

# **First**Health

OF THE CAROLINAS

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A Stroke  
Won't Stop  
Because  
You Do.



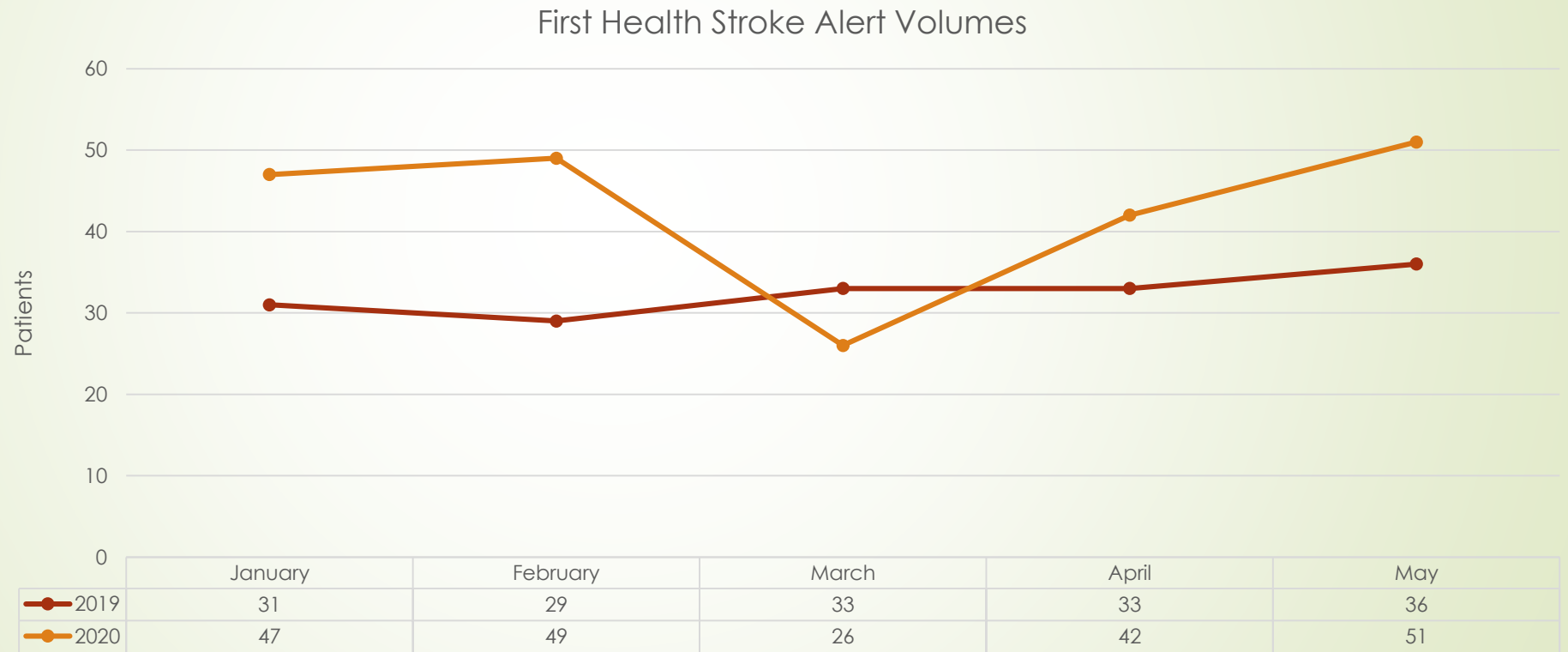
**Melanie Blacker, MD**  
**Neurohospitalist**  
**Stroke Medical Director**

80% of all strokes  
are preventable - even  
in a pandemic.

