



Empowering Excellence: Elevating Post-Stroke Care in the Outpatient Setting

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No Disclosures

Objectives:

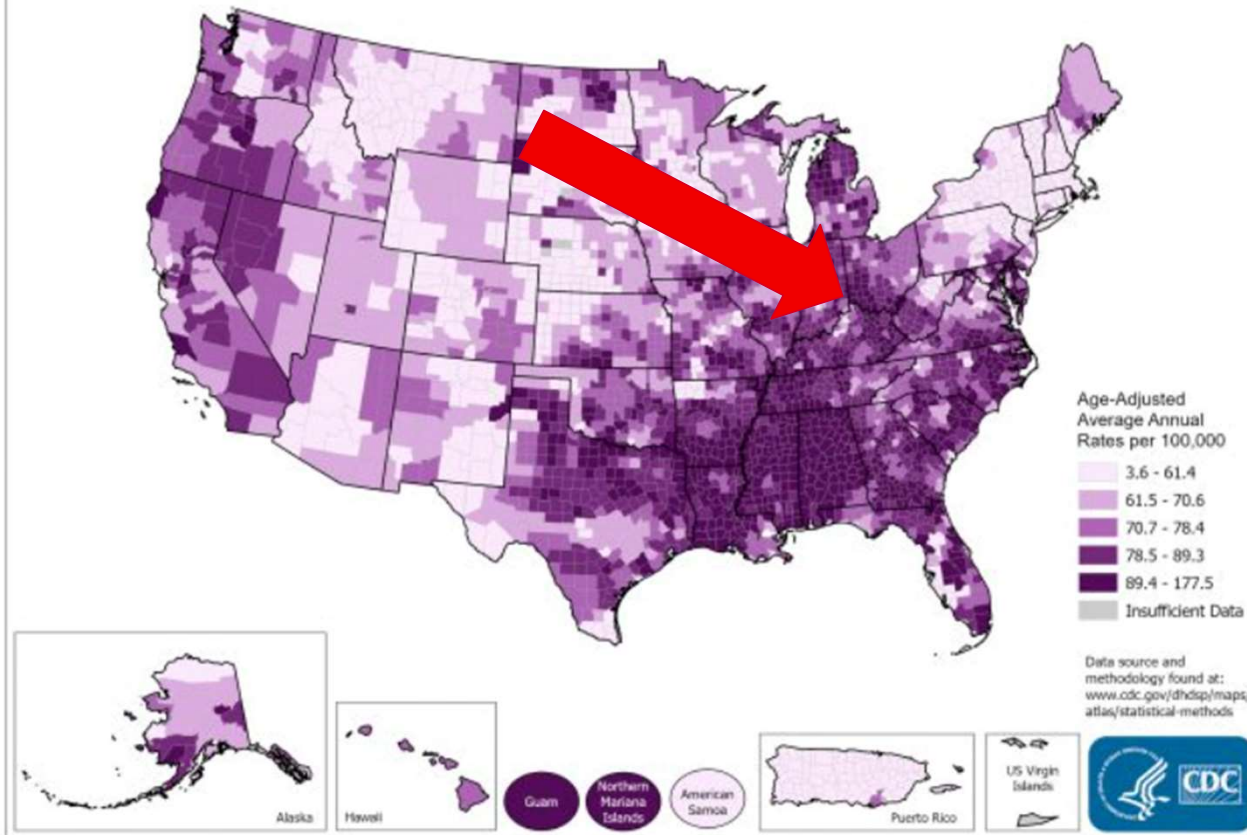
By the end of this presentation, attendees will be able to:

- Recognize the challenges faced by patients during the transition from inpatient to outpatient care.
- Gain insight into the importance of a multidisciplinary approach to post-stroke care and recognize the key roles of various healthcare professionals.
- Be familiar with best practices in post-stroke patient care, including medication management, rehabilitation, psychological support, and lifestyle modifications.
- Understand the significance of patient and caregiver education in post-stroke care.
- Address common challenges in post-stroke care and will be provided with practical strategies to overcome these obstacles.

