



The UNC Health Care Stroke Center

FALL 2012 NEWS

The UNC Health Care Stroke Center is committed to giving patient-centered care to the people of North Carolina. Our goal is to promote health in the community through stroke teaching and tips for prevention. Our mission is to assist patients in living well after their stroke. The Stroke Center offers clinical care pathways for stroke patients in a state-of-the-art facility that consists of a 16-bed Neuroscience ICU, an 18-bed step-down unit, 36-bed neurological acute care unit and 30-bed acute rehabilitation unit. UNC boasts a multi-specialty team approach for treating and preventing stroke. In addition to fellowship-trained, board-certified stroke neurologists, the Stroke Center team includes emergency medicine physicians and nurses, neuro-interventional radiologists, neurosurgeons, vascular surgeons, neuro-ophthalmologists, physiatrists, an air and ground critical care transport team, a stroke nurse coordinator, a stroke nurse practitioner/navigator, stroke research coordinators, neuroscience nurses, rehabilitation services, physical therapists, speech therapist, occupational therapist and case managers.

Have you or your loved one recently had a stroke? Do you have questions about your stroke and/or how to access care or services at UNC HealthCare?

The UNC HealthCare Stroke Center and the UNC Department of Neurology recognize that the complexities of the health care system can often leave patients feeling confused. Because of this, the resources of a Stroke Nurse Practitioner have been added to assist through this process. Susan Wilson is the UNC stroke nurse practitioner. If you need assistance after your admission or have questions regarding stroke care at UNC, please don't hesitate to contact her at (919) 843-2387.



UNC Stroke Center offers support groups for patients, caregivers and families:

Chapel Hill: Contact Stephanie McAdams at 919-966-9493 for more information

Sanford: Contact Joy Phillips Murphy at 919-776-0501 for more information

What you need to know about stroke now:

If you experience any of the following, call 9-1-1 immediately:

- Sudden numbness or weakness of the face, limbs or one side of the body
- Sudden paralysis of the face, limbs or one side of the body
- Sudden confusion, trouble speaking or difficulty understanding other people
- Sudden trouble seeing with one or both eyes, or blurriness in vision
- Sudden trouble with motility, dizziness, loss of balance, coordination or control of muscles
- Sudden, splitting headache accompanied with extreme pressure and a throbbing sensation



How are we doing?

UNC Adult Neurology and Neurosurgery services at UNC Hospitals were recognized today by *US News* as High-Performing for 2012–2013. *US News*' High-Performing recognition is reserved for the top 25% of the 1,333 facilities ranked nationally in our specialty.

The UNC Stroke Program was recently recognized for quality achievement by the American Heart Association. To receive the 'Get With The Guidelines' — Stroke Bronze Quality Achievement Award, UNC consistently followed the treatment guidelines in the Get With The Guidelines–Stroke program for 90 days. These include aggressive use of medications like tPA, antithrombotics, anticoagulation therapy, DVT prophylaxis, cholesterol reducing drugs, and smoking cessation. The 90-day evaluation period is the first in an ongoing self-evaluation by the hospital to continually reach the 85 percent compliance level needed to sustain this award.

According to the American Heart Association/American Stroke Association, stroke is one of the leading causes of death and serious, long-term disability in the United States. On average, someone suffers a stroke every 40 seconds; someone dies of a stroke every four minutes; and 795,000 people suffer a new or recurrent stroke each year.

The use of these standardized guidelines is a critical step in saving the lives and improving outcomes of our patients with stroke.

Outcomes

We are proud to report that our serious complication rates for interventional stroke procedures meet or are better than the national benchmarks established by the American Heart Association, the American Stroke Association and the Joint Commission. These interventional stroke procedures include diagnostic angiogram, a test used to evaluate the cause of stroke in some patients, and Carotid Endarterectomy, a procedure used to prevent stroke in some patients:

National Benchmark	How are we doing?
Compliance with American Heart Association's Get With The Guidelines Stroke Measures at or above 85%	 Compliant
Serious complication rates for Carotid Endarterectomy are better than the national benchmark	 Compliant
Serious complication rates for Diagnostic Angiogram are better than the national benchmark	 Compliant

Contact information for UNC Stroke Center:

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