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PATIENT FEEDBACK

Stroke is a leading cause of long-term disability in Canada and the 3rd leading cause of death. With more Canadians surviving stroke, best practice guidelines emphasize the importance of post-stroke rehabilitation for optimal recovery.

In July 2024 Providence Care Hospital (Kingston) introduced an interdisciplinary Outpatient Stroke Rehabilitation Program supported by Provincial investment in community stroke services. The program provides timely, intensive rehabilitation following discharge from acute stroke care or inpatient rehabilitation.

SERVICES / PROGRAM ELEMENTS

Clients are seen **within 72 hours of discharge** for ADL re-training, functional mobility, equipment, communication and swallowing support. Therapy is **offered 2–5 days per week in 60-minute sessions** for up to **12 weeks** and includes:

- **Physiotherapy (PT/PTA)**
- **Occupational Therapy (OT/OTA)**
- **Speech and Language Pathology (SLP)**
- **Social Work (SW)**
- **Group Sessions:** Orientation and GRASP Programming
- **Weekly Team Rounds**

CLINICAL POPULATION

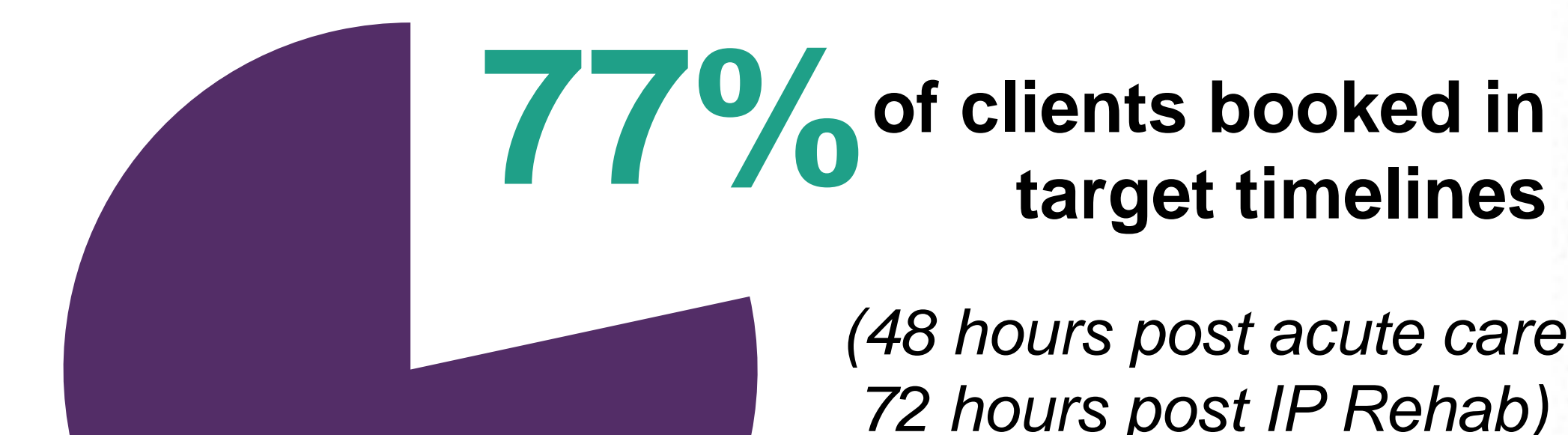
Total Referrals	N = 84
Referral Source	30% acute, 62% post-acute, 8% community
Total Activated	74 (88%)
Age	Mean Age: 66 years Age Range: 34 to 92 years
Gender	55 % Male 45% Female
Community of Residence	City of Kingston: 57% Southeast Communities: 43%
Type of Stroke	Ischemic (I) = 86% Hemorrhagic (H) = 12% (I) and (H) = 2%

Patient Goals: Getting Back to Valued Activities

**Service Utilization:** *(referral count per service)*

Mean Therapies	PT	69 (82%)	SLP	36 (43%)
3	OT	74 (88%)	SW	39 (46%)

Hospital Referrals:



	Mean (range)
Stroke to 1st appt.	36 (3-136) days
Discharge to 1st appt.	3 (0-20) days

Patient Reported Outcome Measures:
(average change in score)

Stroke Specific Quality of Life ↑ 23 points
Return to Normal Living Index ↑ 16 points



"The most positive aspects for me was the ability of the program to **change to meet my needs** to assist in a quick recovery time."

"Having the outpatient clinic and coming into my therapy **so fast after [hospital]** was huge."

“Having rehab sessions so frequently got me really pushing myself, and I went from having trouble walking to now running.”

"Lots of **information, patience and help** with our needs. Very lovely therapists with a lot of **respect**."

NEXT STEPS

- Integration of virtual care and in-home support to prepare for winter months.
- Enhanced complement of group therapies (cardiovascular training, social groups)
- Service growth (with additional funding) to support more stroke survivors in the region.

KEY TAKEAWAYS

- Early intensive rehabilitation significantly improves stroke functional recovery.
- Patient satisfaction and engagement are high, reinforcing the program's value for participants.
- Interdisciplinary collaboration is essential for holistic post-stroke care.
- Future program expansions will enhance accessibility and inclusivity.