



On behalf of Patrice Lindsay RN, PhD, Director Health Systems, Heart & Stroke, we are pleased to share the following announcement:

**The Canadian Stroke Best Practice Recommendations (CSBPR) for Rehabilitation and Recovery following Stroke includes a new section Virtual Stroke Rehabilitation, 7th Edition, Interim Consensus Statement 2022. This new consensus statement builds upon and is complementary to the current CSBPR for Rehabilitation and Recovery following Stroke.**

Prior to the COVID-19 pandemic virtual stroke rehabilitation (also known as telerehabilitation) was not widely used, despite a growing evidence base indicating that it can yield comparable results with in-person therapy. The pandemic disrupted all aspects of healthcare delivery, including rehabilitation but also accelerated the use of virtual care including a rapid ramping up of virtual stroke rehabilitation services across the globe, including in Canada. Our goal now is to ensure virtual access to stroke rehabilitation is sustained and integrated as a routine option for care where appropriate.

Recommendations in the new Virtual Stroke Rehabilitation Interim Consensus Statement include those related to issues of access, eligibility, consent and privacy, technology and planning, training and competency, assessment, service delivery and evaluation.

Virtual stroke rehabilitation enables people who live in isolated or rural communities to access specialized rehabilitation services, when appropriate infrastructure and technology requirements are in place and/or provided. It also eliminates transportation challenges for some people living with stroke and their caregivers regardless of where they live. It is acknowledged that providing stroke rehabilitation virtually may not be appropriate in all circumstances and individual care needs should be assessed.

Heart & Stroke gratefully acknowledges the Virtual Stroke Rehabilitation Consensus Statement writing group leaders and members, including members of the Canadian Stroke Consortium and Canadian Partnership for Stroke Recovery and members of the Community Consultation and Review Panel who reviewed this module and shared their personal experiences and insights on what made or could have made their journey easier.

Canadian Stroke Best Practice Recommendations: Virtual Stroke Rehabilitation Interim Consensus Statement 2022 has been published in [the American Journal of Physical Medicine and Rehabilitation](#) and is part of the seventh edition of the Heart & Stroke Canadian Stroke Best Practice Recommendations.

Additional methodology and information on these recommendations, including Rationale, System Implications, Performance Measures, Knowledge Translation and Implementation Tools and an extended Summary of the Evidence is available [online](#).

For more information about the Heart & Stroke Canadian Stroke Best Practice Recommendations visit [www.strokebestpractices.ca](http://www.strokebestpractices.ca).