

UNC Medical Center Comprehensive Stroke Center: Impact of COVID-19 on Stroke Care

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“Stroke care has always been a multispecialty, collaborative effort among emergency medical services, physicians, and nurses from the EDs to the stroke units, ICUs, and rehabilitation centers. Collaboration, collegiality, and compassion for one another are crucial to making it through this challenge.”

(AHA/ASA Stroke Council Leadership, 2020)



UNCMC's Experience on COVID-19 Impacts to Stroke Care



- Impacts to all aspects of stroke care from pre-arrival through post-discharge, recovery and beyond.
- Processes that took months and years to develop and perfect, had to be rapidly updated in days to weeks.
- Communication, change overload and resource constraints impacting staff resiliency and burnout.
- Further impacts being realized as the 'COVID sprint' has become the 'COVID marathon'

Thrombectomy Processes

Impacts of COVID-19 to Thrombectomy Processes

Pre-COVID Workflow:



Outside Hospital Transfers



ED Presentation



Inpatient Presentation

COVID Challenges:



Outside Hospital Transfers



ED Presentation



Inpatient Presentation

- ✓ COVID +
- ✓ COVID PUI (High or Low Probability)
- ✓ COVID Undocumented
- ✓ COVID Negative

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Impacts of COVID-19 to Thrombectomy Processes



Outside Hospital Transfers

- Phone screening
- Communication of COVID status to teams prior to arrival
- Arrival area and landing location different based on COVID status
- Collaboration with COVID team for high probability and positive patients



ED Presentation

- COVID screen on arrival
 - Maintain direct-to-CT for negative screens
 - Positive screens triaged to COVID area first
 - Undocumented triaged to resuscitation rooms for assessment and PPE prior to CT
- Early communication with anesthesia (anesthesia response to ED when appropriate)



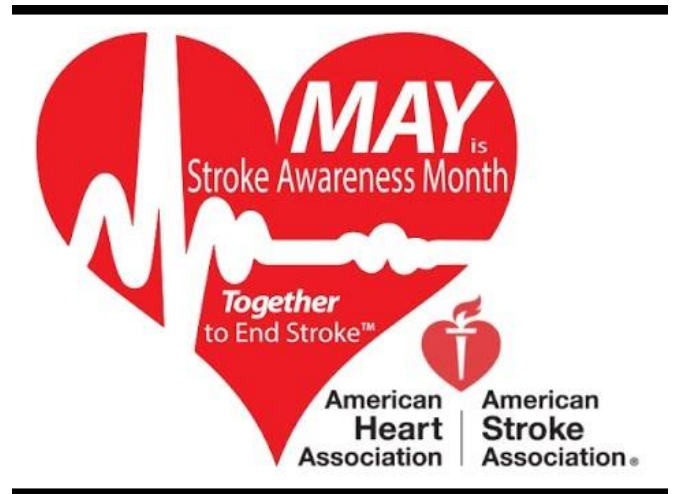
Inpatient Presentation

- Mirrored RRT/Code Processes
- COVID status communicated on page
- COVID +/-PUI:
 - Neurology at bedside, NSICU RN outside room
 - COVID Transportation route

Challenges of rapid hospital policy changes, PPE limitations and Testing Constraints