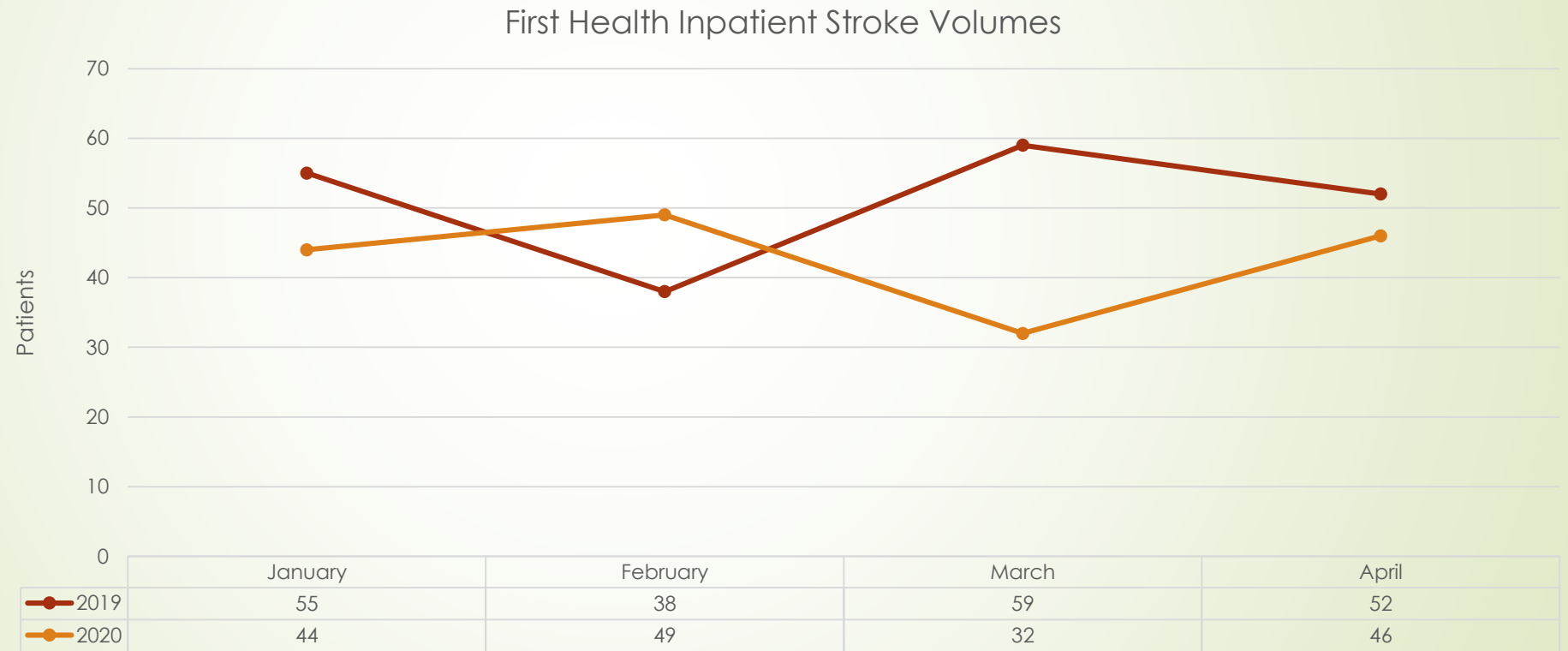
# Service by Service, County by County



# Stroke Alert Volumes



# Inpatient Stroke Volumes







## **Special Report**


### **Temporary Emergency Guidance to US Stroke Centers During the Coronavirus Disease 2019 (COVID-19) Pandemic**

**On Behalf of the American Heart Association/American  
Stroke Association Stroke Council Leadership**

On Behalf of the AHA/ASA Stroke Council Leadership

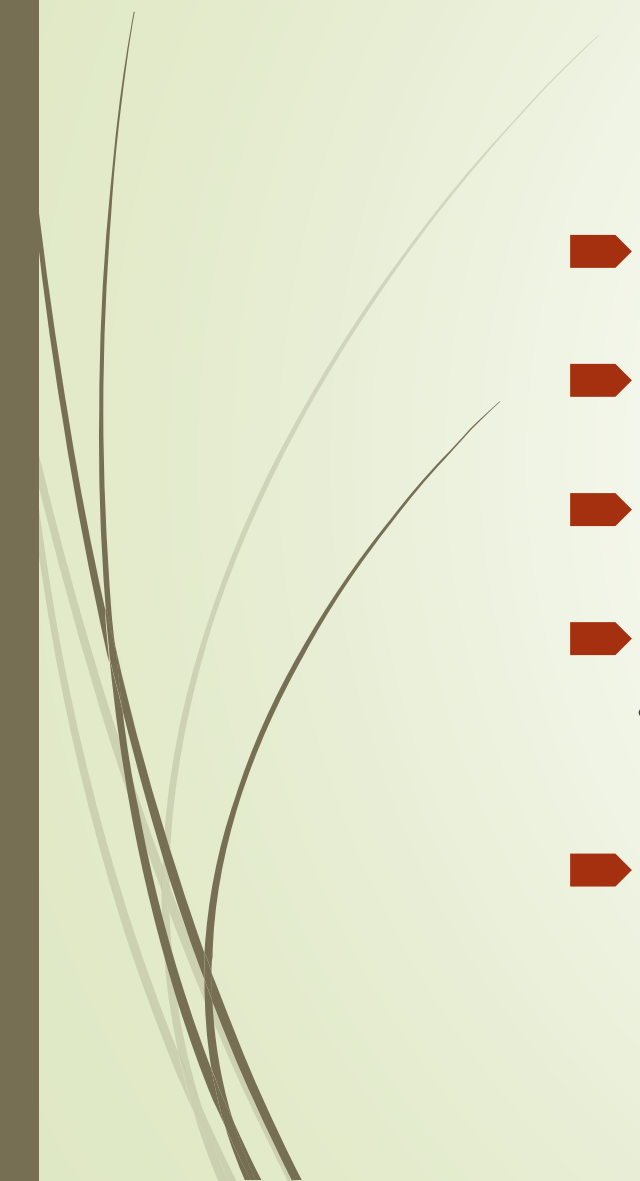
## **Special Report**

### **Protected Code Stroke Hyperacute Stroke Management During the Coronavirus Disease 2019 (COVID-19) Pandemic**

Houman Khosravani , MD, PhD; Phavalan Rajendram, MD;  
Lowyl Notario, MSc; Martin G. Chapman, MD; Bijoy K. Menon, MD, MSc



# ED and Inpatient Guidance: 4/2/2020

- Telestroke
  - High index of suspicion for Covid
  - Maintain stroke protocols and guidelines
  - Covid specific units- stroke nurse involvement
  - Alternative placement of post alteplase patients if necessary
- 



## Further Recommendations: 4/23/2020

- Continued high index of suspicion for Covid
- Covid- related stroke case reports surface
- If screening cannot be completed stroke alert patients should be treated as Covid PUI (Patients Under Investigation)
- Protected stroke alert
  - PPE, Telestroke, Covid PUI CT protocols

