

New Hanover Regional Medical Center



Leading Our Community to Outstanding Health



COVID -19 Impacts on Patient/Family Outreach



NHRMC Comprehensive Stroke Center

- NHRMC Team:
 - Erika Yourkiewicz, RN, SCRNP – Post Acute Stroke Coordinator
 - Tom Curley, MSN, RN, SCRNP, NE-BC - Comprehensive Stroke Center Manager
 - Ruth Marescalco, BSN, SCRNP -Stroke Program Coordinator
- DNV Comprehensive Certification (May 2019)
- 800 Licensed Beds
- Approximately 1000 Stroke Discharges (Principle Dx) 2020
- Approximately 100 TIA Discharges (Principle Dx) 2020

Support Groups



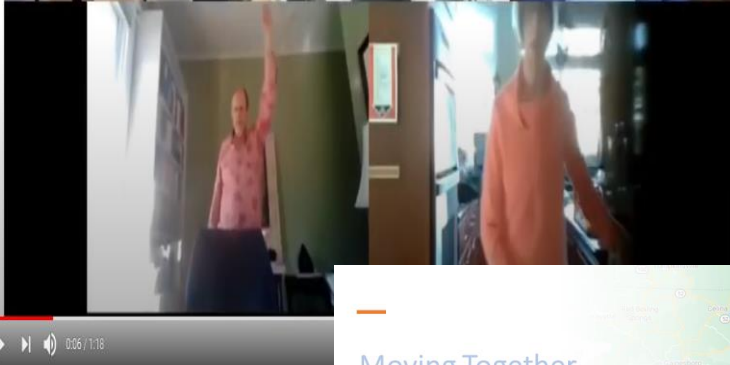
**Stroke
Support Group**



**Aphasia
Conversation Group**

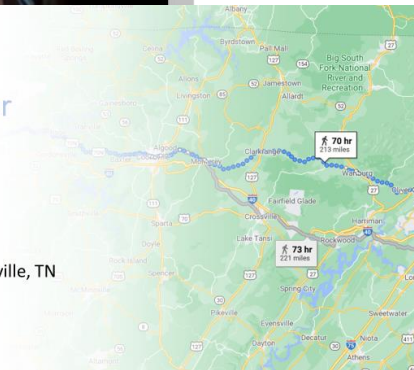
Staying Connected

In 2020, we went VIRTUAL...



Moving Together

- 726 miles
- 1,453,000 steps
- 291 hours
- Wilmington, NC to Nashville, TN



- Tech support
- Snail mail
- Get moving
- Explore virtually
- Embrace talents



MARCH NEWSLETTER

"Luck is believing you're lucky." ~Tennessee Williams

Why do Leprechauns hate running?
Answer-They'd rather jig than jog!

Gardening Tips
-Now is the time to prune back rose bushes
-Hoe and mulch weeds from flower beds
-Plant summer flowering bulbs now
-Lift and divide perennials
-Plant early potatoes, shallots and onion sets

What's Trending
Mood: Moonlight (on Netflix)
Books: A Court of Silver Flames by Sarah J. Maas
Keep Sharp: Build a Better Brain at Any Age by Sanjay Gupta, MD
Keep on track
Ask Alexa to set reminders for daily medications, appointments, birthdays and anniversaries

Receiving healthy genes makes you lucky. However, you can lessen your risk factors for stroke by watching your weight, being active, not smoking and limiting alcohol use. Keep regular check-ups with your doctor, monitor your blood pressure, blood sugar, and cholesterol.

Crock Pot Loaded Baked Potato Soup
Ingredients: 1.5lbs Russet potatoes & 1 lbs cauliflower, 1 small onion, 2 c low sodium chicken broth, 4 cloves garlic, 1.2 tsp black pepper, 8 oz. Light cream cheese, 4 oz shredded sharp cheddar cheese, 1.5 c half/half, Optional toppings low fat sour cream, green onions/chives, turkey bacon
Prep: Chop potatoes/cauliflower in 2 in chunks, chop onion; add potatoes, onion, chicken broth, garlic, pepper to crock pot -cook on High 4 hours. Then add cream cheese, cheddar cheese, half/half; Use potato masher/ Immersion blender to blend soup. Top w/topping of your choice

Tuesday, March 16th at 2pm
Kenzle Cross, a therapist from NHRMC Rehab Hospital will talk about how to incorporate wellness into our everyday life.
Zoom Meeting ID: 910 465 6766 Password:123

Ranse Jones Beach Jam



- 44 teams
- Raffle
- Raised awareness
- No soliciting



Stroke Awareness Month



Having a Stroke is Scary!



