

SENTARA STROKE PROGRAM



LATEST TECHNOLOGY COMBINED WITH EXPERT CARE

At Sentara, we know how important time is when treating a stroke. The Sentara TeleStroke program utilizes video-enabled carts to ensure every patient has 24/7 access to a board-certified neurologist within minutes to provide expert evaluation, quick diagnosis and treatment.



**4,086
TELESTROKE
CALLS IN 2019**



**74% OF PATIENTS GIVEN
"CLOT BUSTING" DRUG (tPA)
WITHIN 45 MINUTES**



**AVERAGE OF 39 MINUTES
FROM HOSPITAL ARRIVAL
TO tPA DELIVERY**



Learn more at sentara.com/stroke or call **1-877-310-8713**.



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TELESTROKE TECHNOLOGY CONNECTS SPECIALIST QUICKLY TO TREAT PATIENT



Gale McCune

Gale McCune opened the Sentara Williamsburg Regional Medical Center gift shop on a Saturday as she had every week for years. This time, about 15 minutes into her shift, she felt disoriented.

"When my customers were ready to check out, I went around the counter and put my hands on the cash register, but I had no idea what to do next," Gale, 78 of Williamsburg, recalls. "I tried four times and it didn't come to me."

Her customers called for help immediately.

STROKE TEAM SPRINGS TO ACTION

"I passed a mirror on the way to the ER and looked at my face," Gale says. "My right side was drooping."

Her ER team called a stroke alert, which initiates the TeleStroke program. Staff wheeled in a cart with sophisticated video equipment that links the patient, ER doctors, and a neurologist experienced in treating strokes.

"It's similar to an interactive FaceTime. This technology gives us access to a board-certified neurologist 24/7."

"It's similar to an interactive FaceTime," says Barb Runk, a clinical nurse specialist. "This technology gives us access to a board-certified neurologist 24/7."

A CT scan revealed a clot, which was blocking proper blood flow to Gale's brain, causing the stroke.

Dr. Grunsfeld, the neurologist covering the TeleStroke service, ordered a drug called Alteplase, also known as tPA. The injected drug breaks up blood clots, but must be given within 4.5 hours from stroke onset in order to be effective.

"Time is brain," says Dr. Grunsfeld. "Our emergency room physicians team up with neurologists and endovascular surgeons, who are board-certified and specialty trained in neurovascular disease, to quickly assess and treat acute stroke symptoms."

Gale is pleased with her progress and grateful for her care at Sentara. "I appreciated the superb attention and care I received," Gale says. "I wasn't aware how serious the situation was because everyone involved in taking care of me was very professional and did exactly what they were trained to do."

TELESTROKE TECHNOLOGY SPEEDS UP STROKE TREATMENT

Time is brain. That's why every minute counts after someone suffers a stroke.

During a stroke, a blocked or ruptured blood vessel obstructs blood flow – and oxygen – to the brain. Researchers have found, the brain loses 1.9 million neurons, the equivalent of more than three years of normal aging, every minute of a stroke. When brain cells die, they cannot regenerate.

With TeleStroke technology at Sentara Healthcare, stroke patients receive prompt, specialized care from a board-certified neurologist. "TeleStroke is a valuable tool for us to deliver the highest standard of

care to our patients," says Dr. Alexander Grunsfeld, the Medical Director of Neurosciences at Sentara. "When a neurologist can initiate care right way – even from a distance – the patient will have a better outcome."

HOW DOES TELESTROKE WORK?

Before TeleStroke, when a stroke alert was issued, a neurologist would be called to the hospital if not already there. Not only was this less efficient, it also meant valuable time was lost.

With TeleStroke, video-enabled carts available in hospitals and

free-standing emergency rooms across the Sentara system enable 24/7 access to trained specialists who assess a patient remotely within minutes for a quick diagnosis and treatment.

Once in the room, the technology quickly connects the ER team, patient and neurologist. From there, the neurologist can zoom in on a patient for a neurological exam, review CT scans and other tests and communicate with the patient and ER staff.

With all of these pieces of information, the neurologist can confidently develop a rapid treatment plan for the patient, saving minutes and saving brain cells.