

Healthcare research

with Dr Stephanie Frisbee and Dr Jamie Fleet



Talking points

Knowledge & Comprehension

1. What does TIA stand for?
2. What is the difference between a TIA and a stroke?
3. What is the difference between cardiovascular and cerebrovascular?
4. What are three ways that stroke, depression and dementia might be linked?

Application

5. What two policy measures or developments have helped improve cardiovascular and cerebrovascular health outcomes across Canada since the 1950s?
6. Stephanie has had quite an unusual career path. What questions would you ask her about this if you had the chance?

Analysis

7. Why is follow-up care important?

Synthesis

8. “Our research is showing that not enough people get the appropriate care, like lab work and flu shots, after they’ve already had a stroke to prevent another one. We don’t currently know why that’s the case,” says Jamie. Imagine some of these situations. What do you think might contribute to people not getting the appropriate care after a stroke?

Creativity

9. The risk of cardiovascular and cerebrovascular diseases in Canada is now increasing. Think of three innovative solutions that could combat this. Try to target these solutions specifically at the reasons Stephanie gives for why this risk is increasing in the first place.

Activities

1. According to the World Health Organization, regular physical activity, such as walking, running, cycling or playing sports, improves fitness and general health, as well as reduces the risk of heart disease, stroke, depression and various types of cancer. Adolescents under 17 years old should be doing an average of one hour of physical activity a day and should limit the amount of time spent sitting down and looking at screens.

Design a 15-minute group workout that you are happy to lead, before testing it out on your classmates, friends, family or local community group. Afterwards, ask your participants what they found most enjoyable about the exercise and what they enjoyed the least. Could you tailor your workout to improve it in the future?

2. Jamie and Stephanie are looking at how health outcomes differ across health regions in Ontario, which may correlate with different lifestyles in different areas. Think about how location can affect physical health. According to the World Health Organization, levels of inactivity are twice as high in high-income countries compared to low-income countries. Why do you think this might be the case? Compare your lifestyle in your own country with what you imagine someone else’s lifestyle to be like in another country. What are the differences in day-to-day life that might cause different levels of inactivity?

Once you have finished comparing, come up with five small things that you could do to increase how much physical activity you do. Share these ideas with your family or friends to see what they think and ask if they have any other suggestions.

More resources

- Learn more about strokes through the National Institute of Neurological Disorders and Stroke:
www.ninds.nih.gov/health-information/disorders/stroke
- Watch Stephanie talk about her work:
www.youtube.com/watch?v=FGn9H1JvwCw