

NATIONAL STROKE WEEK | 2-8 AUGUST 2021

CNME

Loddon Mallee

2021

Topic Talks

Stroke management

It is well known that stroke care service delivery is varied between rural and metropolitan areas. High quality stroke care is essential to improve survival - but how? This week focuses on Stroke Management.

Stroke is one of Australia's biggest killers and a leading cause of disability, but more than 80% of strokes can be prevented.

Facts about Stroke in Australia

- There were 27,428 Australians who experienced stroke for the first time in their lives in 2020, which equates to one stroke every 19 minutes
- More than 445,087 Australians are living with the effects of stroke
- In 2020, 24 percent of first-ever strokes occurred in people aged 54 years and under
- Without action by 2050 it is predicted that the number of first-ever strokes experienced by Australians annually will increase to 50,600, or one stroke every 10 minutes

Let's talk

Suggested questions to ask yourself or your peers this week



How would you rate your level of understanding of this topic?

Watch a webinar, listen to a podcast, look at the websites. Learn something new.

Despite a lack of resources available in rural areas, using clinical guidelines including a clinical pathway has been shown to improve outcomes for patients suffering stroke.

What is your stroke management policy / pathway?

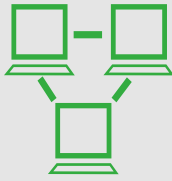
A recent study (Gardiner 2020) showed that current transfer times for rural and remote stroke patients are largely outside the time windows for re-perfusion methods.

Read the article (see references for link). What is your average transfer time? How quickly are you able to transfer a patient to a stroke unit if needed?

What are 2 new pieces of information you have learned about the topic this week?

Think about what you have learned. How can you use this learning going forward?

Loddon Mallee Activities and Resources



What's on the Web?



References:



Tuesdays@2 Webinar Series

Tuesday 3rd August 2pm : Join the webinar via the [Bendigo Health Website](https://bendigohealth.org.au)

or via zoom <https://bendigohealth.zoom.us/j/93324155450?pwd=Nm9iSUZmSEI4enJHWFRheWRtaTdaUT09>

Speaker:

- Tessa Coupland - Stroke Coordinator

Topic: Stroke management update

Other events: National Stroke Week 2-8 August. More information here: <https://strokefoundation.org.au/What-we-do/Prevention-programs/National-stroke-week>

E-Learning:

- Stroke Foundaton InformMe <https://strokefoundation.org.au/What-we-do/For-health-professionals-and-researchers/informme>
- Stroke Society of Australasia Online Training Tools <https://www.strokesociety.com.au/education/online-training-tools/>

Webcasts:

- Stroke Foundation (2018) Updated clinical guidelines for stroke management [58:09] <https://vimeo.com/281928047>
- Stroke Foundation (2017) Acute Stroke Management and Prevention - A/Prof Dr Bruce Campbell [1:03:42] <https://vimeo.com/215449572>
- World Stroke Organisation (2020): Stroke Medicine <https://www.world-stroke.org/what-we-do/education-and-research/webinars/stroke-telemedicine> [59:45]
- Stroke Foundation. [Stroke Stories](#)

Podcasts:

- Stroke Foundation Pain after stroke [42:45] <https://enableme.org.au/Community/Podcasts/Pain>

Patient Education Resource: [Stroke Foundation My Stroke Journey](#)

Web Sites:

- [Stroke Foundation](#)
- [Safer Care Victoria: Stroke](#)
- [Stroke Society of Australasia](#)

- Gardiner, F., Bishop, L., Dos Santos, A., Sharma, P., Easton, D., Quinlan, F., Churilov, L., Schwarz, M., Walter, S., Fassbender, K., Davis, S., Donnan, G. (2020) Aeromedical Retrieval for Stroke in Australia. Translational Research in Stroke. 49:334-340. (Retrieved from) <https://www.karger.com/Article/Abstract/508578>
- Prior, S., Reeves, N., Campbell, S. (2016) Challenges of delivering evidence-based stroke services for rural areas in Australia. Australian Journal of Rural Health. 28(1): 15-21. (Retrieved from <https://onlinelibrary.wiley.com/doi/abs/10.1111/ajr.12579>)
- Stroke Foundation (2021) Learn About Stroke: National Impact. (Retrieved from) <https://strokefoundation.org.au/>