

What About Me?

Stroke: The Other 95%

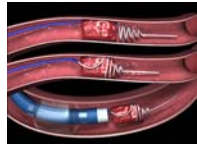
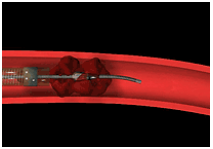

Sandy Dancer, RN, ANP

- ## Objectives
- Will be able to describe
 - How to save brain
 - Monitoring for complications
 - Preventing complications
 - Stroke work up
 - Getting to optimum outcomes
 - Preventing future strokes

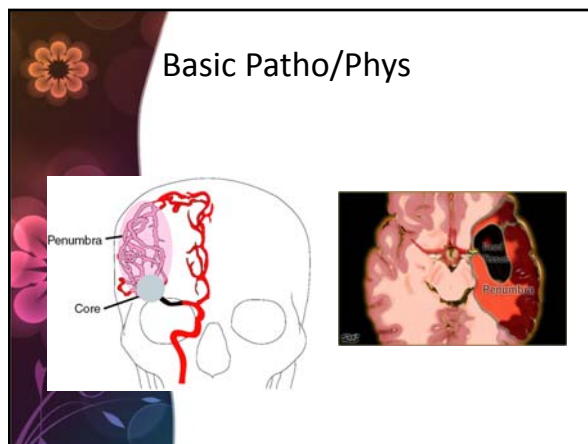
- ## Just the Facts
- tPA treatment rate
 - Stroke centers 4.8%
 - Non-designated centers 1.7%
 - tPA + Intervention 39%
 - Strokes untreated 61-95%
- Rymer, 2011
Fang, Cutler, Rosen 2010

Just the Facts

- IV tPA
- Cath lab intervention
- Study treatments

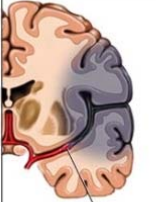


- ## Improving Outcomes
- Solid nursing care
 - Solid physician care
 - Early rehabilitation