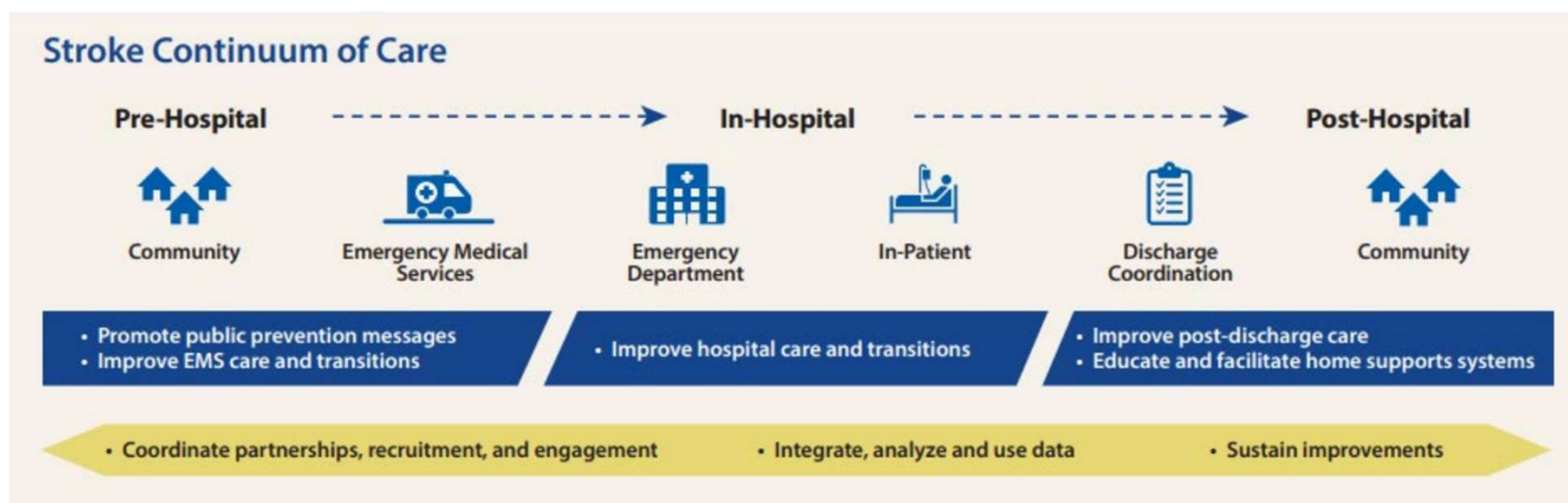
Understanding stroke and its impact

- In 2021, **1 in 6 deaths** from cardiovascular disease was due to stroke.
- **Every 40 seconds**, someone in the United States has a stroke.
- **Every 3 minutes and 14 seconds**, someone dies of a stroke.
- Every year, more than **795,000 people** in the United States have a stroke.
 - About 610,000 of these are first or new strokes.
- **Nearly 1 in 4 strokes** are in people who have had a previous stroke.
- About **87%** of all strokes are ischemic strokes.
- Stroke-related costs in the United States came to nearly **\$56.5 billion** between 2018 and 2019.
 - This includes the cost of health care services, medicines to treat stroke, and missed work days.
- Stroke is a leading cause of serious long-term disability. Stroke reduces mobility in more than half of stroke survivors ages 65 and older.