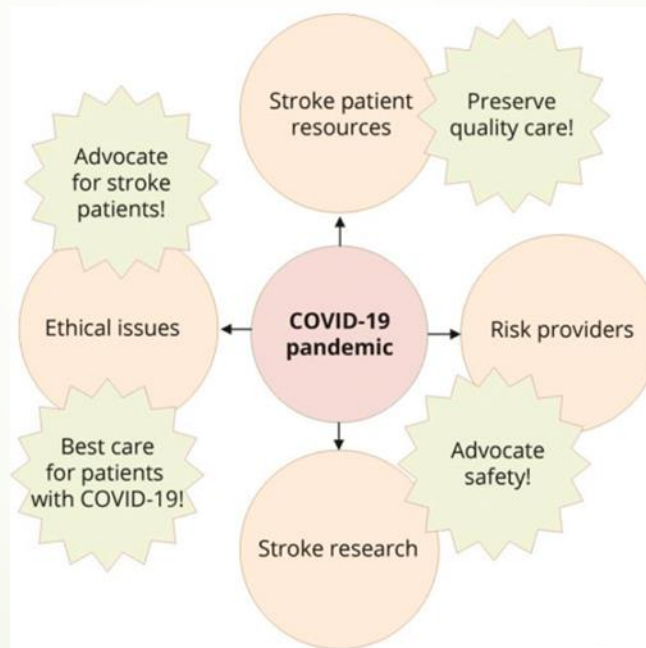
# Neurology®

## Preserving stroke care during the COVID-19 pandemic: Potential issues and solutions

Enrique C. Leira, Andrew N. Russman, José Biller, et al.

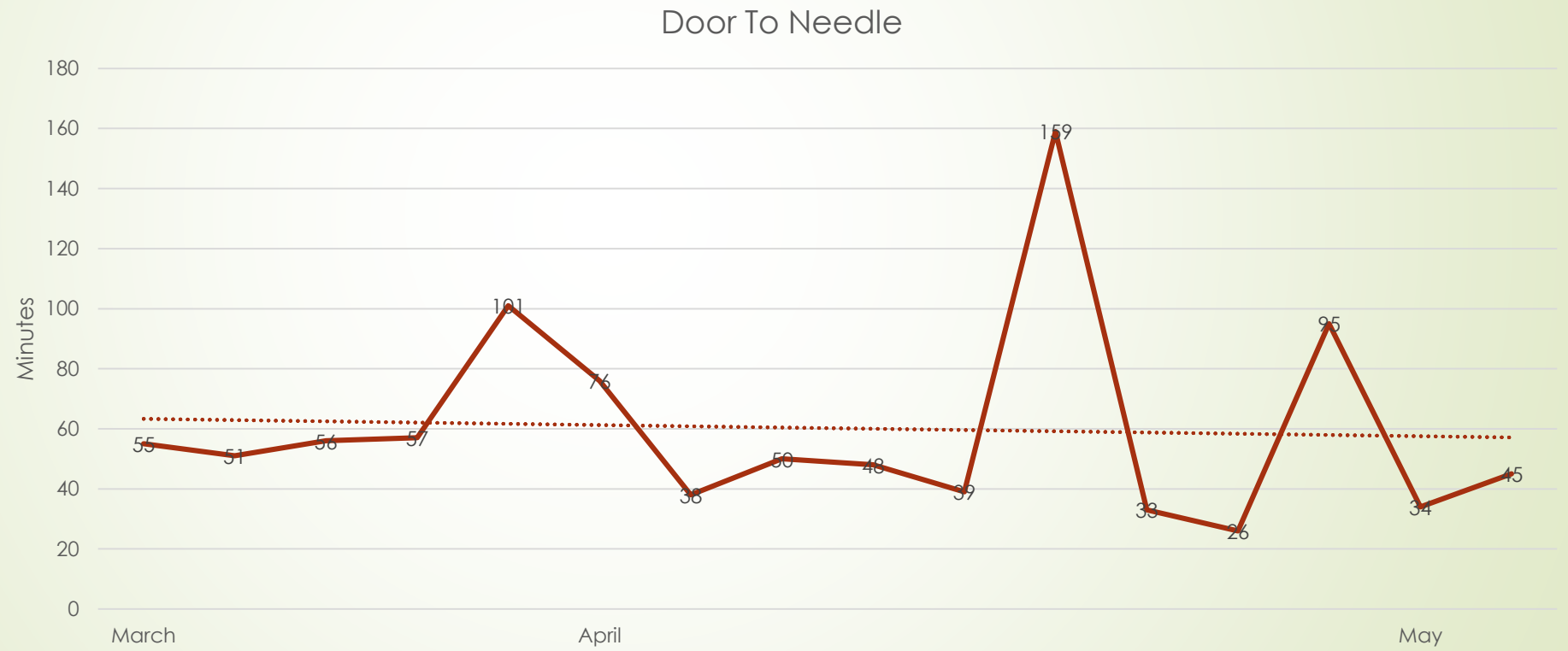
*Neurology* published online May 8, 2020

