

A physical therapist, a woman with dark hair in a ponytail wearing a white lab coat, is assisting an elderly man with walking on a parallel bar. She is holding a tablet and has her hand on the man's shoulder. The man is wearing a dark polo shirt and khaki pants. They are in a bright room with large windows and medical equipment in the background.

INVESTING IN INTEGRATED STROKE CARE AT MACKENZIE HEALTH



THE ULTIMATE SUITS YOU



EMPOWERING THE ULTIMATE

The District Stroke Centre for York Region at Mackenzie Health provides rapid assessment and treatment for stroke patients across York Region, reducing their risk of another stroke and getting them home and back to the best quality of life possible. At its heart are our two centres of stroke care excellence — Cortellucci Vaughan Hospital and Mackenzie Richmond Hill Hospital — and the advanced care patients receive at both.

Featuring 36 beds, an Independent Living Suite, a dining/activity room, a gym and an outdoor walking track, the Sorbara Integrated Stroke Unit offers a seamless blend of acute and rehabilitation care. Complex stroke care and an expanded Transient Ischemic Attack (TIA), Stroke and Neurology Clinic for preventive care are offered at the revitalized Mackenzie Richmond Hill Hospital.

Maintaining these vital care centres means continuously updating critical technology. With your support today, we will always be on the leading-edge of stroke care.



LEADING THE WAY IN STROKE TREATMENT, REHABILITATION AND PREVENTION

More than 62,000 strokes occur in Canada each year — one every nine minutes. Approximately 405,000 Canadians of all ages are living with the effects of stroke.

Depending on where your brain is injured and how much damage occurs, a stroke can impact your ability to move, see, remember, speak, reason, read and write. The Public Health Agency of Canada has named stroke one of the most impactful chronic diseases in Canada. It is also one of the leading causes of death.

As one of 18 district stroke centres in Ontario, Mackenzie Health is making exceptional stroke treatment, recovery and prevention a reality for our community. Our skilled inpatient and emergency room staff includes six neurologists, one physiatrist (rehab physician) and a team of specially trained nurses and allied health providers.

WE ARE:

- the leader in emergency treatment for stroke patients in York Region, and support other hospitals across the district in the delivery of best practice stroke care across the continuum;
- the only York Region hospital to provide the clot-busting drug tPA (see inset) and to triage suitable patients for endovascular thrombectomy (EVT), a potentially lifesaving surgery to remove a clot from the brain;
- home to the region's first TIA, Stroke and Neurology Clinic for the prevention of strokes; and
- a two-time recipient of Accreditation Canada's Stroke Distinction award for excellence in stroke care.



FAST-TRACK CARE WHEN SECONDS MATTER

During a stroke, 1.9 million brain cells die every minute. Mackenzie Health has streamlined care to deliver the clot-busting drug tPA in just 27 minutes — a 50 per cent improvement over 2016 and three minutes faster than the provincial target. Fast-track treatment helps stroke patients return home faster with less disability. This quality initiative helped earn Mackenzie Health a 2019 award of excellence from the Healthcare Information and Management Systems Society.



HELPING MORE PATIENTS ACHIEVE BETTER OUTCOMES

LEADING-EDGE INTEGRATED STROKE CARE FOR OUR GROWING COMMUNITY

Through our two hospital sites, Mackenzie Health offers world-class stroke care to the people of western York Region. Patients requiring in-hospital treatment and rehabilitation are cared for in the 28,000-square-foot Sorbara Integrated Stroke Unit on Cortellucci Vaughan Hospital's fifth floor. Additional post-acute beds are

available at Mackenzie Richmond Hill Hospital for patients who have had a stroke and have complex health needs. The TIA, Stroke and Neurology Clinic at Mackenzie Richmond Hill Hospital continues to provide services for the growing number of outpatients at high risk of an initial or secondary stroke.



SEAMLESS CARE IN ONE PLACE

Mackenzie Richmond Hill Hospital was one of the first hospitals in Ontario to introduce an integrated model of stroke care, where patients receive care from the same specially trained interprofessional team — neurologists, nurses, physiatrists and allied health care professionals, including speech-language pathologists, among others — throughout their care journey. This innovative care model is replicated at Cortellucci Vaughan Hospital — but on a much larger scale. With 36 state-of-the-art beds in Cortellucci Vaughan Hospital's Sorbara Integrated Stroke Unit, access to exceptional stroke in our community has nearly doubled.



BRIGHT AND SPACIOUS ROOMS

The Sorbara Integrated Stroke Unit is organized into three pods or groupings of 12 beds. A majority of the patient rooms are private with large windows, accessible bathrooms and overhead lifts to support patient transfers. In addition to a convertible sofa bed in each patient room, the unit features a family room with lounge chairs, a table and a television to encourage loved ones to visit often and participate actively in their family member's recovery.



