

INTRODUCTION

A stroke is a "brain attack" which occurs when blood flow to an area in the brain is cut off and the part of the body controlled by the damaged area of the brain does not work properly.

In India, Stroke is the 3rd leading cause of death. 1.5 million people suffer from stroke in our country every year.

Thus, for the immediate and effective care of the stroke a well planned stroke centre is necessary which has all the facilities to treat, care and rehabilitate the patient.

OBJECTIVES

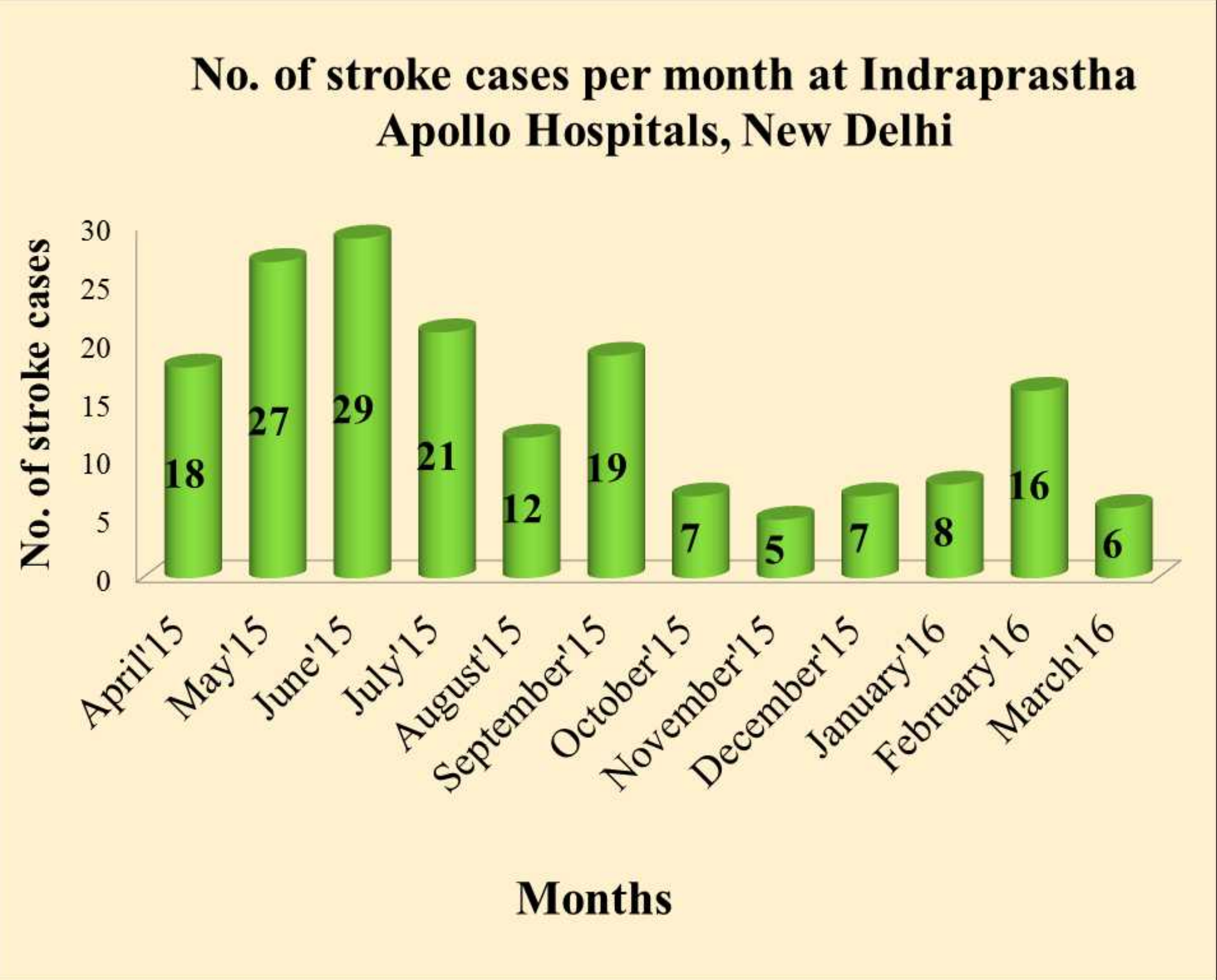
- To study the already available facilities and treatment procedures for the stroke patients currently in the hospital setting.
- To lay down the Ideal Comprehensive Stroke Centre guidelines as per the International standards.
- To prepare the SOPs for each and every department and personnel concerned with the stroke treatment and care.

METHODOLOGY

- Type of study** - Descriptive cross sectional
- Study place** - Indraprastha Apollo Hospitals, New Delhi
- Duration of Study** – 3 weeks (Seen and followed 5 stroke cases)
- Method of Data Collection** -
- Discussion with the Director Medical Services, Dy. Director Medical Services, Neurologists, Neurosurgeons, Neuro Interventionists, Emergency Department Physicians and Nurses.
 - The study of various articles and journals for the international guidelines on stroke centre. The guidelines of American Heart Association/ American Stroke Association, European Stroke Organisation, Joint Commission International and Indian Stroke Association have been considered mainly

OBSERVATIONS

- The Neurosciences department of the hospital is amongst the hospital's centres of excellence providing the highest level of professional expertise through a galaxy of eminent faculty in the field of Neurology, Neurosurgery, Neuro- Anaesthesia and Interventional Neurology along with rehabilitation.
- Hospital has a Stroke ICU with 6 beds and Neuro ICU with 18 beds.
- There is a 64 slice CT scan , 3T MRI and an advanced DSA lab for accurate and quick diagnosis of the stroke.
- An **Acute Stroke Stat Sheet** is present in the Emergency Triage of the hospital. This stat sheet contains all the vital information to be filled regularly by the various personnel dealing with the stroke patient .
- In the last financial year there were 175 cases of stroke that came to the hospital. Out of these 26 patients could not be saved due to various reasons.



- No stroke code activation system in the hospital
- Delay in calling the Neurologist and Radiologist on duty.
- Time targets were not set.
- No Acute stroke team.
- There was usually a delay in transporting the patient to CT/MRI/DSA.
- Non availability of the trained DSA Technicians for 24 hrs
- Always delay in reporting of the vital blood tests.
- No SOPs of the personnel like neurologists, staff, etc.
- There were no written protocols for the stroke treatment and care.
- No education programs of stroke for the doctors and staff.

RECOMMENDATIONS

- Formation of an Acute Stroke Team consisting of an ET physician, a trained nurse, a neurologist and a radiologist.
- As soon as the stroke patient comes to the ET, the ET physician after confirming the diagnosis should activate the **Stroke Code**.
- Separate Responsibilities/SOPs for the treating/attending personnel like neurologist,radiologist,etc were made.
- Follow the **Emergency Triage Stroke Care Process Measure Assessment Tool** strictly.
- Monitoring and assessment tools suggested by AHA/ASA to be used for the stroke unit.
- 24 hour roster for Neuro Interventionist, Neurosurgeons and Neurologists should be made daily and circulated to the respective departments.
- Patient should be shifted immediately to the ICU after the intervention is done and not kept in the emergency ward.
- A protocol made for the laboratory technicians to report the vital blood tests immediately i.e. 30mins to prevent delays.
- A Stamp for stroke alert to be made.
- Regular training of the MRI, CT and Cath Lab Technicians for the DSA Lab.
- The staff should receive at least eight hours per year of continuing medical education credit.