UConn Health’s JDH Primary Stroke Center News

CONGRATULATIONS!!! The Stroke Center has been awarded the Silver Plus & Target Stroke Honor Roll American Heart Achievement Awards.

UConn Health Stroke Survivor Group: Recognized Nationally by the National Stroke Association. Open to all survivors and their families. The 4th Wednesday of the month Outpatient Pavilion Neurology Clinic (3rd floor). Guest speakers from different areas of the hospital visit and meet with our stroke survivors.

The American Heart Association and American Stroke Association recognize this hospital for achieving 85% or higher compliance with all Get With The Guidelines®-Stroke Achievement Measures and 75% or higher compliance with five or more Get With The Guidelines®-Stroke Quality Measures for two or more consecutive years and achieving Time to Intravenous Thrombolytic Therapy ≤ 60 minutes in 50% or more of applicable acute ischemic stroke patients to improve quality of patient care and outcomes.

Good Catches
- Aneta Kozlowska MA on MED 4, noticed a change in the patient’s speech, letting the RN know & activating a stroke alert.
- Jessica Demarest RN on CDSU — recognized left sided weakness after a cath procedure. Her timely stroke alert call enabled the patient to receive TPA within 59 minutes!
- Brian Tompkins MA on CSDU noticed a change in the patient, letting the RN know & activating a stroke alert.
- Cath Lab Staff & Kris Collins and Karen noticed a patient with aphasia activating a stroke alert enabling the patient to receive timely care.
- ICU Staff responds to all inpatient/RRT alerts.

√ POST TPA VS/NEURO √ FREQUENCY
Q15 minutes x 2 hours, Q 30 minutes x 6 hours, then Q1hour x 16 hours (for a total of 24 hours)

√ POST TPA NIHSS FREQUENCY
⇒ Neurology, trained ED physicians/ICU APRN’s use a stroke specific scoring tool called the National Institute of Health Stroke Scale

2015 EMS Outreach
2015 EMS outreach activities included Stroke Education with Farmington Fire/EMS, Canton, Bloomfield, & American Medical Response in Waterbury (which includes Avon).

UConn Health will be hosting our second annual Stroke Care Conference in 2016. Date to be determined.
UConn Health John Dempsey Hospital’s Primary Stroke Center had strong representation at the 10th Annual NorthEast Cerebrovascular Consortium (NECC) Summit.

Peter Canning, Paramedic, RN, and EMS Coordinator, this year’s Invited Emerging Practice Lecturer, spoke to the assembly on “Hospital and EMS Stroke Care Partnership: Data Collection, Education, and Feedback.” UConn Health is a pioneer in utilizing multiple EMS Data points to improve stroke care. Our efforts, which included the development of the UConn S.A.V.E. Stroke Test to increase awareness of the different ways stroke can present, have helped UConn Health lower door-to-needle times and increase the percentage of stroke patients receiving life-saving, clot-busting medicine.

At UConn Health, we consider EMS our partners in stroke care.

Jennifer Sposito RN, BSN, Stroke Coordinator, submitted abstract poster presentation on behalf of UConn Health’s Stroke Center is entitled: “Measuring Impact of Pharmacist Intervention in Acute Stroke Management by Preparing rTPA in the Emergency Department.”

This presentation was made with support from:
* Sanjay Mittal, MD, Medical Director of the Stroke Program
* Kathleen Coyne, RN, BSN, Director of Critical Care Nursing
* Allison Dias, Pharm.D, RPh.; Medication Safety Pharmacist
* Kimberly Metcalf, M.S., Pharm.D., Director of Pharmacy

At UConn Health, a pharmacist responds to the Emergency Department (ED) with a pre-assembled Stroke Kit which includes all necessary items and supplies to calculate, prepare, and administer rtPA to an eligible patient. We have seen drastic improvements in the average rTPA order time to rTPA administration as a result of the creation of a Stroke Kit and the addition of a pharmacist to the Stroke Team. Since implementation of this practice, more than half of our rTPA cases have Decision-to-Needle times of zero, and we have seen an overall decrease in our average Door-to-Needle times. The unprecedented collaboration between the Stroke Team, ED staff, and Pharmacy Department demonstrates the high quality stroke care we provide at our organization.

