

What all of the FUSS with the "T"

Time-Travel--Triage-Transfer
Treatment-Therapy-TPA
Time = Brain



Presenter Angela Firtko



Health
South Western Sydney
Local Health District

All of us in the room are very familiar with **F.A.S.T** and what the **T** means or are You !

If you suspect a stroke, think F.A.S.T

F-Facebook announcement with your suspicions.

A-Ask for thoughts prayers

S-Search google for your symptoms

T-Try lavender oils.

- What your knowledge retention like ?
- How much time is allocated to teaching
- Relay of message



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In all serious now ...

- Recognition of stroke as a medical emergency remains a high priority
- Liverpool stroke data identified that only 15.3 % of patients receive Thrombolysis
- In 2017 x patients (46%) of all stroke presentations to Liverpool ED arrived > 4.5 hours from symptom onset and hence were not eligible for TPA.
- Caucasians average arrival 5.3 hours Pacific Islander 7.4 hours
- **Australia has highlighted that time critical stroke therapy is lagging behind the UK and USA with patient's reaching hospital within 4.5 hours' time window for thrombolysis is 36%.**



Aim

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



T =Time

Travel to ED 000

T=Triage B.E. F.A.S.T

T =Treatment

T= TPA

T= TREAT

T =Technology (INR)

T = Therapy (ECR TPA)



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Method

- Fifty Five (n=55) TIA /Stroke Survivors that attended the post Nurse led stroke clinic (PASC) consented
- Male (27) Female= (28)
- Age range 49 year -89 years
- The individual admission and diagnosis details were collected
- Five (5) questions
- Completed in the waiting room and face to face
- Survey collected over for 6 months



Questions

Q1. Have you heard of the F.A.S.T message? Yes

NO (circle)

Where did you hear about this?

TV/brochure/radio/card

Q2. What does each letters mean?

F.A.S.T

Q 3. What do you know about the letter “T

Q 4. Did you know about the time for stroke treatments?

Q5. Was there something in the way or made it difficult for you to come to hospital early?

Neurology /Stroke Survey



What all the FUSS about the “T” BE F.A.S.T (Face, Arm, Speech, Time)

Questionnaire			
Researcher	Angela Firtko <input type="checkbox"/> Jasmeen Khan <input type="checkbox"/>	Survey date:	Survey venue CB4A <input type="checkbox"/> Clinic <input type="checkbox"/>
Facility	Liverpool	Presentation symptoms	
MRN		Admission Date	Diagnosis

Order	Question	Comment
Q1	Have you heard of the FAST message?	Yes NO (circle) Where did you hear about this? TV/brochure/radio/card
Q2	What does each letters mean? F.A.S.T	F= A= S= T=
Q3	What do you know about the letter “T	
Q4	Did you know about the time for stroke treatments?	
Q5	Was there something in the way or made it difficult for you to come to hospital early?	
Other Comments		

Results

- There was awareness of stroke symptoms among the participants after discharge from hospital
- Overall, 63% (n= 55) of respondents identified they had heard the F.A.S.T acronym (bearing in mind they were all admitted for stroke workup and received education)
- The majority of these patients identified with F.A.S.T through their admission and the “My Stroke Journey” information pack.



Results

Among participants in the survey 56% (n= 55) reported identifying all 4 letters of the acronym with (F) Face being more obvious

50% of the individuals had an understanding of time

Respondents commented included

- “more damage could be done” , “time to act do not delay” , “quick recovery”, “getting help quick”, “time to call emergency services”
“quicker you come in , the quicker you get treated” ,”there is treatment available to reverse symptoms”, “get medical attention”
“Time is precious”.



Results

- Overall 69% were not aware of the acute stroke treatments , two (2) individuals had Endovascular clot retrieval and could recognise this treatment
- No respondents mentioned thrombolysis treatment and the time critical window of 4.5 hours
- 63% Stroke survivors did not report any barrier to early presentation



Of those respondents that had not considered stroke, they commented

- “didn’t think they were having a stroke”
- “no one knew what was happening” I proceeded to my general practitioner (GP).
- “it was related to my medical issues”
- “didn’t recognise the weakness in the in hand /leg as stroke”
- One patient thought they could “fix the symptoms with massage”.
- Some respondents stated verbally to the nurse in the clinic that they felt disappointed they didn’t recognise the stroke and would now come to hospital straight away.



Conclusion

- Re-examination of our dissemination of stroke resources for early stroke recognition is required on our stroke/neurology ward for admissions with stroke
- A concentrated effort by all senior nurse on the stroke ward and post-acute stroke clinic now occurs to raise awareness of F.A.S.T and in particular the “T” time critical therapies to reduce delays in presentation to ED.
- PASC now has bookmark for each patient and reiterate message at 12 weeks and offer phone follow up

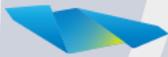


Future projects ...

- Ambulance call out project with (State stroke advisor ambulance and Peter Thomas)
- Stroke awareness project IMPROVE Impact on patient recovery and outcomes of very early time to presentation (under review HREC) first community Pacific Islanders to be studied (seed grant)



LIVERPOOL
HOSPITAL
Established 1813



Ingham Institute
Applied Medical Research



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Can you remember
the **F.A.S.T** message
from the intro ?????



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Not this message

If you suspect a stroke, think F.A.S.T

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https://www.google.com.au/search?q=fast+stroke&source=lnms&tbm=isch&sa=X&ved=0ahUKEwjSgsr1sZXjAhXCI0YKHaLTBJkQ_AUIECgB&biw=1745&bih=849#imgrc=TrklcwnfWgagM:&spf=1562041468865

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



F
Has their **FACE**
drooped?

A
Can they lift both **ARMS?**

S
Is their **SPEECH**
slurred and do they understand you?

T
Call 000, **TIME**
is critical

If you see any of these symptoms **Act FAST** call 000

Stroke
FOUNDATION

Permission granted to use



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Questions and team thanks



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Acknowledgment to Peter Thomas
and Neurology Admin team



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