



# stroke program

INFORMATION CARD



## What is the PCN Stroke Program?

This is a comprehensive program for individuals living in the community of Wood Buffalo who are recovering from stroke or who are at risk of stroke.



### **Stroke – can be prevented and treated**

A stroke is a sudden loss of blood flow to the brain.

## What does the PCN Offer You?

You have accessibility to:

- A team of health care professionals who work together with your physician.
- A range of educational workshops and the Stroke Clinic.
- An 8 week joint program between the PCN and the Heart and Stroke Foundation called “Living with Stroke”.

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Achieving  
Excellence in  
Primary Health  
Care through  
Team-Based  
Practice



## about the program

Local physicians and other health care professionals working together for your health

### **Stroke Clinic**

The stroke clinic provides individualized care by a health care professional for those recovering from stroke or TIA (mini-stroke) or those at high risk of stroke.

### **How do individuals access the Stroke Clinic?**

- The Stroke Clinic is by physician referral.

### **What can be expected after being referred to the Stroke Clinic?**

- You will receive a phone call from the PCN to set up an appointment.
- You will have an individualized care plan designed by you and your health care professional that will be shared with your physician.

### **Living with Stroke: Heart and Stroke Foundation Program**

This program provides tools and support to;

- improve quality of life,
- reduce risk of another stroke,
- access resources,
- actively participate in recovery,

Individuals can participate in this program by calling the PCN directly at 788-1765.

### **Risk factors associated with stroke:**

- High blood pressure (hypertension)
- High cholesterol
- Smoking
- Heart disease (refer to heart health information card)

Having one or more of these risk factors does not necessarily mean you will have a stroke.

### **Who are the PCN health care professionals?**

You may see a physician, pharmacist, nurse practitioner, occupational therapist, kinesiologist, dietitian and mental health worker.

### **What workshops are offered?**

The workshops are group oriented and include:

- High Blood Pressure-Get the Low Down
- Success Over Stress
- Stanford Chronic Disease Self-Management
- Cholesterol: Be True to Your Heart

### **For more information contact:**

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