DOI 10.1212/WNL.00000000000009713





# DTN times maintained



# Stroke Awareness for the Public

## STROKE CARE

**Stroke symptoms are always urgent. While the spread of COVID-19 has impacted daily life, it doesn't mean you should stop seeking out quality health care for emergent needs such as a stroke.**



# Stroke Awareness for the Public

Many strokes are *treatable* and *beatable*, but you must **BE FAST** and call *911*.

<b>B</b>	<b>E</b>	<b>F</b>	<b>A</b>	<b>S</b>	<b>T</b>
<b>BALANCE</b>	<b>EYES</b>	<b>FACE</b>	<b>ARMS</b>	<b>SPEECH</b>	<b>TIME</b>
Is there a sudden loss of balance?	Is there sudden blurred or double vision, or loss of vision in one or both eyes?	Is there a sudden drooping of one side of the face?	Is there a sudden numbness or downward drift of one arm?	Is the speech suddenly slurred?	Call 911 quickly if one or more of these signs are present

FirstHealth Moore Regional Hospital is certified by The Joint Commission as a Primary Stroke Center. This distinction recognizes our commitment to providing outstanding care to stroke patients.


**May is Stroke Awareness Month**

**FirstHealth**  
MOORE REGIONAL HOSPITAL

Learn how up to 80% of strokes may be prevented by visiting [www.firsthealth.org/stroke](http://www.firsthealth.org/stroke)




# Stroke Awareness for the Public

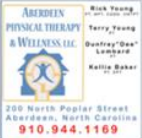
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## A Stroke won't stop because you do – even in a pandemic

Home / Coronavirus Updates / A Stroke won't stop because you do – even in a pandemic







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**Helping people is**

Coronavirus Updates / On May 14, 2020

As fears surrounding COVID-19 continue to rise, emergency departments around the country are reporting a decrease in visits. While keeping social distance is important, health officials express concern that people are jeopardizing their safety by not seeking necessary urgent medical care.

This is especially true when it comes to stroke, which can lead to serious complications and death if not treated promptly. Stroke is the leading cause of long-term disability in the United States and the cause of more than 140,000 deaths per year, according to the U.S. Centers for Disease Control and Prevention (CDC).

During National Stroke Awareness Month, it's vital that communities know visiting hospitals and emergency departments is safe and appropriate when there's a medical emergency. Not seeking care can be potentially fatal.

"Many people are in denial and think they'll take a nap first to see if they feel better," said FirstHealth stroke coordinator Barbara McGrath, R.N. "This could be the difference between life, disability and death."

Stroke symptoms come on suddenly. Using the acronym BE FAST can help people determine when it's time to call 911.

**Know The Signs**

- B – Loss of balance
- E – Eyes, blurry vision, double vision and loss in one eye or both
- F – Face drooping
- A – Arm weakness or numbness
- S – Speech is slurred or difficult
- T – Time to call 911

FirstHealth neurologist Melanie Blacker, M.D., added that sudden, severe headache could also present as a stroke symptom. "Stroke is a medical emergency. The faster symptoms are recognized and evaluated, the higher the chance of potential treatment and improved outcomes," she said.

Patients who arrive at the emergency room within three hours of their first symptoms tend to have less disability after a stroke, compared to those who delayed care, reported the CDC.

"Delay in seeking medical attention is the most common reason patients aren't eligible to receive treatment for stroke," McGrath said.

