# Stroke Education Day

September 2025




Health New Zealand
Te Whatu Ora

# Programme

## South Island Stroke Study Day

### Stroke: Enhancing your day to day practice

**Tuesday 9th September 2025**
**University of Otago (Rolleston Lecture Theatre)**
**2 Riccarton Avenue, Christchurch**

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|---|---|
| **09:00** | Opening and Mihi Whakatau – *Te Pora Ehau* |
| **09.15** | Dysphagia Management and Updates – *Sachi Summerlee* |
| **09.45** | Peer Support – *Nicola Kayes (AUT)* |

**MORNING TEA**

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| **10.50** | Continence After Stroke – *Nicky Schluter and Jacqui Beilby* |
| **11.20** | Blood Pressure Management (acute and longer term prevention) – *Andrew Sidwell* |
| **11.50** | Stroke Aotearoa New Zealand update – *Nicky Mayne* |

**LUNCH**

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| **13:05** | Lived Experience – *Peter and Diana Martell* |
| **13:50** | Driving Post Stroke – *Julie Mills* |
| **14: 20** | Improving The Arm After Stroke – *Mark Adams and Shona Galbraith* |
| **14:50** | Preparing Families and Patients for Discharge – *Abby McCormack* |
| **15:20** | Reflection and Wrap Up – *Carl Hanger* |

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