

Katie Johnson: Good morning, and welcome to Apple A Day, Lake Region Healthcare Health and Wellness Program, where we news, and information that you can use to live a healthier life. I'm Katie Johnson, your host, and I have two guest today: Abby Stadum, our emergency department, and cardiac rehab director, and Lynn Lundquist, our med surgeon ICCU director. Good morning ladies.

Abby Stadum: [crosstalk 00:00:18] Good Morning

Lynn Lundquist: [crosstalk 00:00:18] Good morning

Katie Johnson: Well May is National Stroke Awareness month and we have a really exciting new program to talk about, our TeleStroke program, and I think you all will be able to share some really good information with our listeners that will just help them be more stroke aware as we talk about stroke awareness.

So, let's start by talking about this TeleStroke program and why Lake Region Healthcare decided to pursue this new service option for our patients.

Abby Stadum: So, I can start with this. In the ER we see many stroke cases, roughly I polled in 2018, roughly 10% of our patients came in with some, something that would be related to a stroke that we would want to keep an eye on. Stroke is the fifth leading cause of death, and the leading case of long term disability. So, we have decided to partner with Allina to provide this TeleStroke service. This brings the expert neurologist right to our bedside without our patients having to leave our department, without them having to leave their community, so we really just felt like, it was good for our patients to stay at home where they know their doctors, they have their families close by, and really get the excellent care they deserve.

Katie Johnson: Right. If you talk about 10% of our patients in the emergency room, what do we see 10, 12,000 patients a year?

Abby Stadum: Yeah, right about I'd say 10,000ish a little over. We launched the service in February of 2019, so far we have had 53 patients of that who had go under the stroke code, and we will talk about that a little bit later with the signs, and symptoms of it. So we have been able to capture a large group of these patients to get quick service, to get their medical needs met, and like I said, keep them admitted locally, as before we didn't have the service, we didn't have the neurologist to lay eyes on these patients, so we'd have to send them out, and take them away from their family, and their care.

Katie Johnson: So that is a really big difference to be able to be cared for right here and, and with stroke we know time is of the essence.

Abby Stadum: Yes.

- Katie Johnson: So adding that is a huge benefit as well. Tell us a little bit about how would it actually work.
- Abby Stadum: So, if we have a patient either EMS will tell us a head of time, or if they walk in our doors, the nurses will do the triage, and will call a stroke code. So, what that means is that it activates a team hospital wide. We get radiology over there right away, that CT scan like you said, time is so important, so we need to get that head CT right away to see the picture of what's going on. We get lab involved right away get those going, and we, we get the neurologist on the line.
- So we called onto United out of St Paul, and that's our partner hospital, and get the neurologist on there and then we have this fun cart, where they roll into the room, and with a big screen, the neurologist actually beams in. So, when the patient is in there the neurologist is on the screen, talks directly with the patient, directly with the family, does our whole assessment as if they are standing right by the bed side.
- Katie Johnson: Wow, that is pretty impressive, and you've been able to see it in action.
- Abby Stadum: Yes.
- Katie Johnson: How's it working?
- Lynn Lundquist: We have been able to see it action several times, and it's just really a smooth process. It's easy to beam into the neurologist that are down in St Paul. They have an expertise that is just phenomenal and they make the exam flow so well, it really does feel like the neurologist is present in the room with you.
- Abby Stadum: Yeah.
- Lynn Lundquist: Very smooth process for staff, families, patients, and docs.
- Abby Stadum: They have been a great partner. They were really complimentary when we were setting up our service. The Lake Region already had a good solid base for our stroke program, and they just enhanced it. It's been a really great partnership.
- Katie Johnson: That is great. Since May is Stroke Awareness month, let's talk a little bit about stroke symptoms and prevention, maybe starting at the beginning with, you know, what is a stroke? Are there different kinds or levels of strokes and how do you define what a stroke is?
- Lynn Lundquist: So, a stroke can be actually two different things. It can be a hemorrhagic or a stroke that encompasses a bleed in the brain and then it can also be an ischemic stroke where there's a clot in the brain and your not getting the blood flow to the brain. So, some of the things that you will see as signs that would be warning signals to you is if: you had sudden weakness on one side, trouble with

walking, trouble with seeing, trouble with speaking, sometimes you get a severe headache.

Katie Johnson: Hmm

Lynn Lundquist: So some of those things would be warning signs that you need to seek medical attention quicker than not.

Katie Johnson: Right. I have heard stroke called a brain attack.

