Stroke Team Newsletter

December 2014, Issue 1

Stroke Center Certification Visit
John Dempsey Hospital has been doing an exceptional job with Stroke care since the program began this summer. UConn Health welcomes The Joint Commission December 12th, 2014 from 8am until 430pm.

Primary Stroke Center Certification:
Recognizes hospitals that meet established standards to optimize stroke care outcomes. Our stroke units: ED, ICU, CSDU, and Med 4

Initial Stroke Education Complete!
- All our stroke units received our 1 hour Initial Stroke Class, and 1 hour Neuro Assessment SABA course.
- Stroke updates SABA
- UConn Health offers, "Neurocritical Care Educational Series" every Wednesday from 4-5pm, with 1 hour nursing CE for attendance.
- Mock tracers in all departments.
- F.A.S.T. (faces, arms, speech, time) education to entire hospital.

Policy Location Ischemic & Hemorrhagic Stroke
1. Hospital Administration Manual (Clinical Care Guidelines #1) CCG # 1, under: “Ischemic and Hemorrhagic Stroke”
2. Link to CCG#1 in Nursing Practice Manual under: “Stroke: Ischemic & Hemorrhagic”

EMS Stroke Alerts/Early Notification
- Direct to CT SCAN
  Paramedics call in Stroke Alerts from the scene (if possible) rather than during transport. EMS providers are educated to use a Cincinnati Stroke Scale and alert the ED, “I have a high suspicion of a stroke.” Our goal is, to have the patient go directly to CT SCAN on the EMS Stretcher.
  *Currently 100% of EMS stroke alerts go direct to CT scan*
- Guidelines for initiating a Stroke Alert
  - Last known well < 3 hours (Although a subset of patients can qualify from 3-4.5 hours)
  - Age > 18 years old
  - Blood glucose > 60mg/dl. Hypoglycemia can mimic stroke.
  - No severe trauma or witnessed seizure.

Stroke Alert Activation
- Emergency Room: Dial 7777
- Inpatient Stroke alert: Notify covering practitioner for STAT evaluation and/or activate RRT team by dialing 7777. Practitioner may request activation of Stroke alert. Dial 7777. Stroke team includes: Primary RN and provider, Neuro Resident, CT scan, Radiologist, Pharmacy, & Stroke Coordinator

Stroke Required Documentation
- LAST KNOWN WELL - DATE/TIME. Instead of “Sometime around breakfast”, obtain an exact time.
- For example: “Last known well at 0800 this morning”
- Stroke Alert - Pre hospital or initiated in ED/inpatient
- Bedside Swallow
- Stroke Education started on admission
- NIHSS (by physicians)

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Stroke Committee
- Our Stroke Committees meets regularly to look for ways to achieve optimal performance. If you have any questions or suggestions about the UConn Health stroke care process, please don’t hesitate to contact committee members from our Core Executive Leadership team, Dr. Mittal (Stroke Medical Director), Jennifer Sposito (Stroke Coordinator), Morgan Hills (Neuro Service Line Director), and Kathleen Coyne (Director Critical Care), who over see the Clinical Excellence, Performance Improvement, and Pre Hospital & Promotion/Community Education Stroke Committees.

Stay Tuned for Future Issues of our Stroke Team Newsletter as we continue to focus on ways to improve Door-to-Needle times and patient outcomes.
Stroke Materials & Stroke Education

Ischemic and Hemorrhagic Strokes and TIA patient’s receive stroke educational materials.

**Stroke Education Booklet**

**Stroke Zones and Action Plan stop light document**

**Interdisciplinary Stroke Prevention Patient Education Form**

*Located in ED & Stroke Units and the PINK stroke folders.

**Performance Goals:**

- Door to Stroke Team (≤ 15 min)
- Door to Doc (≤ 10 min)
- Team arrival: (≤ 10 min)
- Door to CT/MRI time (≤ 25 min)
- Door to CT/MRI Results (≤ 45 min)
- Door to Labs (≤ 45 min)
- Door to Lab Results (≤ 55 min)
- Door to needle: rt-PA time (≤ 60min)
- Door to stroke unit: (≤ 3 hours)

**Multidisciplinary Updates**

- 24-7 CT coverage. The gold standard is immediate non contrast head CT for all stroke patients
- Neurology or trained ED physicians or APRNs use stroke specific scoring tool called a NIHSS
- TPA mixed by Pharmacy during a Stroke Alert
- Swallow Screening will be assessed by RN or practitioner at the bedside prior to PO intake. Follow form HCH2491
- Speech Therapist performs formal swallow evaluation
- NEW Modified Rankin Scale (disability scale) - Done at d/c by the neurology resident or stroke coordinator

**POST TPA VS/NEURO CHECK FREQUENCY**

Q15 minutes x 2 hours, Q 30 minutes x 6 hours, then Q1hour x 16 hours (for a total of 24 hours)

**Stroke Medical Director:**

Dr. Sanjay Mittal

Dr. Mittal is a board-certified stroke neurologist coming to UConn Health from Geisinger Health System in Pennsylvania.

**Contact information:**

SMittal@uchc.edu or by phone (517)-452-0105.

**Stroke Coordinator:**

Jennifer Sposito RN– BSN

Joining the Stroke Team from JDH’s Critical Care Float Pool. Prior to joining JDH she worked in St. Francis Hospitals ED.

**Contact information:**

JSposito@uchc.edu or by phone (860)480-2523.