Vanderbilt Stroke Center: Past, Present, and Future

Howard S. Kirshner, M.D.
Vanderbilt Jobe Bernard 16th Annual Stroke Symposium, November, 2013

Disclosure
Howard S. Kirshner, MD

- No promotional speeches
- Research, NIH sponsored
- No stock ownership, royalties, etc.

Harold S. "Jobe" Bernard Vanderbilt Stroke Symposium

- 16th Annual Vanderbilt Stroke Symposium, November 7-8, 2013
- 2-day professional event
- 7th public stroke screening and educational event, Saturday, November 9, Vanderbilt MCN Ballroom

Harold S. “Jobe” Bernard Vanderbilt Stroke Symposium

- Jobe Bernard was a 1941 graduate of Vanderbilt University
- Severe stroke in 1988
- Lived with disability from stroke until 2006
- Ann, Tommy, and Jo Bernard have endowed this symposium to improve public awareness about stroke

Stroke Statistics

- 795,000 strokes a year in the United States
- 1 stroke every 40 seconds
- 11 million “silent strokes”: vascular dementia
- 4th leading cause of death (150,000/y)
- A leading cause of disability
  - Stroke prevalence = 5.8 million
- Epidemiologic high-risk groups:
  - Old > young
  - African American > Latino > Caucasian
  - Men > women
  - Regional: “Stroke Belt”
- Most strokes are preventable

Mission and Vision Statement

Vanderbilt Stroke Center

The Vanderbilt Stroke Center is a leader in the care of patients with cerebrovascular disease. We are a multi-disciplinary team of health care professionals providing compassionate care, participating in innovative clinical research, expanding the horizons with cutting edge technology, and setting the standard for academic excellence. Our commitment is to be a leader in patient and community education and quality patient outcomes in a cost-effective environment.
A Multidisciplinary Approach....
3 interventional neurovascular specialists

J. Moore, M.D.  Mike Froehler, M.D., Ph.D.
J.J. Buddy Connors, M.D.

Department of Neurology

Emergency Medicine Stroke Focus

- Dedicated Stroke Center Coordinator
- En suite CT scanners
- Designated stroke beds
- CODE STROKE rapid response system

R. Jason Thurman, M.D.
Stroke Team Liaison

NeuroIntensive Care Unit

John A. Barwise, MB, ChB
Director, NeuroICU

The Basic Science Behind Stroke

BethAnn McLaughlin, Ph.D. leads the way in basic science stroke research at VUMC. Her animal research laboratory has an emphasis on ischemic preconditioning, drug development.

BethAnn McLaughlin, Ph.D.

State of the Art Neurosciences ICU

The Ceretom portable CT scanner performs CT at the bedside in the Neurosciences ICU

Portable CT Scan Capability
State-of-the Art Facilities - ED

The new 2005 constructed ED features state-of-the-art trauma bays for patient care.

This corridor leads to the designated Stroke/Chest Pain area of the ED, as well as, our new CT scanner.

The newly renovated ED features these exciting areas of patient care:

- 46 total exam and treatment rooms
- 4 trauma rooms w/ ceiling mounted medical gases
- Family grief room
- 16 acute care rooms
- 2 CT scanners located in the emergency department

TELESTROKE

Please verify this information before sending or logging the alert.

Alert Recipient: TELESTROKE
Alert Message: TELESTROKE ALERT: Williamson Medical Center - TN; Dr. Jones @ 615-000-000 has a 47 year name: Griffith with a CVA onset @ 15:00.

Simple Access to Services

VUH EMC Stroke Transfer Protocol:

Clinical Neuroscience Institute

- 2013: Top-Ranked Hospitals for Neurology & Neurosurgery
- Vanderbilt is #34

Vanderbilt LifeFlight's Office of Emergency Communications, designated as the EMS Regional Medical Communications Center (RMCC) for the Mid-Cumberland Region by Tennessee Department of Health EMS Officials in 2006.

- LifeFlight's helicopters provide service for a 150 mile radius around Nashville and are stationed in Lebanon, Tullahoma, Clarksville, and Mt. Pleasant, TN.
- LifeFlight also operates a fixed wing air ambulance for longer distance transports.
VUMC designated a top hospital

Academic Excellence

VUMC designated a magnet hospital
2006, 2012

Vanderbilt University Medical Center was
again selected in 2011 as one of the best
places in academia to work.

VUMC Named One of the Most Wired
Hospitals in 2012

Medical Center Statistics

• >900 Hospital Beds
  • 650 Adult Hospital Beds
  • 250 Pediatric Hospital Beds
  • 34 bed Neuro ICU; 30 bed acute care neuro unit
  • 8 bed Epilepsy Monitoring Unit
  • 4 bed Pediatric EMU

• 870 Faculty Providers
• 1,732,420 Outpatient Visits in FY 2012
• 50,174 Hospital Admissions in FY 2012 (all)
• www.vanderbilthealth.com/clinicalneurosciences

Patient Education

• Strokes Discharge Wizard and Strokes Discharge Letter
  Covers risk factors, warning signs, what to do in an
  acute stroke/TIA, medication reconciliation, follow-up

Public Awareness

Announcements

Faculty and Staff Heart Health and Stroke Screening

Wednesday, February 6
10:30 a.m. – 1:00 p.m.
North Lobby, Light Hall

• Assess height/weight/calculate BMI
• Assess blood pressure
• Assess blood glucose/LDL level
• Calculate stroke risk
• Identify personal risk factors for stroke
• Provide physician/nurse counseling/assessment as needed based on
  screening results
• 2013 employee stroke screening in
  February
Medical Advancements in Stroke Care

Carotid Artery Disease treated by:
1. Medical Management
2. Carotid Endarterectomy
3. Carotid Artery Stenting

Advancements in the treatment of cerebral artery aneurysms:
1. Clipping
2. Coiling/embolization with or without stenting

Vanderbilt Stallworth Rehabilitation Hospital

The VUH Stroke Support Group, in conjunction with Vanderbilt Stallworth Rehabilitation Hospital, offers a month meeting on the 2nd Thursday of every month at 6:30 P.M.

The goal of the stroke support group is to provide a network of support, information, and resources to stroke survivors and their families/friends (320-7600 for information)

Outpatient Stroke Rehabilitation
Pi Beta Phi, Bill Wilkerson Center
9th Floor, MCE

- Outpatient PT, OT, ST
- Augmentative communication devices
- Wheelchair clinic
- Driving evaluations
- Balance center
- Neuropsychology
- Community Aphasia Group

Vanderbilt Stroke Center

- **Stroke prevention**: clinics, screenings, education forums, research
- **Acute stroke treatment**: Stroke Code system, intravenous tPA, interventional procedures, research protocols, telemedicine: approx 500 acute cases/yr
- **Stroke rehabilitation**: Inpatient rehab at Stallworth, outpatient rehab, spasticity treatments; outpatient at Pi Beta Phi
- **We try to cover all 3 areas each year**
Vanderbilt Stroke Symposium

- Vanderbilt has been a Primary Stroke Center since 2005, Comprehensive 2013
- Vanderbilt Stallworth is a Primary Stroke Rehab Center
- Thanks to all of our speakers and our audience!