To ensure patients receive proper medical attention during the COVID-19 outbreak, FirstHealth has instituted comprehensive infection control practices to keep patients and staff safe. Strict protocol is in place, and all staff use proper personal protective equipment. "Our first responders and hospital-based stroke team are available 24/7 to assess patients with suspected stroke," Dr. Blacker said.

An emerging link between the COVID-19 virus and dangerous blood clotting make stroke awareness all the more timely, Dr. Blacker said. There is evidence that some patients with the virus have an increased susceptibility to blood clots, meaning an increased risk of stroke. Hospitals in New York reported unusual cases of younger coronavirus patients experiencing severe stroke. The patients presented none of the usual stroke risk factors and fell within the 30-50 age range. Dr. Blacker said this is "an area of ongoing research."

For more information, visit [www.firsthealth.org/stroke](http://www.firsthealth.org/stroke).

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HOME NEWS SPORTS OBITUARIES LIFESTYLE LIVE AT 6 CIRCULARS CLASSIFIEDS OPINION COVID-19

May 28, 2020 03:33:59 pm

A stroke won't stop because you do – even in a pandemic

Written by FirstHealth of the Carolinas

Rate this item



**PNHURST** –As fears surrounding COVID-19 continue to rise, emergency departments around the country are reporting a decrease in visits. While keeping social distance is important, health officials express concern that people are jeopardizing their safety by not seeking necessary urgent medical care.

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Stroke is serious and treatment, time sensitive. Even while fighting coronavirus, FirstHealth is prepared to help.

For more information, visit [www.firsthealth.org/stroke](http://www.firsthealth.org/stroke).

SPORTS

Beacon exercising extra year of eligibility to raise MLB draft stock

PHILADELPHIA – When his senior season in 2020, Philadelphia's returning home run hitter began in February, Brian Bascant had his eyes set on setting the school record for the MLB draft.

Written on Wednesday, 27 May 2020 12:01. Read more...

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# Medical Emergency Awareness for the Public- ED physicians




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**Don't Delay Medical Care Because of COVID Concerns**  
Contributed May 1, 2020



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BIRTHDAY SERIES

It's easy to see some of the ways COVID-19 has altered our lives. Schools and many businesses are shut down, morning commute traffic is essentially nonexistent, and we are getting used to a more "socially distant" world, at least in the short term. But there are other changes that might not be so obvious, including a major shift in how people think about receiving medical care. Has the fear of COVID-19 kept you from seeking treatment you need for a medical condition? Or made you rethink an upcoming appointment? Putting off care can lead to serious consequences, according to Scott Holcomb, M.D., director of emergency medicine at Moore Regional Hospital. "We know that there is a general fear about the presence of COVID-19 in hospitals and other medical facilities," Dr. Holcomb said. "But we want you to know that our emergency room and facilities are open and ready to provide the care we always have."



It's important to react quickly to symptoms of serious illness, like the signs of a stroke or heart attack. And it's also important not to delay care for other medical issues, from mental health needs to broken bones. Timely treatment allows providers to lessen disease impact and speed up recovery times. "We have been prepared for a possible surge of COVID-19 cases across the FirstHealth system, but at the same time, we are ensuring our emergency rooms and hospitals are able to care for everyone," Dr. Holcomb said. That preparation started weeks ago, before any cases were even present in the Sandhills, and continues each day via screening, visitor restrictions and the proper use of personal protective equipment like gowns and masks. All patients and visitors are screened for possible COVID-19 symptoms when they come to a FirstHealth hospital, and separate emergency department waiting rooms at Moore Regional have been established for those dealing with respiratory issues. "The bottom line is that it isn't necessary to put off emergency care because of COVID-19," Dr. Holcomb said. "Delaying medical care could lead to greater consequences down the road."

## FIRSTHEALTH EMERGENCY MEDICINE PHYSICIAN DISCUSSES RESPONSE TO COVID-19

| Date Posted: 5/14/2020

Since the beginning of the COVID-19 pandemic, FirstHealth of the Carolinas has been committed to caring for our communities and ensuring safety at our facilities.