Case Study: DOOR TO NEEDLE 23 Min.
EMS called a STROKE ALERT to John Dempsey Hospital, and then loaded the patient for a priority transport. Due to early notification, the Neurology Resident Dr. Eka Bakradaze was able to quickly assess the patient as he was whisked directly to CT Scan on the EMS stretcher. ED Staff Members: Kari Desani, Dr. Perez, Leslie Mulhall, and Verioska Goulet were able to work the patient up quickly so TPA was started within 23 minutes of arrival, exceeding the goal of < 60 minutes. The patient also received a CTA Scan which revealed an occlusion of right Middle Cerebral Artery (MCA) compatible with ischemic infarct. After a thorough assessment by our Neurology team, because he still had viable collateral circulation, he was a rare candidate for endovascular therapy so the patient was immediately transferred to Hartford Hospital, with the TPA still running, where he received the procedure. He is doing very well — talking with only slightly slurred speech and slight weakness. This call was a great example of the stroke system at work. Rapid identification of stroke, early notification, speedy delivery of TPA and identification of endovascular candidate with immediate transfer to endovascular suite. Great job all!

Please visit UConn Health’s Stroke Center website for more information: http://www.uchc.edu/patients/services/stroke/
Yearly Data Review:

**Stroke Alert’s: Total 167**

*Stroke Alert Responders Arrival average= 5 min*

100% 7 Stroke Joint Commission Core Measure
>85% Education Materials given at Discharge
>85% American Heart Performance Measures

3 TPA cases December

*Door to CT scan (≤ 25 min) = Avg. 17 min*

*Door to CT results (≤ 45 min) = Avg. 19.5 min.

**Stroke Data Quarter 4:**

**Stroke Labs Turn Around Time Goals:**
Door to Labs (≤ 45 min) = Avg 16 min
Door to Lab Results (≤ 55 min) = Avg 29 min

**Multidisciplinary Reminders**

⇒ Gold standard is immediate non contrast head CT for all stroke patients. Nothing should delay going CT
⇒ Neurology or trained ED physicians or APRN’s use stroke specific scoring tool called a NIHSS.
⇒ Swallow Screening will be assessed by RN or practitioner at the bedside prior to PO intake.
⇒ Speech Therapist performs formal swallow evaluation if the patient fails the RN bedside screen.
⇒ NNAS—*NEW* Nursing Neuro Assessment should be used throughout the patient’s hospital stay.
⇒ A patient diagnosed with stroke after hospital arrival, needs to be started on the stroke clinical pathway at that time.

**2015 Volume**

- 202 total patients
- Additional+100 worked up for stroke then ruled out

**Stroke American Heart/American Stroke Association Honor Roll:**

*National Goal: Door to needle within 60 min 50 % or more of the time.*

With qualifying cases we achieved this goal at 78%, well above national average.

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 Center Community Outreach:
The December 8th Discovery Series at UConn Health attracted more than 100 community members and over 20 volunteers joined our stroke experts Dr. Sanjay Mittal and Dr. Ryan Zengou to highlight stroke recognition, symptoms, prevention, and care. Please see the address to watch the full video on the program titled, “Recognizing the Signs of Stroke”: https://www.youtube.com/watch?v=Sy9rxtFelUM

Left to Right– Dr. Sanjay Mittal JDH Stroke Medical Director and board certified Neurologist & Dr. Ryan Zengou JDH Neurosurgeon gave an excellent lecture on both Ischemic and Hemorrhagic Strokes.

These wonderful lectures were followed directly after by a question/answer session moderated by Stroke Coordinator Jennifer Sposito.

Thank you to our wonderful volunteers that helped create an educational night for our local community members. Rehab arrived with tools that help better your life after stroke; also bringing a lovely raffle prize for a lucky winner! Our library was represented to provide information on the resources we offer our stroke population. Outpatient neurology represented our neurovascular stroke clinic. Stroke champions from JDH taught signs and symptoms of stroke in the lobby along with providing stroke prevention resource materials and education. Finally, our nursing students from UConn Storrs offered free blood pressure screenings.