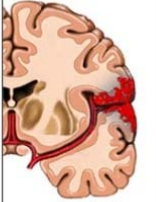
Ischemic Stroke

Ischemic stroke

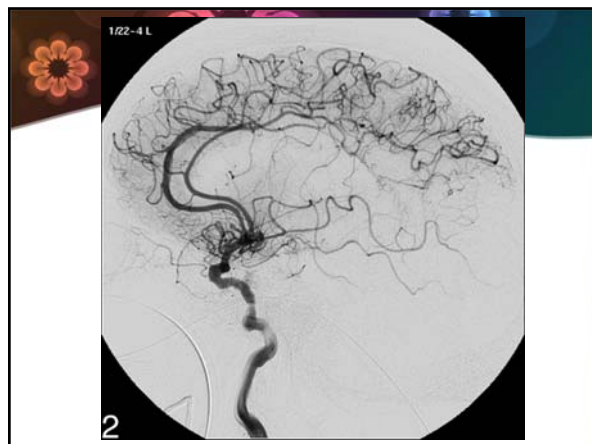


A clot blocks blood flow to an area of the brain

Hemorrhagic stroke



Bleeding occurs inside or around brain tissue



Saving Brain

Day 1-5
Day 1-14

Penumbra Care

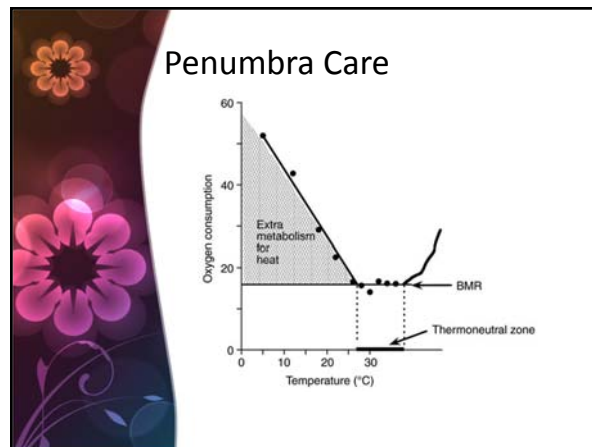
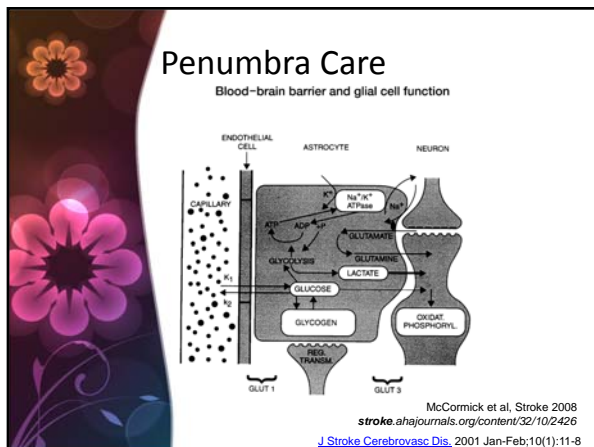
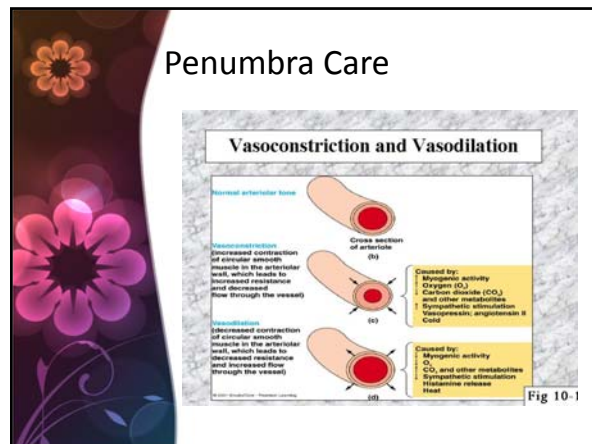
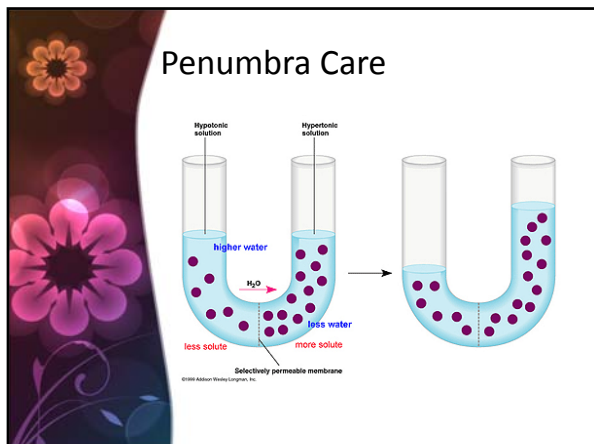
Ischemic 140-180
Hemorrhagic 140-160




Penumbra Care

Solution	Effect of adding one liter	
	Change in <i>ECF</i>	Change in <i>ICF</i>
D5W	333 mL	667 mL
2/3D & 1/3S	556 mL	444 mL
Half-normal saline	667 mL	333 mL
Normal saline	1000 mL	0 mL
Ringer's lactate	900 mL	100 mL

[www.finlay-online.com/.../Introduction_to_IV_Therapy\[1\].ppt](http://www.finlay-online.com/.../Introduction_to_IV_Therapy[1].ppt)



- ### Patient Getting Worse
- Lay them flat
 - Turn up the IV
 - Call an RRT
 - Check their blood pressure
 - Check their blood sugar
 - Do a neuro assessment

- ### Magnesium
- Inhibits release of Glutamine
 - Excitatory neurotransmitter
 - Neuroprotective?
 - Fast Mag

Phosphate

- Phos to make ATP
- ATP for RBC to transport O2

Nicotine

- Causes vasoconstriction
- No nicotine patches
- Time to quit?

