

Increasing Recognition of FAST Symptoms in Stroke Patients

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Increasing Recognition of FAST Symptoms in Stroke Patients

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Background

- Risk Factors: Hypertension, Smoking, Diabetes, High Cholesterol, artery disease, illegal drug use, age, gender, race, and previous history (American Stroke Assoc., 2017)
- 3rd leading cause of death and by 2020 will be the leading cause of death (Jones, Jenkinson, Leathley, Watkins, 2010)
- Ischemic vs. Hemorrhagic, stroke symptoms: FAST (Musuka, Wilton, Traboulsi, Hill, 2015)

PICO

P: Unlicensed registration personnel, 30 staff

I: Educate 30 registration staff

C: No education for 30 registration staff

O: Knowledge of stroke symptoms pre and post-education

Evidence

Article 1: A Time series evaluation of the FAST National Stroke Awareness Campaign in England

- Administering rapid thrombolytic within 4.5 hours for ischemic stroke, improves prognosis
- FAST mnemonic created to identify stroke symptoms quickly
- Within 1st year, had 55% increase in emergency calls

Article 2: Stroke knowledge and awareness: An integrative review of the evidence

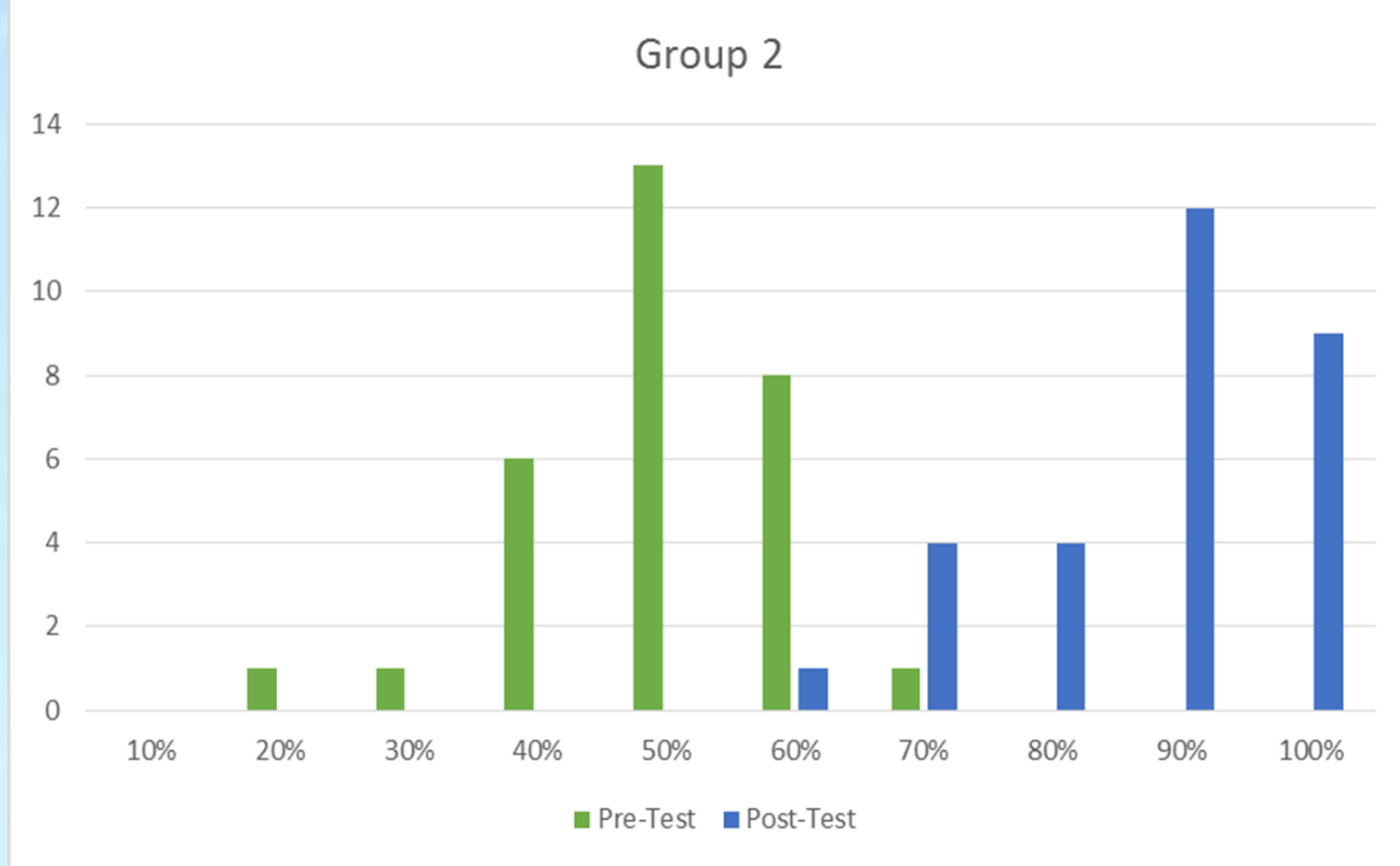
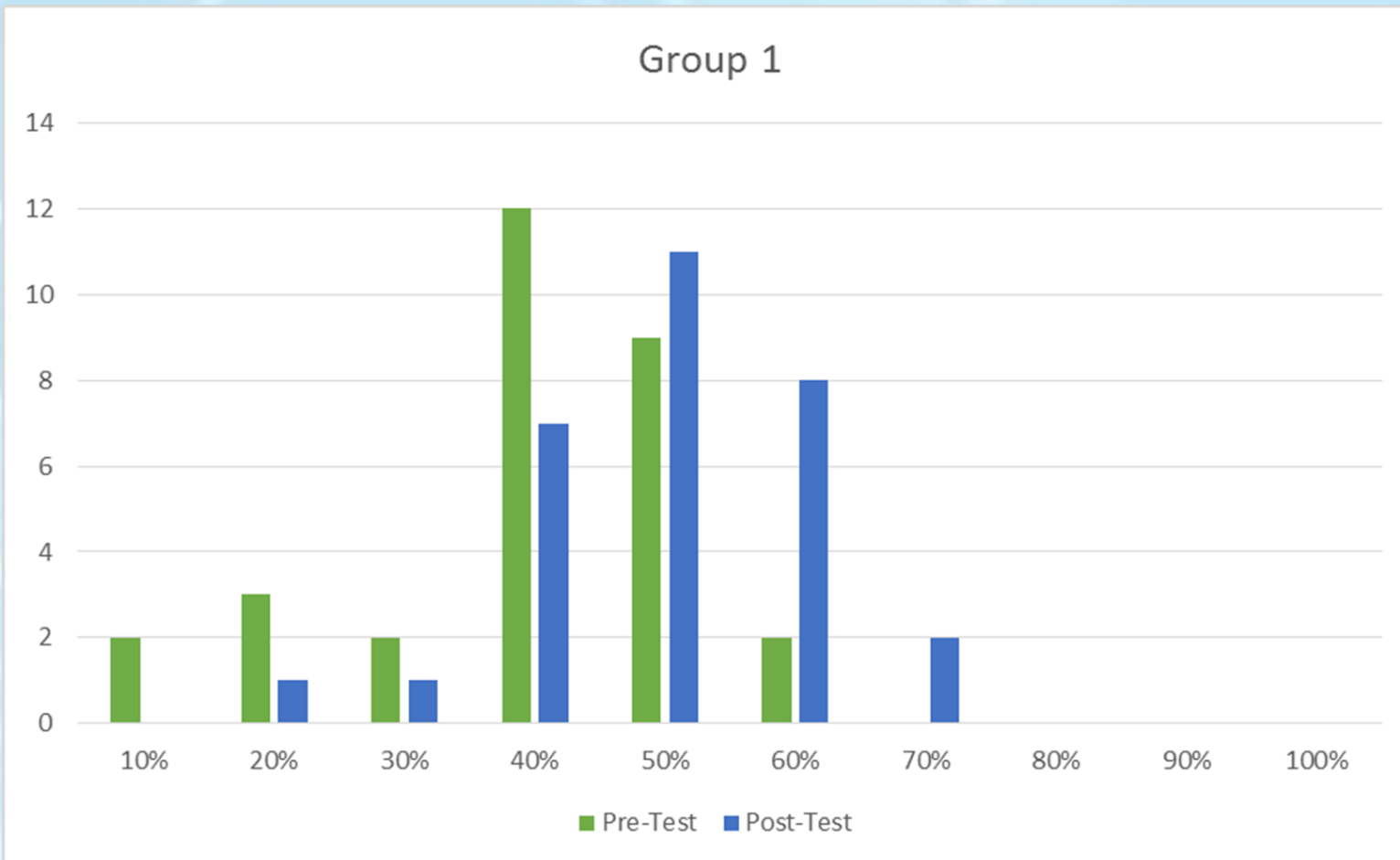
- One study concluded that only 38% of the public could list one or more stroke symptoms when asked as an open ended question
- In one study of those who have had a stroke, only 18% called EMS, whereas 80% called their PCP.

