop and oral abstracts</td>
<td>Hot Topics Talk Show: Is bundled funding appropriate for stroke care?&lt;br&gt;Oral abstract presentations</td>
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<td>National stroke course: Special topics in stroke management&lt;br&gt;Canadian stroke consortium academic session • [By invitation only]&lt;br&gt;Nursing plenary&lt;br&gt;Rehabilitation and recovery plenary&lt;br&gt;Research Coordinators Session</td>
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<td>Canadian Stroke Consortium Academic Session</td>
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**NATIONAL STROKE COURSE**

### NATIONAL STROKE COURSE I: ACUTE CARE

**Learning objectives:**
Upon completion of this course, participants will be able to:
- Discuss current evidence in thrombolysis for ischemic stroke.
- Identify steps to improve patient flow and decrease time delays.

**8:30 – 9:15** Update on thrombolysis

**9:15 – 10:00** Imaging in selection of patients for EVT in view of recent clinical trial - what a non-radiologist should know

### NATIONAL STROKE COURSE II: PREVENTION

**Learning objectives:**
Upon completion of this course, participants will be able to:
- Discuss current evidence for stroke risk factors and TIA patients.
- Describe appropriate assessments and management strategies for stroke prevention.

**8:30 – 9:15** Stroke prevention in patients with heart disease

**9:15 – 10:00** Early TIA and stroke prevention: What do I order, when do I refer?

### REHABILITATION AND RECOVERY PLENARY

#### ADVANCES IN COGNITIVE REHABILITATION THERAPIES

**Learning objectives:**
Upon completion of this session, participants will be able to:
- Describe best evidence of current cognitive rehabilitation approaches.
- Analyze the benefits of combination cognitive therapies.
- Describe the neural mechanisms underlying executive processes in animal stroke models.

**8:30 – 8:50** Best evidence of current cognitive rehabilitation approaches

**8:50 – 9:10** Assessing cognition in animal models

**9:10 – 9:30** Combination cognitive therapies

**9:30 – 10:00** Panel Q&A

**10:00 – 10:30** REFRESHMENT BREAK WITH EXHIBITORS
NATIONAL STROKE COURSE

NATIONAL STROKE COURSE I: ACUTE CARE

Learning objectives:
Upon completion of this session, participants will be able to:
• Identify common complications in acute stroke patients.
• Identify treatment options and management approaches for complications and complex patients.

10:30 – 11:15 Hyperacute stroke care: When things go bad
11:15 – 12:00 Challenging cases

NATIONAL STROKE COURSE II: PREVENTION

Learning objectives:
Upon completion of this course, participants will be able to:
• Discuss current evidence for antiplatelet use following stroke.
• Describe management strategies for stroke prevention in people with cardiac and/or vascular issues.

10:30 – 11:15 Clarifying antithrombotics in patients with strokes, stents, and/or atrial fibrillation
11:15 – 12:00 Searching for the cause of the stroke in the young - What to do if you find something
Each workshop is 40 minutes and will be repeated twice [10:30 – 11:10 and 11:15 – 12:00]

INCREASING THE CLINICAL UTILITY OF THE 10-METRE AND 6-MINUTE WALK TESTS FOR STROKE REHABILITATION

Learning objectives:
Upon completion of this workshop, participants will be able to:
• Describe an evidence-informed clinical approach to using the 10-metre and 6-minute walk tests post-stroke.
• Discuss how the iWalk guide, iWalk video, and iWalkAssess app can help you adopt these approaches in clinical practice.[www.iwalkassess.com].
• Identify the benefits of using the iWalk approach to evaluate walking post-stroke across the care continuum.

FAMILY CAREGIVING AND STROKE RECOVERY

Learning objectives:
Upon completion of this workshop, participants will be able to:
• Describe caregivers’ roles to support recovery from stroke.
• Discuss strategies to optimize caregivers’ roles to support recovery from stroke.
• Discuss implementation of caregiver support into stroke care systems.

INCORPORATING REACTIVE BALANCE CONTROL ASSESSMENT AND TRAINING INTO STROKE REHABILITATION

Learning objectives:
Upon completion of this workshop, participants will be able to:
• Apply reactive balance control assessment and training into stroke rehabilitation.
• Discuss existing and emerging research related to reactive balance control, its link to fall risk and relevance to stroke rehabilitation.
• Identify reactive balance and perturbation training strategies that can be applied to clinical practice, to target features of reactive balance control linked to fall risk after stroke.