Circulation Research. 1988;62:891-895

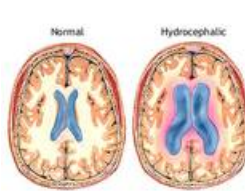
Treating Complications

Seizures

- May be subtle
- Burns up oxygen / nutrition

Hydrocephalus

- Headache
- Decreased LOC
- Change in neuro deficit

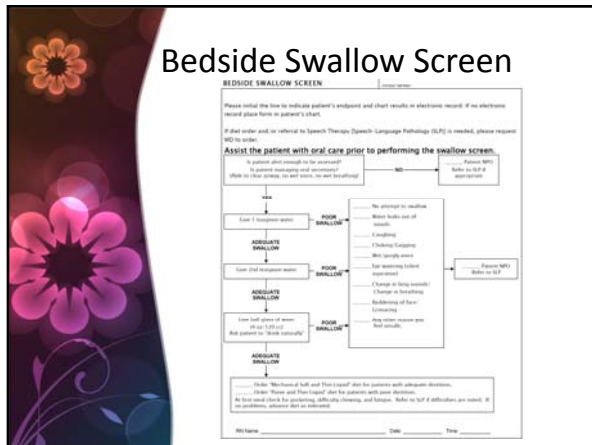


Sodium Salt Wasting

- Huge output
- Low serum sodium
- Inappropriate ADH
- Decreased LOC
- Seizures
- Death

Serum Na	SIADH	DI	CSW
Serum Osmo	low	elevated	low
Urine Osmo	low	elevated	low
Urine Na	high	low	elevated
Volume status	euvolemia	depleted	depleted
Urine output	low to normal	high	high
Therapies	H2O restrictions Demeclocycline, Urea, lasix, rarely 3% NaCl	Liquids IVF(D5W,hyper) DDAVP vasopressin	3%, 6% NaCl Florinef

Preventing Complications



- ## DVT Prevention
- Hypercoag state
 - Immobility
- www.thebraininstitute.com/research/_/022%20LIB%20PAPER.pdf



Figuring Out Why

Diagnostic Studies

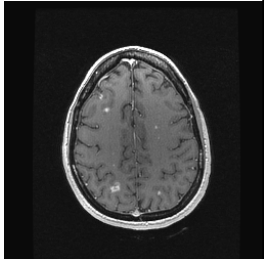
- CT scan / MRI
- Doppler / CTA / MRA / Angio
- Echocardiogram

Lab Work

- Lipid panel
- HgA1C
- Hypercoag studies
- Tox panel

Monitoring

- Telemetry
 - Inpatient
 - Outpatient



Other Thoughts

- Cancer
- Hormones

Optimum Outcome

Rehab Services

- Physical therapy
- Occupational therapy
- Speech Language therapy
- Inpatient
- SNF
- Acute Rehab
- Outpatient

