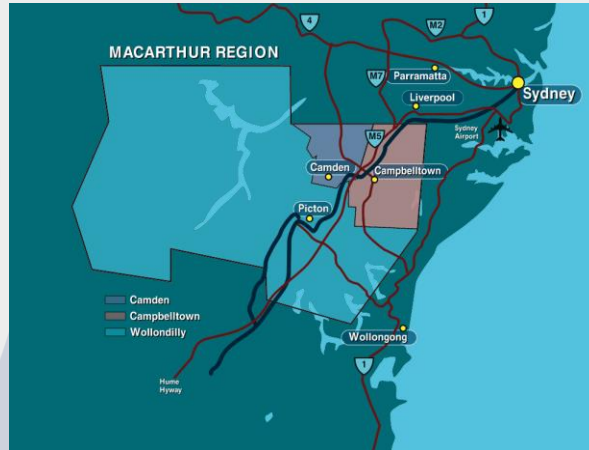


What is the Fuss of the T?



A Campbelltown Hospital experience



Presenter Beverley Macdonald



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F.A.S.T

Recognise **STROKE** Think **F.A.S.T.**



If you see any of these symptoms
Act FAST
call 000

F Has their FACE drooped?	A Can they lift both ARMS?	S Is their SPEECH slurred or do they understand you?	T Call 000, TIME is critical
--	--	--	---

How do you know if someone is having a stroke? Think...
F.A.S.T.

- **Face** Check their face. Has their mouth drooped?
- **Arms** Can they lift both arms?
- **Speech** Is their speech slurred? Do they understand you?
- **Time** Is critical. If you see any of these signs call 000 straight away.

<https://strokefoundation.org.au/about-stroke/stroke-symptoms>

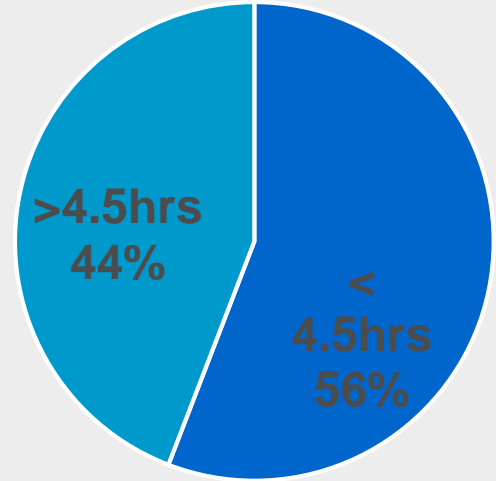


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Delayed stroke presentations to Campbelltown Hospital 2017

Time from symptom onset to
hospital presentation

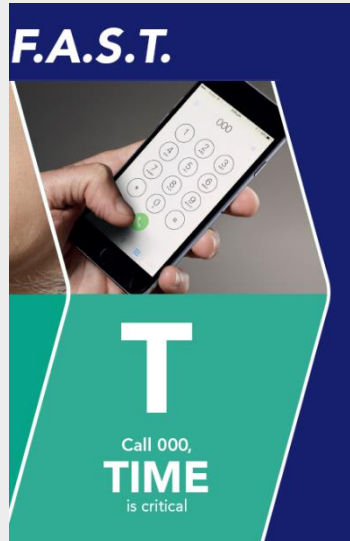
219/496 stroke /TIA
presentations to the ED
arrived > 4.5hrs and were
therefore not eligible to be
considered for thrombolysis



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Aim of the quality project

- To gain insight into the stroke survivor's understanding of the F.A.S.T message and particularly the recommended actions of the letter "T"



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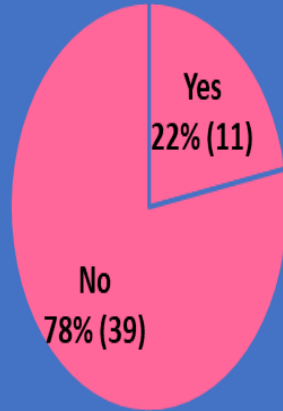
Method

- A questionnaire with 5 simple questions
- Target of 50 patients admitted with a diagnosis of stroke or TIA to the stroke /neurology beds at Campbelltown Hospital during a 6 month period in 2018/2019
- 48 patients and 2 spouses of suitable patients were successfully consented as participants
- Short bedside interview with Stroke liaison nurse and participant



Responses Question 1 and Question 2

HAVE YOU HEARD OF THE FAST MESSAGE?