GOOD FOR THE HEART AND THE BRAIN

Mackenzie Health was the first hospital to refer stroke patients to cardiovascular rehabilitation and to co-lead a research study that confirmed what's good for the heart is also good for the brain. We're putting our findings into practice at Cortellucci Vaughan Hospital. The Sorbara Integrated Stroke Unit features an exercise gym and access to an outdoor activity area with a walking track where Mackenzie Health's rehabilitation team can assess and improve patients' mobility on a variety of terrains.

“Practicing day-to-day tasks in the Independent Living Suite helps patients regain the functional independence and confidence they need to return home and experience improved quality of life following a stroke.”

— HEATHER MOON

MACKENZIE HEALTH OCCUPATIONAL THERAPIST



EASING THE TRANSITION HOME

The Independent Living Suite (ILS) in the heart of the Sorbara Integrated Stroke Unit offers a home-like setting where recovering stroke patients can rebuild the strength and function they need to return home safely, independently and with a sense of dignity. A fully-functioning apartment with a working kitchen, living room, bedroom and bathroom, the ILS is used to practice the skills of daily living, including cooking, wheelchair transfers and bathing. Mackenzie Health's rehabilitation team also uses the ILS to introduce the specialized equipment and technologies recovering stroke patients sometimes need to support independent living and continued recovery at home.



The goal of the Sorbara Integrated Stroke Unit at Cortellucci Vaughan Hospital is to intervene early to help patients experience fewer complications and return home as quickly as possible. When paired with the TIA, Stroke and Neurology Clinic at Mackenzie Richmond Hill Hospital, we are further reducing the risk of a secondary stroke.

DOUBLE THE PATIENTS. DOUBLE THE PREVENTION.

The next generation of stroke care at Mackenzie Health includes the expanded TIA, Stroke and Neurology (TSN) Clinic at Mackenzie Richmond Hill Hospital. The TSN outpatient clinic currently fields more than 2,300 visits annually for assessment and follow-up stroke care. Patients are referred to this clinic for preventive care to reduce their risk of a second stroke or for support after a mini-stroke, which can be a warning sign that a more serious stroke may soon occur. To support our growing community and the expanded stroke unit at Cortellucci Vaughan Hospital, Mackenzie Health plans to double the size of the TSN Clinic and recruit additional neurologists.



Designed to support stroke rehabilitation, the exercise gym features treadmills, stationary bikes, parallel bars, training stairs and weights, in addition to other equipment to improve patients' mobility.



For patients requiring longer-term hospitalization due to other health needs such as dementia, diabetes or heart failure, specialized care is available in the complex care unit at Mackenzie Richmond Hill Hospital.



Did you know provincial funding only covers our capital and operating costs? That means all the leading-edge medical tools we need to serve and support our community are purchased through donations from people like you. Help us stay ahead of the smart-tech curve by making an investment in the ultimate in care — for today and tomorrow.



Patient rooms are grouped around a central nursing station, so health care staff can easily see their patients and monitor their progress.



For the 30 per cent of stroke patients who experience aphasia (difficulty communicating words, speaking, reading or writing), hospital meals can be ordered using picture-based tools to help reduce frustration and optimize their independence and care experience.



Private consultation rooms throughout the unit offer quiet space for speech and cognitive assessments, care team meetings and conferences with patients and family members.



The dining room doubles as an activity space for art therapy, patient educational sessions and other activities designed to enhance patient recovery.

BEATING THE ODDS

Phyllis Mensah remembers feeling like someone shook her awake. It was just after 1 a.m. and she noticed that she had multiple missed calls from her husband, Henry, who often worked late training clients at his Scarborough gym, Fitness Zion. When Phyllis dialed Henry's cell, she didn't like what she heard.

"His voice was slurred," she says. "I asked if he needed help. He said 'yeah.'"

The Canadian bodybuilding champion and father of three had suffered a devastating hemorrhagic stroke.

At Sunnybrook Health Sciences Centre, doctors worked to get the bleeding in Henry's brain under control. After 10 days, paralyzed on his right side and unable to swallow or speak, he was transferred to the Sorbara District Stroke Centre for York Region at Mackenzie Health, close to his home and his family.



After spending five weeks in Mackenzie Health's Intensive Care Unit — three of those in a medically induced coma — Henry had recovered sufficiently enough to begin rehabilitation. Seemingly overnight, he began to talk and regain some mobility. Enough, in fact, that he put his personal trainer skills to work, leading a circuit class from his wheelchair for Mackenzie Health's therapy team.

A couple of months later, Henry was discharged home.

Phyllis credits the Mackenzie Health stroke team with playing a critical role in her husband's recovery. "He challenged them and they responded with the aggressive therapy he needed and I'm so grateful."

HELP US STAY ON THE LEADING EDGE

Mackenzie Health has ushered in a new era of leading-edge health care for western York Region, driven by the power of smart technology and the promise of better patient outcomes.

Join us as we work to ensure our powerful new two-hospital health care network — and the growing number of medical experts who call it home — have the advanced technology they need to save lives, now and in the future.

If you would like to learn more about how you can help bring Mackenzie Health's vision for advanced stroke care to life, please contact:

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