Abby Stadum: Mm-hmm (affirmative)

Katie Johnson: Like, that meant something to me. If I think about a heart attack versus a brain attack

Abby Stadum: Yeah

Katie Johnson: There's some reason that the blood is not getting to the brain the way it needs to and, obviously that calls for really, fast action. What about people at risk for stroke? Are there certain groups of people that are more at risk for a stroke than others?

Abby Stadum: The statistics do show that African Americans are two times more likely, also those with high blood pressure, high cholesterol, diabetes, those other medical problems ake these people more prone to having a stroke.

Katie Johnson: So, that might lead us to some hints about we can do to prevent stroke.

Abby Stadum: Right. Exercises, managing your diet, medication control those medical problems...[crosstalk 00:05:40]

Katie Johnson: Yeah.

Abby Stadum: Like high blood pressure, high cholesterol.

Katie Johnson: Yeah.

Lynn Lundquist: Quit smoking, that is a- that is a huge factor in, in helping prevent a stroke is, and exercising. That's a huge, huge thing.

Katie Johnson: Which comes up with almost every thing we talk about, right. But particularly the high blood pressure..[crosstalk 00:05:58]

Abby Stadum: [crosstalk 00:05:58] uh huh

Katie Johnson: I think is an important one for people to be mindful of, both from your physical activity and keeping, um, your health from that perspective but like you mentioned, the medication.

Abby Stadum: Mm-hmm (affirmative). Yes seeing your doctor on a regular basis is, um really important if you are prone to these already.

Katie Johnson: Mm-hmm (affirmative). I've been seeing a lot on t.v. and hearing on the radio about stroke awareness month and the "Be fast" acronym. How do you respond when you or someone that's, um nearby that's having a stroke, so can you talk us through what "Be Fast" response looks like?

Lynn Lundquist: So, "Be Fast" is a guideline that helps us to remember- helps us remember the to timely treat and the key to saving the quality of life and sometimes just saving people's lives. So the "B" stands for balance. Is the person experiencing a sudden loss of balance or coordination? The "E" is eyes. Is the person having a sudden change in vision or trouble seeing? The "F" is face. Ask the person to smile. Does one side of the face droop? "A" is arms, ask the person to raise both arms. Does one arm drift downward? "S" is speech. Ask the person to repeat a simple phrase. Is their speech slurred or strange? "T" is time. If you observe any of these signs, call 911 immediately.

Katie Johnson: Um Huh. And we talked about how important that times is and I'm really exciting how this TeleStroke program is really helping us improve that over all timely response. You know it happened- it starts with- with you the individual and who's with you getting fast action, but then once you get to our emergency department, we are even improving that time with this TeleStroke service.

Abby Stadum: Yes, so, like I said, if you, if you yourself are having these symptoms, or you see someone, either if you're able to get them in the car right away, and get to the emergency department, or call EMS. Like I said, that CT scan, to see which type of stroke we're having, is really the start for any kind of treatment. If there's a clot, there's a clot busting medication, they call it Octoplace, that we can give people, if its in a certain time frame, four and a half hours, on the time of symptoms.

Otherwise, interventional radiologist, which we do have one locally, doctor Randy, depending on where the blood clot would be, he does have the ability to go on in, and get that clot, and remove it. We really need that CT scan quickly, to see what type of stroke we're dealing with, and how to treat it.

Katie Johnson: Anything else you'd like our listeners to know either about stroke in general, or about our TeleStroke service available now, with this partnership with Allina.

Lynn Lundquist: I think, to just be conscious of, as always, your good health, taking good care of yourself, whether you have diabetes, or hypertension, and stopping smoking. Just living a healthy well life.

Abby Stadum: I just want to recognize our great team at Lake Region, starting from the ER nurses, unit clerk, physicians, they have really been trained to catch these symptoms. Call these show codes, and as you get all the way up through the floor nurses, we really have a great team, from the time you walk in the door, through hospitalization, and when you walk back out. We're proud of our team, and we're proud of this partnership, and this new program. We hope we can really keep our patients healthy, keep them close to home, and give them all that they deserve.

Katie Johnson: Well, thank you both for sharing this exciting information about the new TeleStroke program at Lake Region Healthcare, and helping to make us all more stroke aware, during stroke awareness month. Abby Stadum, and Lynn Lundquist, my guests today on Apple A Day. Thank you both for your time.

Abby Stadum: Thanks Katie.

Lynn Lundquist: Thanks.

Katie Johnson: Abby, Lynn, and Katie remind you there is so much to do here, stay healthy for it. Have a great day.