Article 3: Diagnosis and management of acute ischemic stroke: Speed is critical

- Most important to characterize stroke is the sudden onset, with symptoms peaking within a few minutes
- Symptoms depend on region of brain affected but can have other symptoms including diplopia, decreased consciousness, incoordination, dysphagia, headache

Outcomes

- There was a significant increase in test scores in group two, following education. The greatest pre-test scores for this group were between 40% and 60%, with 27 people falling in this range. The greatest post-test scores were 90 to 100%, with 21 people scoring in this range.
- Group one did not have education. Little change between pre-test and post-test. scores were noted. Most people hovered between 40 and 60 percent for both tests.



Stroke Recognition: Test of Knowledge

Fill in the mnemonic for FAST:

F
A
S
T

Select 3 that apply for risk factors for a stroke: (circle 3)

a. Exercise
b. Smoking
c. High blood pressure
d. Ear infection
e. Thyroid disease
f. History of a stroke

Are there 2 types of stroke? (circle one)

True
False

Time frame for stroke treatment: _____ hours (fill in blank)

Strokes only happen in adults. (circle one)

True
False

Test score: _____

Implementation

- We administered a test to two groups of non-licensed personnel, with each group containing 30 people.
- Each test consisted of 5 questions, 10 points total.
- Group two was then provided education on strokes and recognizing the symptoms, while group one did not.
- Same test as pre-test was given to both groups to determine if educating non-licensed personnel showed increasing test scores.