Stroke Death Rates, 2018 - 2020 Adults, Ages 35+, by County



The Transition from Inpatient to Outpatient Care



Source of image: [Paul Coverdell National Acute Stroke Program \(cdc.gov\)](https://www.cdc.gov/stroke/paul-coverdell-national-acute-stroke-program/)

Transition time course

First few weeks

Cognitive symptoms (memory, speaking issues)
Physical symptoms (weakness, swallowing issues)
Emotional symptoms (depression, impulsivity)
Fatigue and trouble sleeping

1-3 months after stroke

Most important for recovery
Spontaneous recovery
Anticipating setbacks

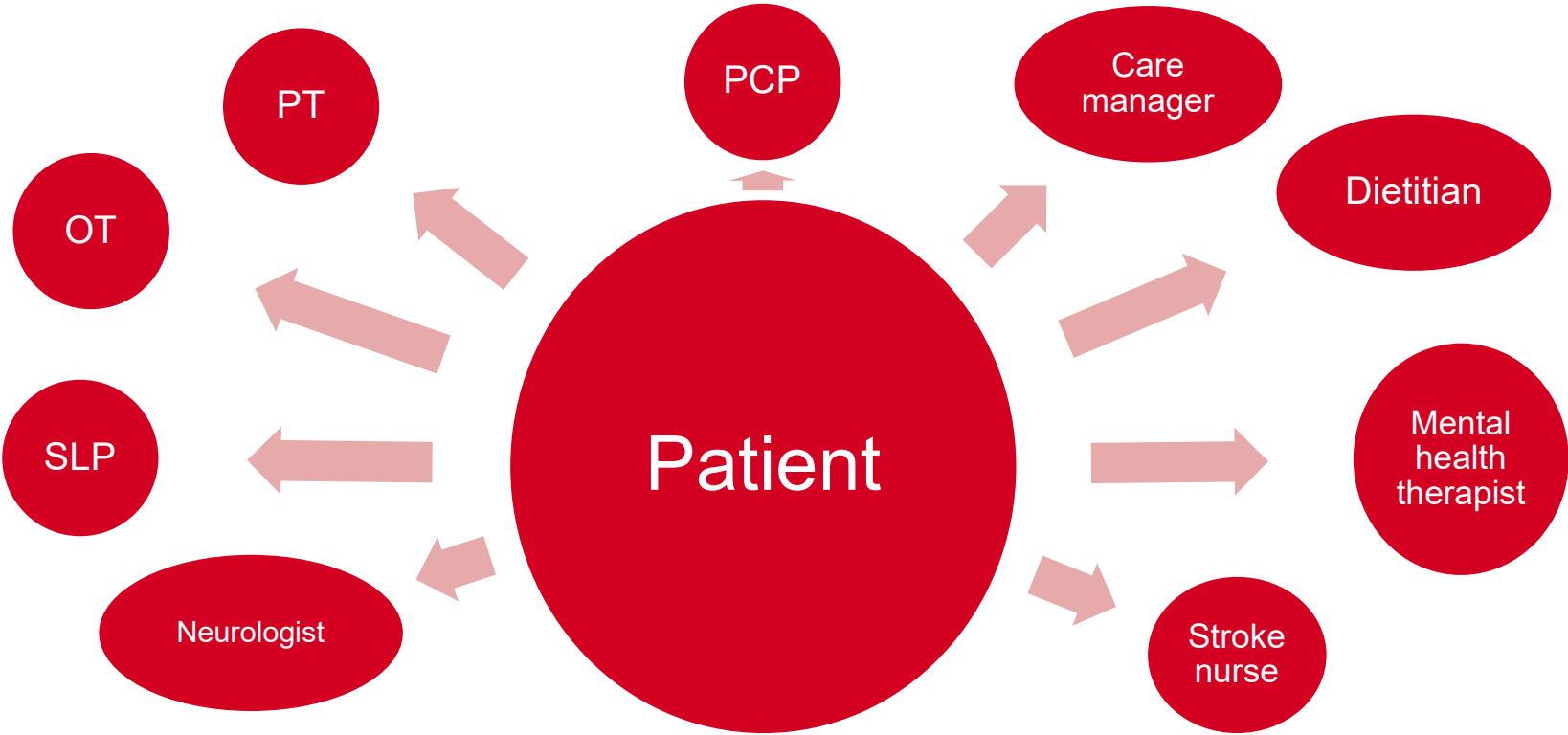
6-month mark and beyond

Improvements possible but much slower
Full recovery vs chronic stroke disease

Challenges faced by patients

- Having a safe place to live after discharge
- Having access to prescription medications
- Deciding what care, assistance, or special equipment is needed
- Arranging for rehabilitation services or other services at home
- Choosing the health care professional who will monitor your health and medical needs (do they have PCP?)
- Determining the caregivers who will provide daily care, supervision, and assistance at home
- Determining which community services may be helpful

