

## CENTRAL ZONE

# STROKE PREVENTION CLINICS

## AHS Central Zone Map



## Stroke Facts

- Stroke is the leading cause of adult disability (CSS, 2010)
- Stroke and other cerebrovascular diseases are the 3<sup>rd</sup> leading cause of death in Canada (CSS, 2010)
- Due to aging population, the number of cases of stroke is expected to increase (Heart & Stroke Foundation of Canada, 2010)

## Annual Impact of Stroke

### Canada

- 50 000 strokes and transient ischemic attacks (TIA) are treated in Canadian hospitals
- Annual cost of stroke is approximately \$3.6 billion

(Canadian Stroke Strategy 2010)

### Alberta

- Approximately 5500 new cases
- Cost of Stroke \$200-300 million
- 25 000 Stroke Survivors

(APSS Blueprint 2006)

## APSS Recommendations

- Each region shall offer stroke prevention services to individuals at high risk for stroke.
- These specialized services include assessment and short term follow-up for optimum management of risk factors.

(APSS, 2006)

## Stroke Prevention Clinics



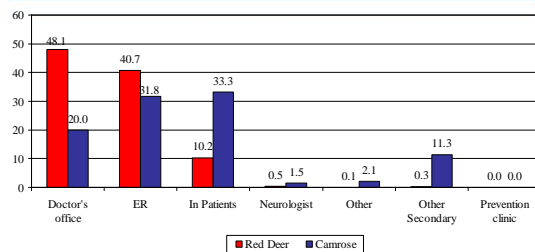
## Rationale for Stroke Prevention Clinics

- Evidence
- Cost Reduction
- Quality of Life

## Source of Referrals

- Emergency Departments
- Physician's offices
- Inpatient stroke and rehabilitation units
- TIA Hotline

Source of Referrals  
January 2009 – December 2010



## Components of Secondary Prevention

- Evaluation of the event
- Implementation of interventions
- Initiation of medications
- Modification of stroke risk factors

(APSS Feb 2009)

## Evaluation of the event

- Determine stroke risk (triage)
- All referrals reviewed by clinic staff
  - ABCD<sup>2</sup> score
    - High, medium or low risk
  - TIA Hotline
- Investigations

## Evaluation continued

- Rapid neurological assessment
  - Establish diagnosis
  - On site or via telehealth
  - Collaboration with comprehensive stroke centres

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## Telehealth



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## Implementation of interventions

Expedited diagnostic testing

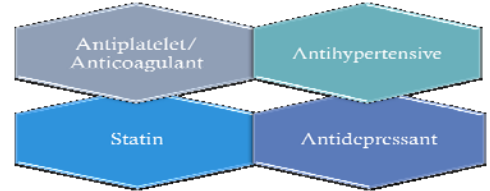
- Facilitate rapid investigations and ongoing monitoring
- Reduce delays and inefficiencies
- Rapid identification of specific risk factors
- Consult neurosurgeons when required

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## Initiation of medications

- **Appropriate pharmacotherapy**



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## Modification of stroke risk factors

- **Individualized** education and counseling

- Nine in ten Canadians (90%) have at least one risk factor for heart disease or stroke

[www.heartandstroke.com](http://www.heartandstroke.com)

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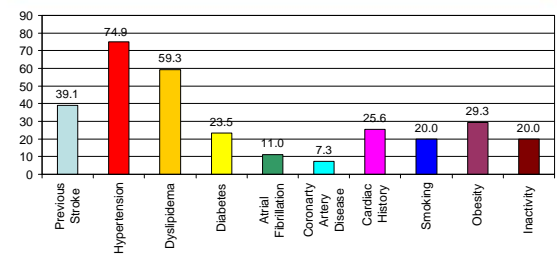
## Risk Factors



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## Risk Factors - Central Zone sample



Risk Factor	Percentage
Previous Stroke	39.1
Hypertension	74.9
Dyslipidemia	59.3
Diabetes	23.5
Atrial Fibrillation	11.0
Coronary Artery Disease	7.3
Cardiac History	25.6
Smoking	20.0
Obesity	29.3
Inactivity	20.0

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## Lifestyle Modification

Alcohol Usage

Salt & Cholesterol Reduction

Smoking Management

Stress Reduction

Weight Control

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## Stroke Prevention Clinic TEAM

OT/PT

Nursing

Neurology

Pharmacy

Social Work

Community Programs

Patient

Primary Care Physicians

Dietary

SLP

Chronic Disease Management

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## Gaps and/or Challenges

- Geographical challenges
- Local resources
- Timelines
- Promotion of Stroke Prevention Clinics

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## Future Opportunities

- Primary prevention
- Enhanced Screening and Treatment of Risk Factors
- Support for self management
- Continued growth and development of Stroke Prevention Clinics

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## STROKE PREVENTION IS AN INVESTMENT IN THE FUTURE OF ALL ALBERTANS

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## Call 911

### SIGNS OF A STROKE:

SUDDEN WEAKNESS

SUDDEN TROUBLE SPEAKING

SUDDEN VISION PROBLEMS

SUDDEN HEADACHE

SUDDEN DIZZINESS

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## References

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- Alberta Provincial Stroke Strategy. *Secondary Stroke Prevention: Feb 2009*. Available at: <http://www.strokestrategy.ab.ca/index.html>
- American Stroke Association <http://www.strokeassociation.org>
- Canadian Stroke Strategy Best Practices and Standards. *Canadian Best Practice Recommendations for Stroke Care:2010*. Canadian Stroke Strategy Best Practices and Standards Working Group. December 2010. Available at: <http://www.canadianstrokestrategy.ca>
- Heart & Stroke Foundation of Canada. Available at: <http://www.heartandstroke.ab.ca>