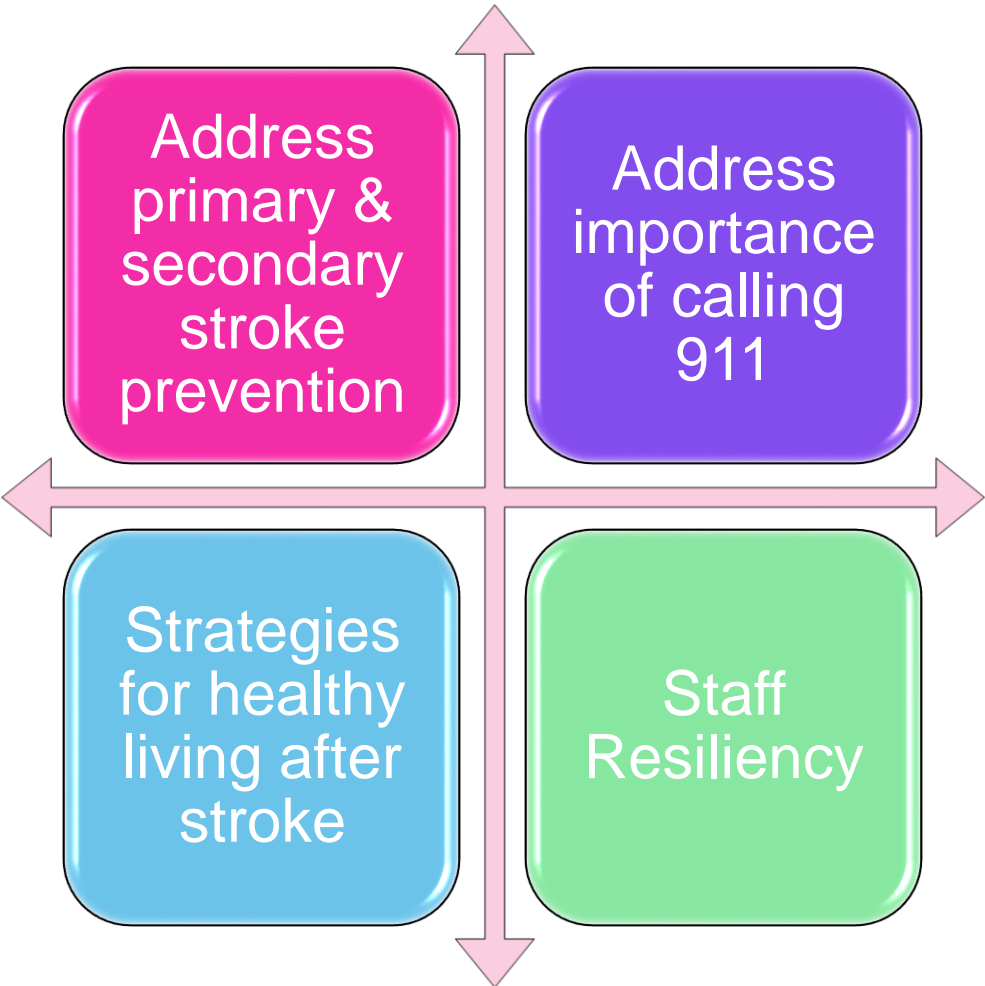
Community Education

“Improving stroke awareness during the crisis is the key. Stroke awareness education activities should not stop or be reduced; they should be enhanced. A robust systematic educational network should be established and enhanced to educate patients on what to do during the pandemic.” (Zhao et al., 2020)



(American Heart Association, 2017)

Stroke Awareness Month Goals



Stroke Awareness Month Strategies

Wellness Challenge

Daily social media post with a different wellness challenge each day

Challenges included physical activity, mindfulness, health eating, risk factor assessment, cognitive exercises and more!

Activities included adaptations for stroke survivors

Compiled posts into a document for those interested in doing the wellness challenge anytime

Video Challenge

Challenged stroke units to create short stroke awareness videos

Videos posted to social media

At the conclusion of the month, staff voted on their favorite

Staff Recognition

May is also Neuroscience Nursing Staff Week, Better Speech and Hearing Month and EMS Week

Created a Thank You video for staff

Stroke Awareness Month Strategies

Today's UNC Stroke Awareness Month Wellness Challenge is to try 10 lungest Lunges can help with strengthening your back, hips and legs. They can also improve mobility and stability which can decrease your risk for falling.