BEST PRACTICE FOR BEHAVIOURAL ASSESSMENTS IN PRE-ClinICAL STROKE MODELS: KINEMATICS, ROBOTICS, REACHING

Learning objectives:
Upon completion of this workshop, participants will be able to:
• Describe how to select a battery of complementary tests to evaluate sensorimotor dysfunction and recovery after stroke in rodent models.
• Recognize new and powerful technologies that can be used to assess behaviour.
• Explain the advantages and disadvantages of various animal models to study recovery after stroke.
10:30 – 10:50 Bundled payments for stroke care in Canada: Options and opportunities
10:50 – 11:10 Implementing bundled care: Experiences and lessons learned
11:10 – 11:30 Panel Q&A

STROKE SYSTEMS / ORAL ABSTRACTS PRESENTATIONS & BRIEF ORAL POSTERS

Learning objectives:
Upon completion of this session, participants will be able to:
• Recognize unique perspectives of women who experience stroke, and challenges during acute care and recovery.
• Describe innovation and successes in improving stroke systems of care.

11:30 – 12:00 Oral abstract presentations & Brief oral presentations

12:00 – 13:30 NETWORKING LUNCH

12:15 – 13:15 SPONSORED LUNCH SYMPOSIUM

13:30 – 15:00 CONCURRENT SESSIONS

NATIONAL STROKE COURSE

NATIONAL STROKE COURSE: SPECIAL TOPICS IN STROKE MANAGEMENT

Learning objectives:
Upon completion of this session, participants will be able to:
• Discuss current evidence for common issues experienced after stroke.
• Describe approaches to management and support for people experiencing more common challenges following stroke.

13:30 – 14:00 Can I drive now?
14:00 – 14:30 Common post-stroke complications and how to manage them
14:30 – 15:00 Toke and stroke: Where is the smoke? Cannabis and vascular health

CANADIAN STROKE CONSORTIUM ACADEMIC SESSION • [BY INVITATION ONLY]

CANADIAN STROKE CONSORTIUM ACADEMIC SESSION
• Peter Rothwell

Learning objectives:
Upon completion of this session, participants will be able to:
• Discuss the importance of timely and accurate early stroke assessment.
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<th>Time</th>
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<td><strong>NURSING PLENARY</strong></td>
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<td><em>EMPOWERING THE PERSON WITH LIVED EXPERIENCE</em></td>
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<td>End PJ Paralysis: The importance of getting up, dressed and moving</td>
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<td>Health literacy: Internet use for health searches</td>
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<td>13:30 – 13:45</td>
<td><strong>REHABILITATION AND RECOVERY PLENARY</strong></td>
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<td>The state of non-invasive neurostimulation for stroke recovery</td>
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<td>Current evidence for usefulness of tele-rehabilitation post stroke</td>
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<td>Combination therapy using stroke rehab clinical trial infrastructure</td>
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<td>Join us for ‘Stroke Feud’ to cheer on your favorite stroke care colleagues in the ultimate test of their knowledge of current stroke facts and evidence on care processes and outcomes. Answers are based on polling responses of our stroke providers across Canada.</td>
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Saturday, October 5

7:30 – 8:30  PRO AND CON

7:30 – 8:00  Current controversies in acute stroke management

Learning objectives:
Upon completion of this session, participants will be able to:
• Discuss emerging evidence for controversial treatment decisions in acute stroke care.

8:00 – 8:30  Current controversies in stroke prevention

Learning objectives:
Upon completion of this session, participants will be able to:
• Compare and contrast approaches to controversies in stroke prevention.

8:35 – 10:00  PLENARY  CANADA HALL 1

STROKE IN WOMEN: MANAGEMENT CONSIDERATIONS ACROSS THE CONTINUUM OF CARE

Learning objectives:
Upon completion of this session, participants will be able to:
• Recognize gaps and inequities in stroke care delivery for women.
• Apply knowledge of issues specific to women experiencing stroke into clinical practice.
• Illustrate the value and benefit of sex and gender based analysis in research design, recruitment, analysis and reporting.

8:35 – 8:50  Finding my own way – the realities of the continuum of care – a patient’s perspective

8:50 – 9:05  See Red: Acute stroke management in women

9:05 – 9:20  Prevention

9:20 – 9:35  Stroke rehabilitation: Unique considerations for women

9:35 – 9:50  Women and stroke: Where do we go from here?

9:50 – 10:00  Panel Q&A

8:35 – 10:00  CROSS CONTINUUM RESIDENT CARE PRESENTATIONS

10:00 – 10:30  REFRESHMENT BREAK  PARLIAMENT FOYER

10:30 – 12:00  PLENARY

CLOSING PLENARY

Learning objectives:
Upon completion of this session, participants will be able to:
• Discuss emerging evidence for stroke care and recovery across Canada.
• Interpret trends in Canadian healthcare data for stroke processes and outcomes of care.

10:30 – 11:10  Top breakthrough abstracts

11:10 – 11:25  Impact Award Winner

11:25 – 11:40  Innovation Award Winner

11:40 – 12:00  Closing remarks of the 2019 Canadian Stroke Congress