FirstHealth Emergency Medicine Physician Dr. Matt Harmody joins Star 102.5 FM to discuss the new ways FirstHealth is serving the community and how we are keeping our facilities safe.



FirstHealth Emergency Medicine Physician Discusses Response to COVID-19

0:00 15 1X 15 0:00

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For more information, visit FirstHealth's [coronavirus resources page](#). Audio courtesy Star 102.5 FM.



# AHA Resources



**Heart Attacks and Strokes  
Don't Stop During Pandemics.**

**Call 911 right away if you have symptoms.  
Even while fighting the coronavirus,  
emergency systems stand ready to help.**

**heart.org**



American  
Heart  
Association.

## BE CERTAIN IN UNCERTAIN TIMES

**Heart attacks, strokes and cardiac arrests don't stop for COVID-19**

During this uncertain time, the American Heart Association is working tirelessly to reduce the impact of COVID-19 in communities across the country.

Heart attack, stroke and cardiac arrest symptoms are always urgent. Don't hesitate to call 911. Emergency workers know what to do. And emergencies don't stop for COVID-19.

### KNOW THE SIGNS AND SYMPTOMS

#### HEART ATTACK

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes — it may go away and then return. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** This can occur with or without chest discomfort.
- Other possible signs include breaking out in a **cold sweat, nausea or lightheadedness.**
- **Signs for women**
  - Women's most common heart attack symptom is chest pain. Some women are more likely to experience shortness of breath, nausea/vomiting and back or jaw pain.

#### REMEMBER TO ACT F.A.S.T. DURING STROKE

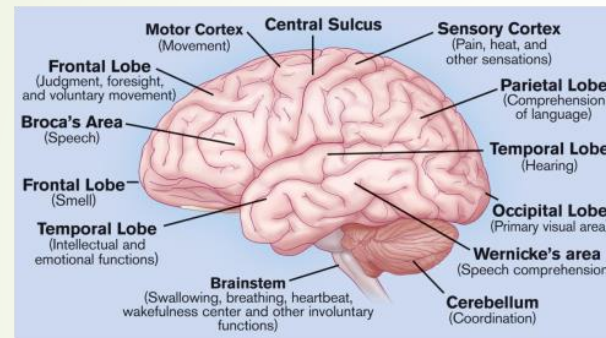
- **FACE DROOPING**
  - Does one side of the face droop or is it numb? Ask the person to smile.
- **ARM WEAKNESS**
  - Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **SPEECH DIFFICULTY**
  - Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?
- **TIME TO CALL 911**
  - If the person shows any of these symptoms, even if the symptoms go away, call 911 and get them to the hospital immediately.

#### CARDIAC ARREST

- Cardiac arrest occurs when the heart malfunctions and stops beating unexpectedly.
- Within seconds a person becomes unresponsive, is not breathing or is only gasping.
- Survival depends on getting immediate CPR. If you don't have formal training, learn the two easy steps to Hands-Only CPR [here](#).

# Patient Education/Visitor Restrictions

MY STROKE OCCURRED IN THE \_\_\_\_\_ OF MY BRAIN



I MAY HAVE CHALLENGES WITH:

MY STROKE RISK FACTORS THAT I CAN MANAGE INCLUDE:

High Blood Pressure___	Weight Excess with BMI > 25___
Diabetes___	Lack of Physical Activity___
Heart Disease___	Tobacco Abuse___
Atrial Fib___	Alcohol Abuse___
High Cholesterol___	Substance Abuse___

MY BLOOD PRESSURE GOAL:

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10 RULES OF REHAB

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with 24 activities

KAREN D. SALLIUM, PhD, ARPD  
Assistant Director of Stroke Care

The graphic features a winding road with numbered markers 1, 2, 3, and 4, symbolizing a journey through stroke recovery.

<https://www.icfyb.com>

Thank You