Ready to get started? Proper form is important for lunges. Check out this video to make sure your doing your lunges correctly:
<https://www.youtube.com/watch?v=Q0Vai-wm-0GU>

Do you have joint/knee issues? Check out ways to modify a lunge while still getting the benefits:
https://www.youtube.com/watch?v=w_CP21-Ljs

Are you a stroke survivor? Check out The American Heart Association's video on Post-Stroke Mini Lunges or single leg mini squats with support as an alternative:
<https://www.youtube.com/watch?v=R3YEDs3Y7MI>
<https://www.youtube.com/watch?v=L7wvXG3vznc>

As always, please contact your health care professional before beginning a new exercise routine.

UNC Stroke Program's May 28th Wellness Challenge

Today's Challenge is to **try 10 lungest**

Lunges can help make your back, hips and legs stronger. They can also help with improving mobility and stability which can decrease your risk of falling.

Need some help getting started?
Check out the video on how to do a lunge.

Do you have joint/knee issues?
Check out the video on how to modify squats and lunges

Are you a stroke survivor?
Check out the video on the mini lunge post stroke exercise or single leg mini squats with support as an alternative

As always, consult a health care provider before starting a new exercise routine.



UNC Comprehensive Stroke Center is 🥰 feeling thankful.
Published by Nicole Burnett (?) · May 29 ·


Did you know that in addition to stroke awareness month, May is also Better Speech and Hearing Month? Our Speech Language Pathologists (SLPs) partner with us each and every day to provide therapy, services, education and support to our patients with stroke who experience language, cognitive and/or swallowing difficulties. Thank you to our SLP's - we appreciate all that you do!

Better Hearing & Speech Month



UNC Comprehensive Stroke Center
Published by Nicole Burnett (?) · May 6 ·

It's easy to get moving! Increasing your physical activity reduces your risk of stroke, and can improve your mood and sense of well-being. Check out our latest stroke awareness month video submission from our 6 neuroscience nursing staff, and residents demonstrating an easy way to increase your activity! Don't wait! Get up and move it! #strokeawarenessmonth #UNCComprehensiveStrokeCenter



UNC Comprehensive Stroke Center is with AANN: American Association of Neuroscience Nurses and AANN Triangle Chapter.
Published by Nicole Burnett (?) · May 11 ·

It's Neuroscience Nursing Staff Week! Every day, our neuroscience nursing staff touch the lives of our patients, their families and everyone around them. Although we cannot all be together to celebrate this year like we normally would, we want to say thank you for the caring, dedication and support you provide to our neuroscience patients. We are so proud of the work that you do and the difference that you make in the lives of our patients and their loved ones. You make a difference at UNC and it shows!



UNC HEALTH CARE
NEUROCARE

ONE MISSION, ONE TEAM

EMS Week 2020
Thank you to all of our Emergency Medical Services partners for always being a critical piece of our UNC Comprehensive Stroke Center Team!



UNC Comprehensive Stroke Center is 🥰 feeling strong.
Published by Nicole Burnett (?) · May 14 ·

Stroke Awareness Month Wellness Challenge is Squats! Adding as a part of your strength and resistance exercises, can add variety to your workout routine. Regular exercise can also help to improve your wellness and reduce your risk for heart disease and stroke. For survivors, squatting can help with balance and leg strength which can reduce your risk of falling.

Are you a stroke survivor with leg weakness? April Xayavong, PT with UNC's department of Physical Therapy demonstrates how the exercise can be adapted for stroke survivors.



Virtual Rounding

NSICU Virtual Rounding

- Physical distancing limits both staff to family and staff to staff interactions greatly
- Implementation of WebEx Teams for rounding for physical distancing
 - Allows for continued medical student education
 - Allows for healthy, quarantined staff to participate offsite
 - Consult services for pending tests/positive patients
- Use of phone and video calls to update family members virtually
 - More time and effort needed to build relationships, trust and rapport with families

“Loss of personal interaction at work due to physical distancing has an impact as well. People love going to work, not only because they feel they are helping the patients, but because they enjoy the people they work with. This loss of personal interaction affects mental wellness. This mental and physical strain has gone on so long and burnout is real.”

*-Rhonda Cadena, MD
Interim Division Chief, Neurocritical Care
UNC Medical Center & UNC Rex*