Multidisciplinary Approach to Post-Stroke Care

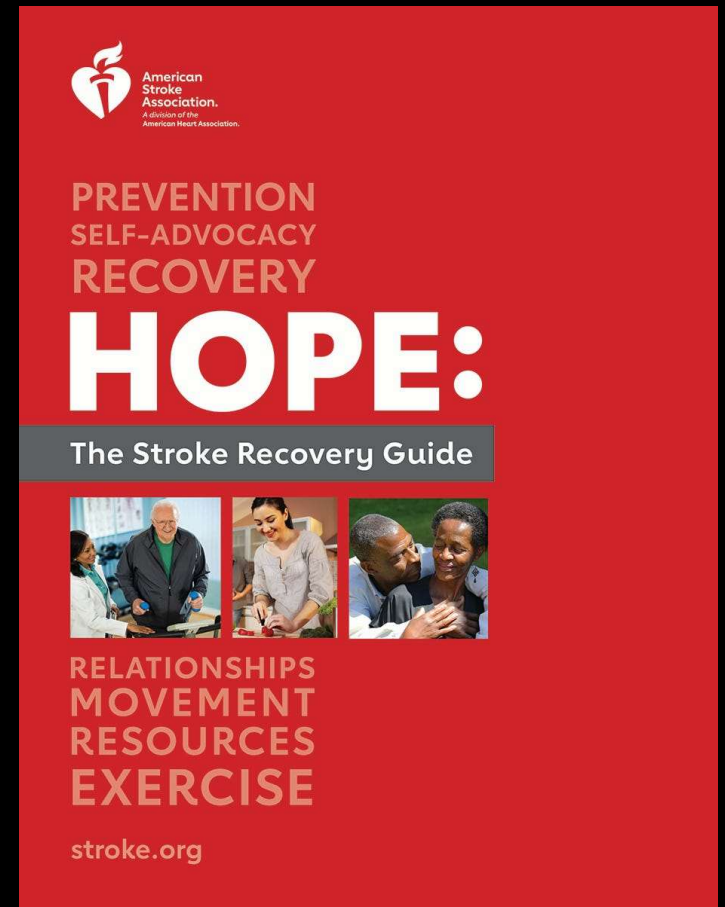


The background of the slide is a dark blue field filled with a complex network of glowing blue lines and nodes. The lines are thin and translucent, creating a web-like structure that radiates from a central point. Small, bright orange-red dots are scattered throughout the network, representing nodes or data points. The overall effect is one of dynamic energy and interconnectedness.

**COLLABORATION
IS
KEY**

Best Practices in Post-Stroke Patient Care

- Medication management
- Rehabilitation and physical therapy
- Psychological support and counseling
- Lifestyle modifications (diet, exercise, and risk factor control)



Empowering Patients and Caregivers

- Importance of self-advocacy
- Determining wants and needs
 - Physical
 - Emotional
 - Financial
- Caregiver needs and limitations



Addressing Common Challenges

- Communication difficulties
- Behavior changes
- Grieving process
 - Shock
 - Denial
 - Reaction
 - Mobilization
 - Acceptance
- Caring for the caregiver



Conclusion

- **Stroke is life-changing** for all parties involved
- **Collaboration is key** to long-term success
 - Break down silos in the rehabilitation team
 - Communication is necessary and expected
- **Mental health** is just as important as physical health when focusing on recovery
- **Don't forget about the caregivers!**

Q & A

 LTC Health[™]

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THANK YOU!