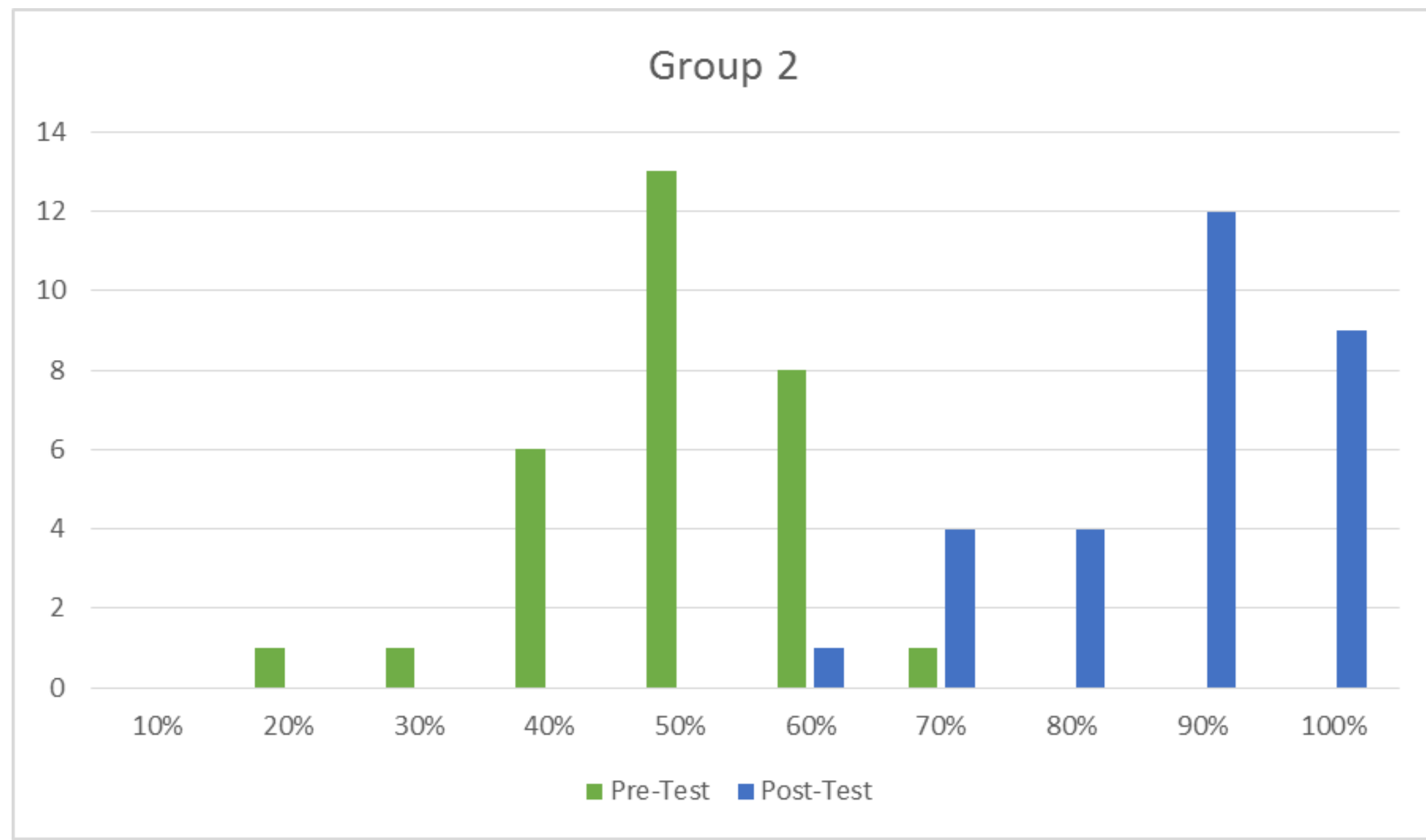
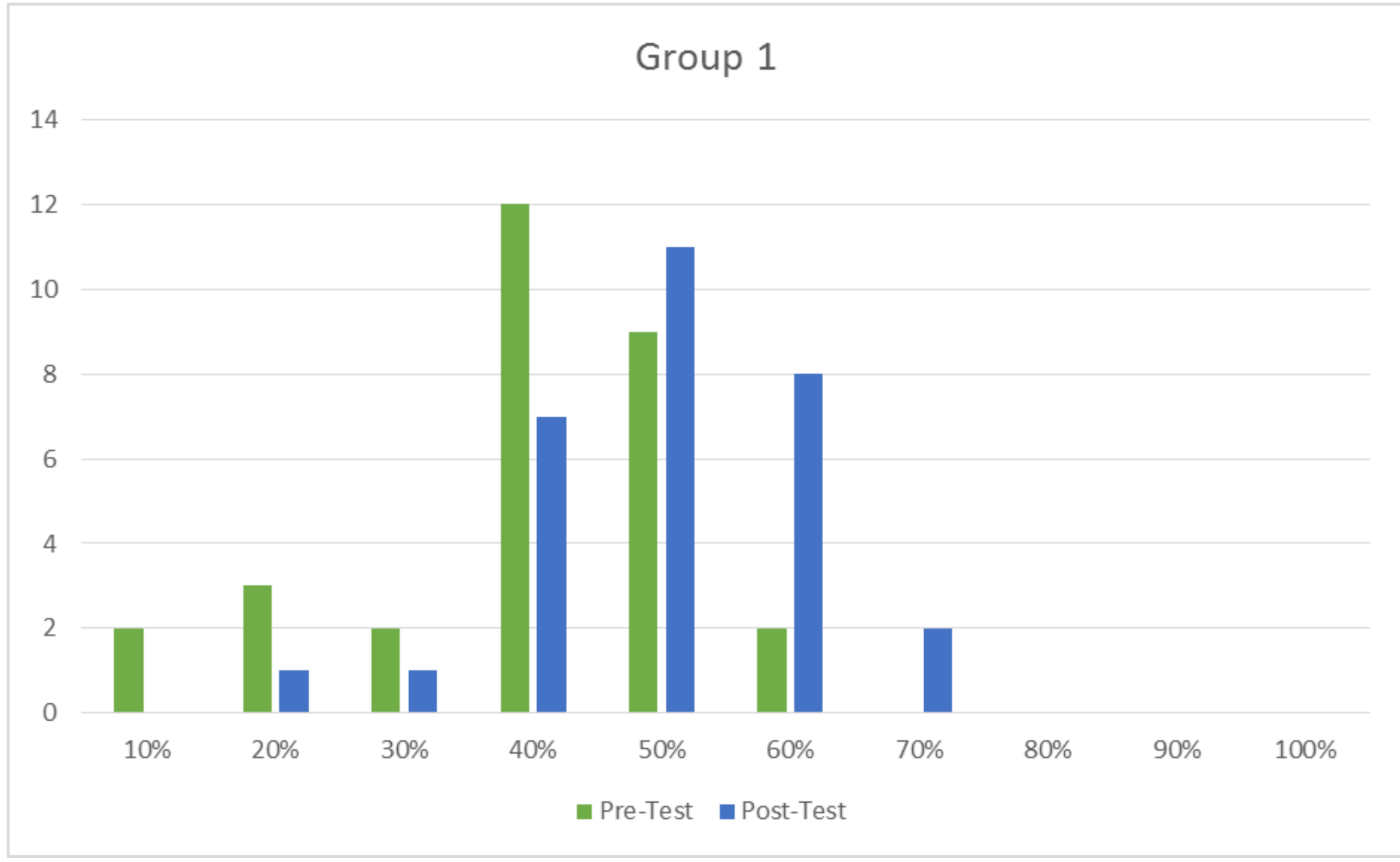
Next Steps

- Supply non-licensed personnel with FAST badge cards
- FAST posters in areas of ED
- Implement TLC module for non-licensed personnel

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