Preventing Future Events

Prevention

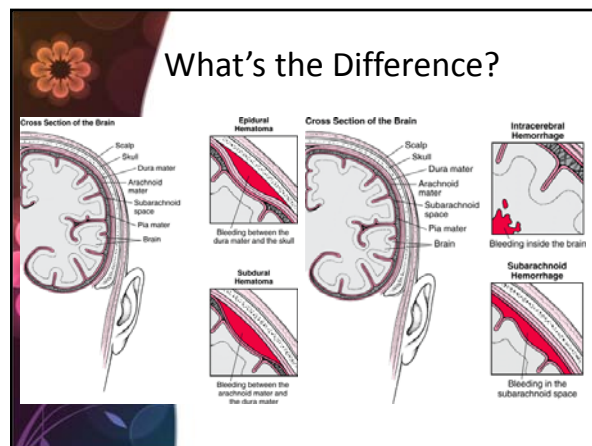
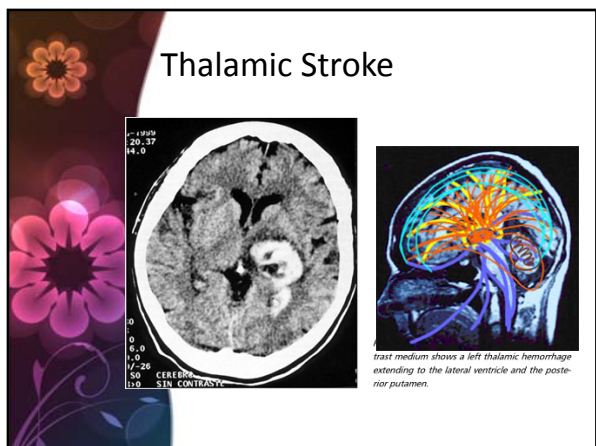
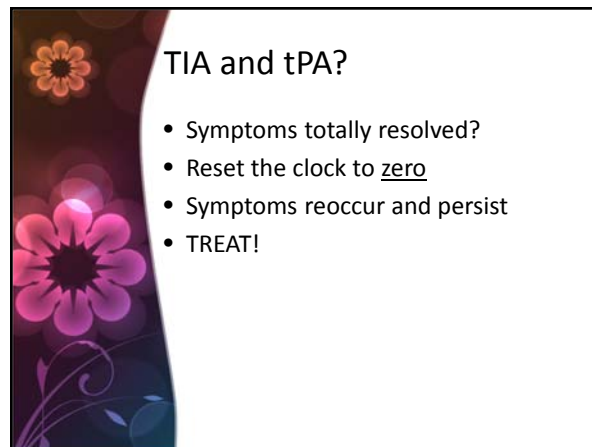
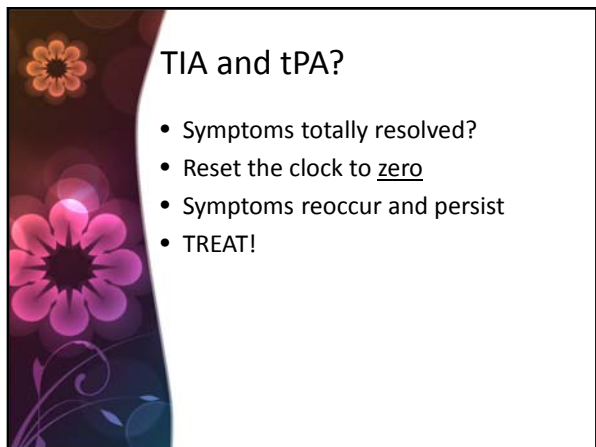
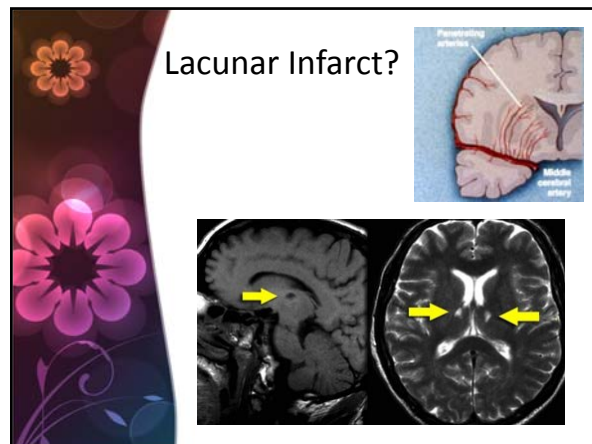
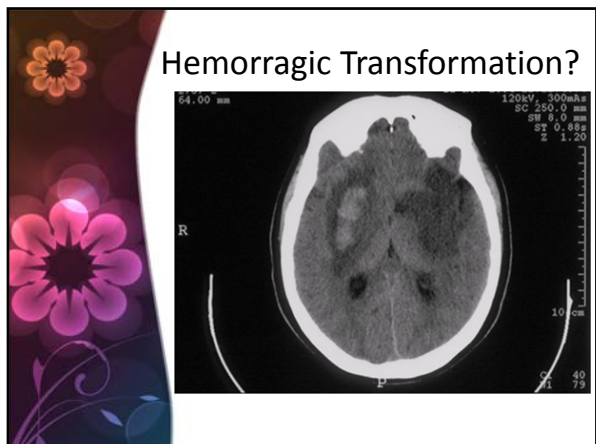
- Take medications
- Don't smoke
- Regular exercise
- Manage weight
- Alcohol in moderation
- Manage diabetes
- No illegal drugs
- No hormone therapy


What the Heck?

But the CT is negative?

- First 6- 12 hours - ischemia
- MRI will show infarct immediately

Watershed Infarct?





**Acute Neurovascular RN (NVRN)
Review Course and Exam**
El Camino Hospital
2500 Grant Road, Mountain View CA 94040

Review November 16 and 17, 2012 7:30am—4:00 pm
Exam November 18, 2012 8:45am

Registration & Core curriculum at www.anvc.net
Exam fees discounted for members

13.0 continuing nursing education contact hours will be awarded to full attendance, of which 2.25 are of pharmacology content. (A274-A251-0530-12)

The Academy for Continuing Education (ACE), Health Solutions, Arizona State University is an approved provider of continuing nursing education by the Arizona Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