Drive through Trick or Treat – 300 cars



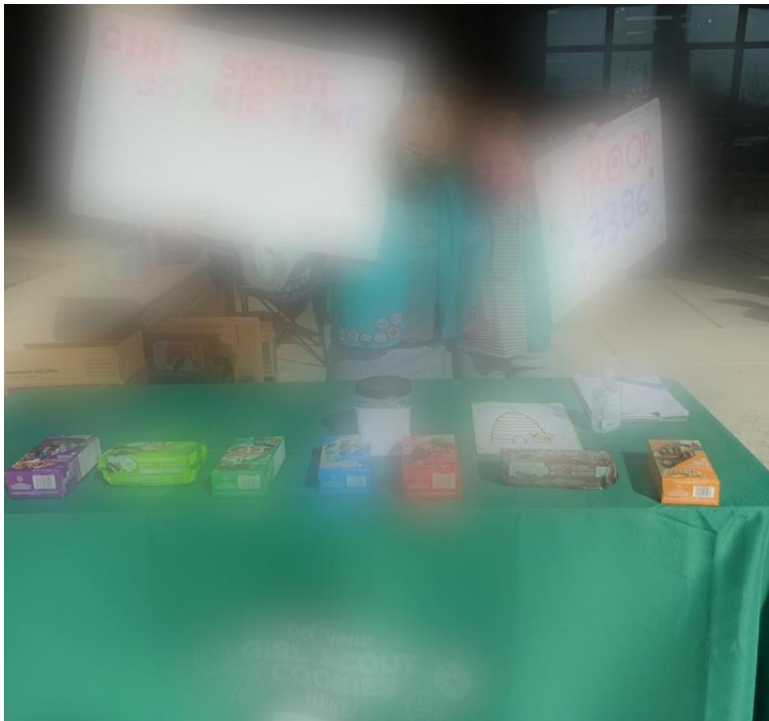
Trunk or Treat 100 kids

World Stroke Day



329 taught BEFAST face to face
Posted on internal webpage

Young Recruits



SPOT A STROKE



Balance

Watch for sudden loss of balance



Eyes

Check for blurry vision



Face

Look for face drooping



Arm

Check for arm weakness



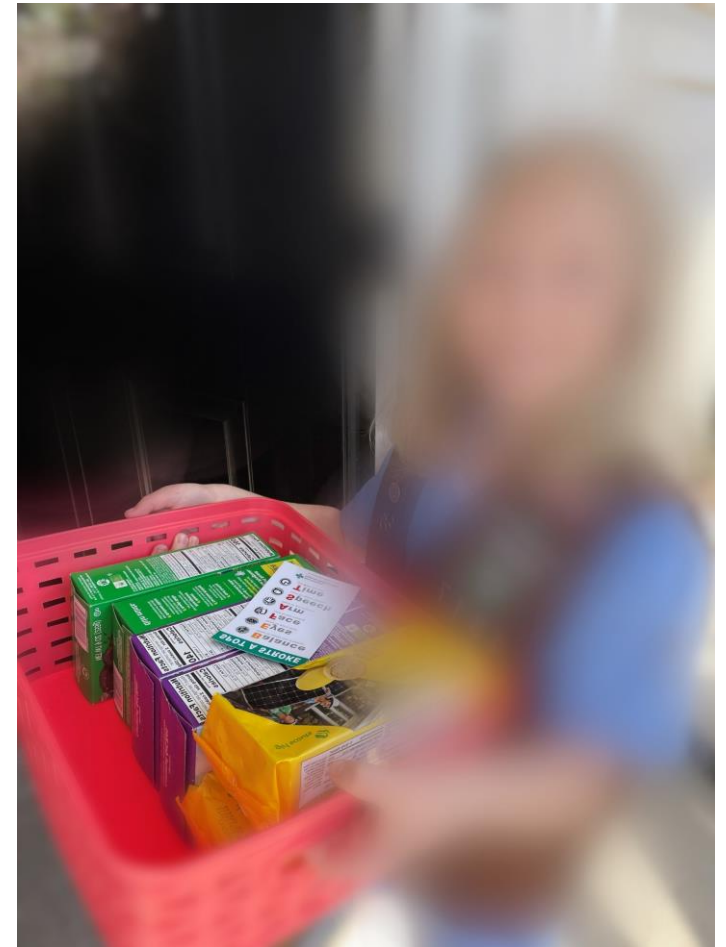
Speech

Listen for speech difficulty



Time

Call 9-1-1 right away



In This Together



- Spoke Hospitals
- Hospital Departments
- EMS agencies
- Home Health
- Rehab Facilities
- Program supporters

53,265 COVID-19 vaccine doses given

NHRMC Promotes BEFAST to Help Public Detect Strokes Quickly

October 15, 2020

NHRMC is promoting a simple acronym, BEFAST, to help the public notice the symptoms of a stroke immediately. The sooner a patient receives care, the better the odds of having an improved outcome.

BEFAST expands on the familiar FAST acronym, adding Balance and Eyesight to the equation.