WHAT DOES EACH LETTER MEAN TO YOU?

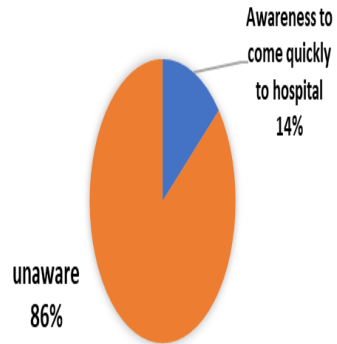


Responses Question 3

WHAT DO YOU KNOW ABOUT
THE LETTER "T" ?



AWARENESS OF FAST MESSAGE
RELATED TO GETTING TO HOSPITAL
QUICKLY



Comments

"FAST means go to hospital quickly" (2)

"I know the promotion is to get people to hospital"

"I just know to get help fast"

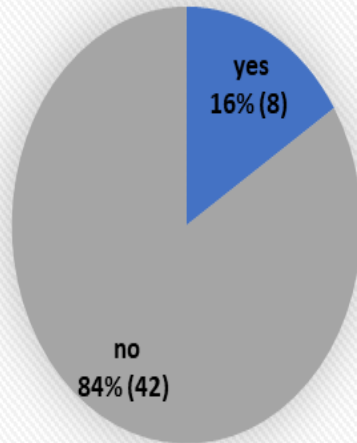
"I know you have to get to hospital in 2hrs"



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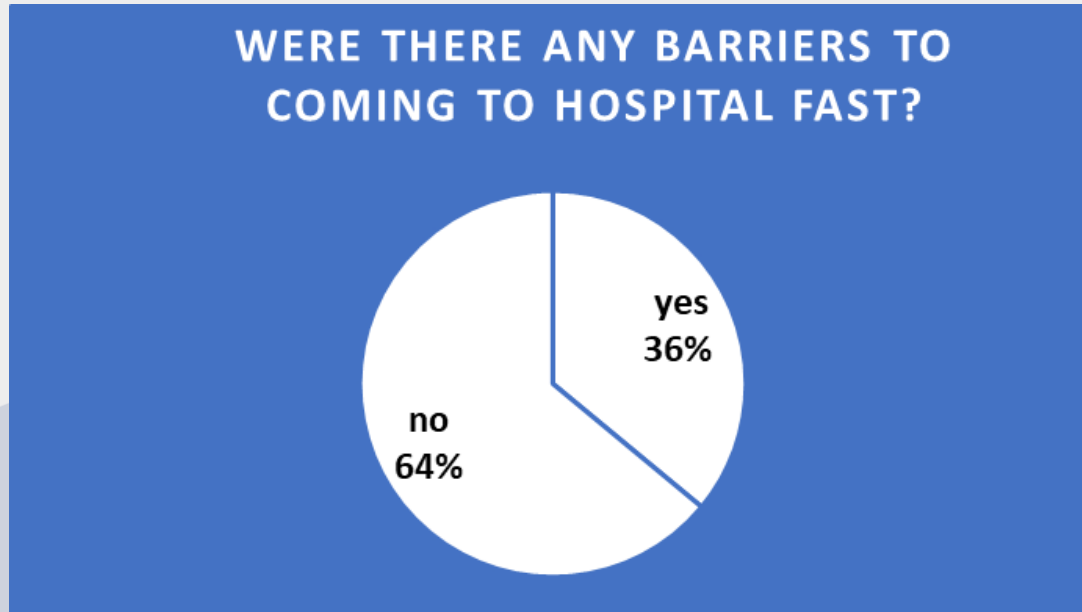
Responses Question 4

Did you know about the time for stroke treatments?



