

Post-Stroke Depression

Did You Know?



30% of stroke survivors experience symptoms of depression within one year



Depression can occur **any time** post stroke, most presenting with symptoms **within 6 months**



Post-stroke depression has been associated with **decreased functional outcomes** and **higher mortality**

WHERE TO BEGIN?

1 If **communication deficits** are present consult SLP/CDA team

Consult **Canadian Stroke Best Practice Recommendations** for appropriate screening tool

IF **POSITIVE** for depression:

- Consult Provider
- Consult Social Worker/ Psychologist

IF **NEGATIVE** for depression:

- Continue to monitor
- Provide education to patient and family
- Re-screen if appropriate

Screening and Management of Depression Post-Stroke

Canadian Stroke Best Practice Recommendations for Mood, Cognition and Fatigue Following Stroke:

Screening Tools

- Geriatric Depression Scale (**GDS**)
- Hospital Anxiety and Depression Scale (**HADS**)
- Patient Health Questionnaire -9 (**PHQ-9**)

For Patients with Communication Deficits:

- Stroke Aphasic Depression Questionnaire-10 (**SADQ-10**)
- Aphasia Depression Rating Scale (**ADRS**)

Scan QR code for more information or visit <https://www.strokebestpractices.ca>



Resources

West GTA Stroke Network Virtual Classroom

E-learning modules and available depression screening tools
<https://westgtastroke.ca>

Community Resource Booklet

Resources available in West GTA to support patient and families with depression post-stroke
<https://westgtastroke.ca/community-resource-book/>

Additional West GTA Resources

Guides, online learning, and infographics
<https://westgtastroke.ca/other-educational-resources/>