



UNC
SCHOOL OF MEDICINE

DEPARTMENT OF PHYSICAL MEDICINE & REHABILITATION STROKE AWARENESS PROJECT ACCESS (STAR)

Have you suffered a stroke?

- Each year close to 800,000 people suffer a stroke in this country.
- Stroke can affect the ability to walk, bathe, dress, talk or eat.
- After you have a stroke it is important to see stroke specialists to help prevent future strokes and make sure you get the right therapies to recover.
- Your family members are important because they help you recover.
- The first 90 days after a stroke are the most important for starting therapies such as physical therapy, occupational therapy or speech therapy.
- Sometimes people don't get these services in their community.

Stroke Telemedicine Access Recovery Project

- This research study of stroke survivors will provide access to stroke specialty care with telemedicine video conferencing.

Why Should I Participate?

- You will be seen by three specialist at UNC: a stroke neurologist, a physical medicine and rehabilitation physician (physiatrist) and a family caregiver expert. They will see you while you are in the hospital, and also at 30 and 90 days after your stroke at a community location.
- Services will be provided free of charge with the aim of helping you recover. Because of the advantage of teleconferencing, you will not have to travel outside of your community.



Patricia Gregory, MD, is an assistant professor in the UNC Department of Physical Medicine & Rehabilitation.

She currently is a Simmons Scholar; in addition, she is a scholar at the UNC Center for Aging and Health. She recently received a Stroke Telemedicine Access Recovery (STAR) Project Grant from the Duke Endowment to improve access to stroke specialty care in Robeson County, and has been recognized as one the state's best doctors in *Business North Carolina*.

Her interests include geriatric rehabilitation, stroke rehabilitation, health services and disparities research, access to care, as well as research in adult telemedicine.

Patricia Gregory, MD

STROKE TELEMEDICINE ACCESS RECOVERY (STAR) FOR ROBESON COUNTY

If you, your loved one, or a friend has had a stroke, you know the toll it takes on families. Robeson County has the highest number of strokes in North Carolina. North Carolina is number eight for the most strokes in the country. Families can't do it alone; they need health resources. These health resources are very limited. Without these resources stroke survivors recover very slowly and sometimes don't totally recover.

A new health program recently has formed, called STAR. STAR stands for: **S**troke **T**elemedicine **A**ccess **R**ecovery. This program is funded by a three-year grant from The Duke Endowment and created by:

The University of North Carolina at Chapel Hill (UNC)
The Southeastern Regional Medical Center (SRMC)
Native Angels Homecare and Hospice Agency (Native Angels)

The STAR Program aims to help stroke survivors:

- Regain their physical function
- Improve their physical health
- Prevent future strokes
- Make it easier on supportive families

The STAR Program is led by researchers at UNC. When a stroke patient agrees to participate, the STAR Program will have the UNC team consult with a stroke survivor by video while he/she is receiving acute care at SRMC. Then the UNC team will follow up at the one-month and three-month marks in the community. Stroke survivors will never have to leave the county.

Each member of this collaborative effort is a caring professional committed to the effort to reduce the rates of stroke in North Carolina:

Patricia C. Gregory, MD – Team Leader, UNC Department of Physical Medicine and Rehabilitation
Ana Felix, MD – UNC Department of Neurology
Sharon W. Williams, PhD – UNC Department of Allied Health
Cynthia McArthur-Kearney, RN, MSN – SRMC Site Supervisor
Teresa Barnes – SRMC Vice President for Patient Care Services
Bobbie Jacobs-Ghaffar – Native Angels Owner/Director
Julia Shaw-Kokot – UNC Health Sciences Library (technical support)
Tom Cox – UNC Health Sciences Library (technical support)

There are nearly 900 people that will directly benefit from the STAR program. This includes 200 stroke survivors that need health services. Not only will they benefit but so will families, health care providers and community supporters. We expect that 85% of the enrolled stroke survivors will achieve successful results.

For more information please call:

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