Stroke presentation
Regional ICP workshop
Wednesday 27th May 2015

Dr John Winter, GP Lead (Ards ICP)
1) Prevention of stroke in the community through:
- Lifestyle changes
- Cholesterol and Blood Pressure lowering
- Transient Ischaemic Attack – early intervention and risk lowering
- AF screening and anticoagulation as needed

2) From the onset of a stroke in the community
- FAST guidelines to be promoted
- 999 ambulances, where to take the patient to, how quickly can they respond, deliver, and set up ED to get patient into scan asap?
- ED scanning, thrombolysis, assessment by Stroke Consultant
3) **Into the ward for;**
   - Early assessment, intervention and rehab by all the team
   - Early discharge planning consistent between all areas of the community
   - Early discharge home if appropriate

4) **Community care at home;**
   - Care, assessment, intensive rehabilitation, review and support
   - Short, medium or long term support as needed
Early Supported Discharge project team

- 3 Physios
- 3 Occupational Therapists
- 5 Nurses
Continued...

- Admin
- Consultant
- Social worker
- Speech and language & Dietetics
- Podiatry and Orthoptics
Seven day working

- Targeted intensive rehabilitation for acute phase of recovery
90% admission to acute stroke unit

- Targeted intensive rehabilitation for acute phase of recovery
Increased percentage of thrombolysis

- Optimising onset to A&E time
- Optimising door to needle time
- Promoting FAST guidelines
SSNAP data monitoring

- Admin support to initiate formal data recording
- Regional and national performance comparison
- Driving quality improvement
Prevention in community through:

- AF screening
- TIA risk management
- Lifestyle improvements and lowering risk factors

<table>
<thead>
<tr>
<th>ABCD² risk factor</th>
<th>Value</th>
<th>Score</th>
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</thead>
<tbody>
<tr>
<td>Age</td>
<td>≥60 years</td>
<td>1</td>
</tr>
<tr>
<td>Blood pressure</td>
<td>Systolic &gt;140 mmHg or diastolic &gt;90 mmHg</td>
<td>1</td>
</tr>
<tr>
<td>Clinical symptoms</td>
<td>Unilateral weakness or speech disturbance</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>without weakness</td>
<td>1</td>
</tr>
<tr>
<td>Duration of symptoms</td>
<td>&gt;60 minutes</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>10–59 minutes</td>
<td>1</td>
</tr>
<tr>
<td>Diabetes</td>
<td>Oral medication or insulin</td>
<td>1</td>
</tr>
</tbody>
</table>
Multidisciplinary group

- Building relationships
- Primary and secondary care coordination
- Users/patients
- Carers
- Future progress