- 16% of participants had heard of emergency treatments available for stroke.
- 1 participant was not aware that there was a strict time period involved

Responses for Question 5



No Barriers to seeking urgent medical help

- **Family recognised signs (15/32)**

“I contacted my daughter and she advised that I should go to the hospital immediately” (diplopia)

“My son knew it was an emergency and called an ambulance” (face/speech/ loss of balance)

- **Self recognition (10/32)**

“My friend is a nurse on the neurology ward & she told me about FAST “ (UL sensory changes)

“I knew slurred speech was a sign of stroke as my dad & brother have had strokes” (speech/R limb weakness)

“I didn’t know that it might be a stroke but I came straight to hospital because it was sudden and unusual” (blurred vision)

“I thought that it might be a stroke and I needed to get to hospital quickly so my wife called an ambulance” (R UL & LL weakness)



No barriers to seeking urgent medical help

- **Friends recognised signs (4/32)**

“I checked with my neighbour who advised me to call an ambulance” (word finding difficulties)

“I knew something was wrong so I phoned a friend” (speech)

- **Inpatient strokes (2/32)**

- **Community recognition (1/32)**

“I was at the club and an ambulance was called immediately” (facial droop /slurred speech)



Barriers to calling an ambulance FAST

- **Signs not recognised as stroke (13/18)**

“I didn’t think that I needed to go to hospital for vision changes “ (hemianopia)

“I thought I had a virus. My daughter encouraged me to go to the GP” (L limb tingling/unsteady gait)

“I thought that I had just slept on my arm. In the afternoon it was still no better so my husband took me to hospital”. (UL numbness)

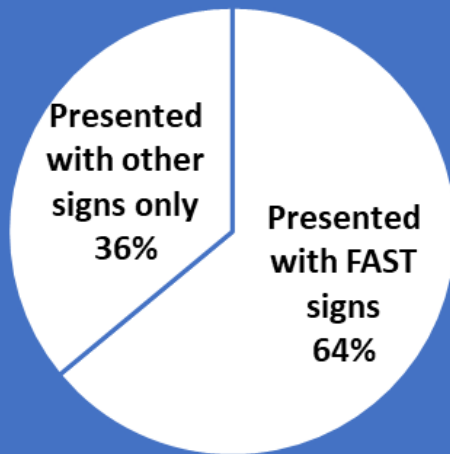
“I initially thought that I had a virus but later in the day I realised that I couldn’t bring a cup to my mouth properly-then I thought it might be stroke & I came to hospital “(vertigo & impaired co-ordination)

The patient’s wife reported that her husband could lift his arm and smile so they went to the GP (confusion /hand weakness)



Presenting Signs and Symptoms

NUMBER OF PATIENTS WITH FAST POSITIVE PRESENTATION



Barriers to calling an ambulance FAST

Reluctant to go to hospital despite signs (5/18)

“My partner recognised that something was wrong but I didn’t want to go to hospital” (speech)

“I had a TIA before so I thought that I would wait an hour and see if it would go away”. (L UL weakness)

“I was stubborn. The GP told me to ring an ambulance but I didn’t want to go to hospital” (R hand weakness)

“I rang my friend who said it sounds like a stroke but I insisted on going to see my doctor first. He sent me to hospital” (UL weakness)



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Conclusion

There is a small percentage of participants of a small quality project at Campbelltown Hospital who were aware of the FAST promotion.

Despite the lack of knowledge of the acronym 64% of patients came quickly to hospital

The majority of people received assistance/advice from others to facilitate FAST presentation.

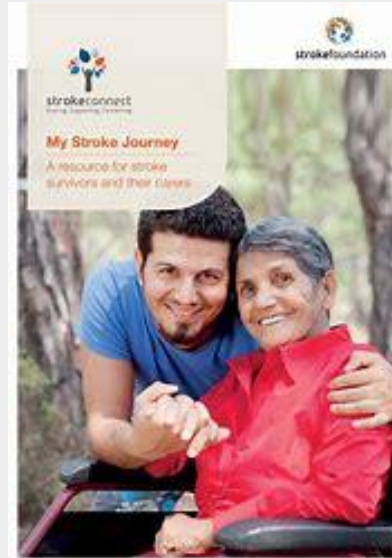
Ongoing education and promotion of F.A.S.T awareness in the community is vital to help reduce delays in presentations to ED and enable more patients to benefit from time critical therapies.

Stroke awareness education should include non-FAST signs of stroke such as balance, vision disturbance and sensory symptoms.



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Explaining the “Fuss of the T”



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Spread the word of the fuss about the “T”

Inpatient
settings

Outpatient
settings

Home
visits

Family and
friends

All social
settings



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Thanks and Questions

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