"Time is brain!" said Dr. Vinodh Doss, neurologist. "The FAST acronym was introduced 20 years ago to educate and get people to the hospital quickly in order to receive thrombolytic therapy. Stroke care does not start with EMS or in the ED. It starts in the community. BE-FAST incorporates balance and vision into the screening tool. Adding these symptoms has been shown to improve detection and ultimately we feel will help more people get the right treatment."

Strokes are the third leading cause of death in the United States, and are a leading cause of serious long-term health conditions. Knowing the warning signs and symptoms of a stroke are key. You may have heard the acronym FAST, but did you know that FAST is now BEFAST?

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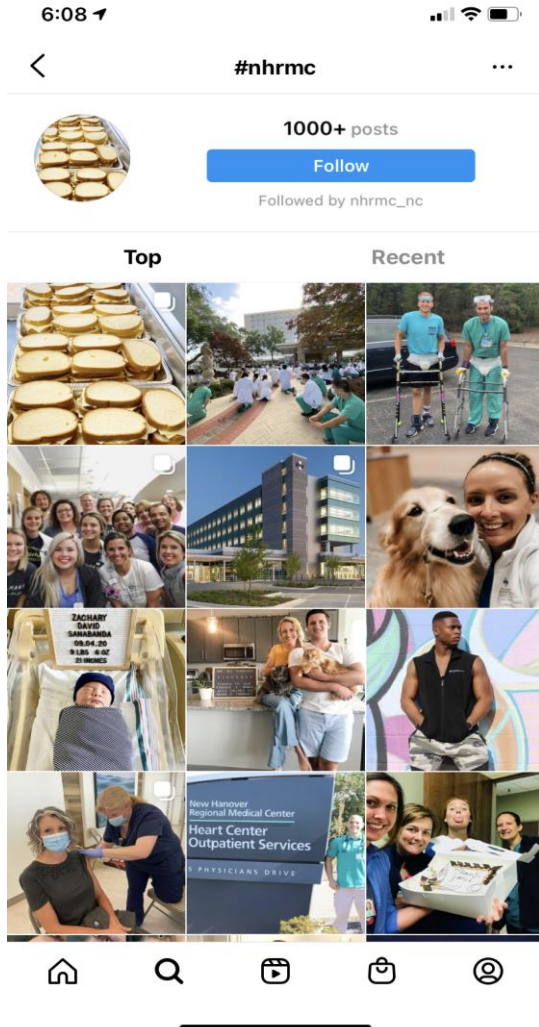


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Hashtags and QR codes



Why use a hashtag?

1. They simplify the process by pulling results of each post using that hashtag
2. They compel an action
3. Make your message stand out

QR code- take me right to the source



#showusyoursleeve

