

Wellness after Stroke Patient Video and Fact Sheets, Core Measures Resources



May 2019

Wellness After Stroke: Clinical Pearl Video

Thanks to Katie Newhouse for this exceptional patient video!

This month's clinical pearl video follows Nick, a stroke survivor, on his yoga wellness journey after stroke. Learn how he got into yoga, watch him perform part of his yoga practice, and learn about what yoga has meant to him during his recovery. He also shares thoughts and advice for other stroke survivors:

<https://app.box.com/s/86820msuymb9s7z7mx101v0c8wb0upvz>

Patient Wellness Fact Sheets

Each month the Stroke SIG will be collecting and distributing helpful fact sheets for patients, caregivers, and providers for our monthly topics.

Below are four fact sheets available from the National Stroke Association and American Heart Association:

- [Physical Activity Fact Sheet](#)
- [Health Eating Fact Sheet](#)
- [Smoking Cessation Fact Sheet](#)
- [Stress Management Fact Sheet](#)

Core Measures CPG Resources

The Knowledge Translation Task Force for the Core Measures Clinical Practice Guideline has released new practical tools and resources to make implementing the CPG more straightforward for clinicians.

Tools include standardized protocols for each of the core measures, a quick reference guide for clinicians, and a practical guide for environmental set-up for each of the core measures.

Click below to access CPG resources.

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