

Albuquerque Fire Rescue Stroke Follow Up

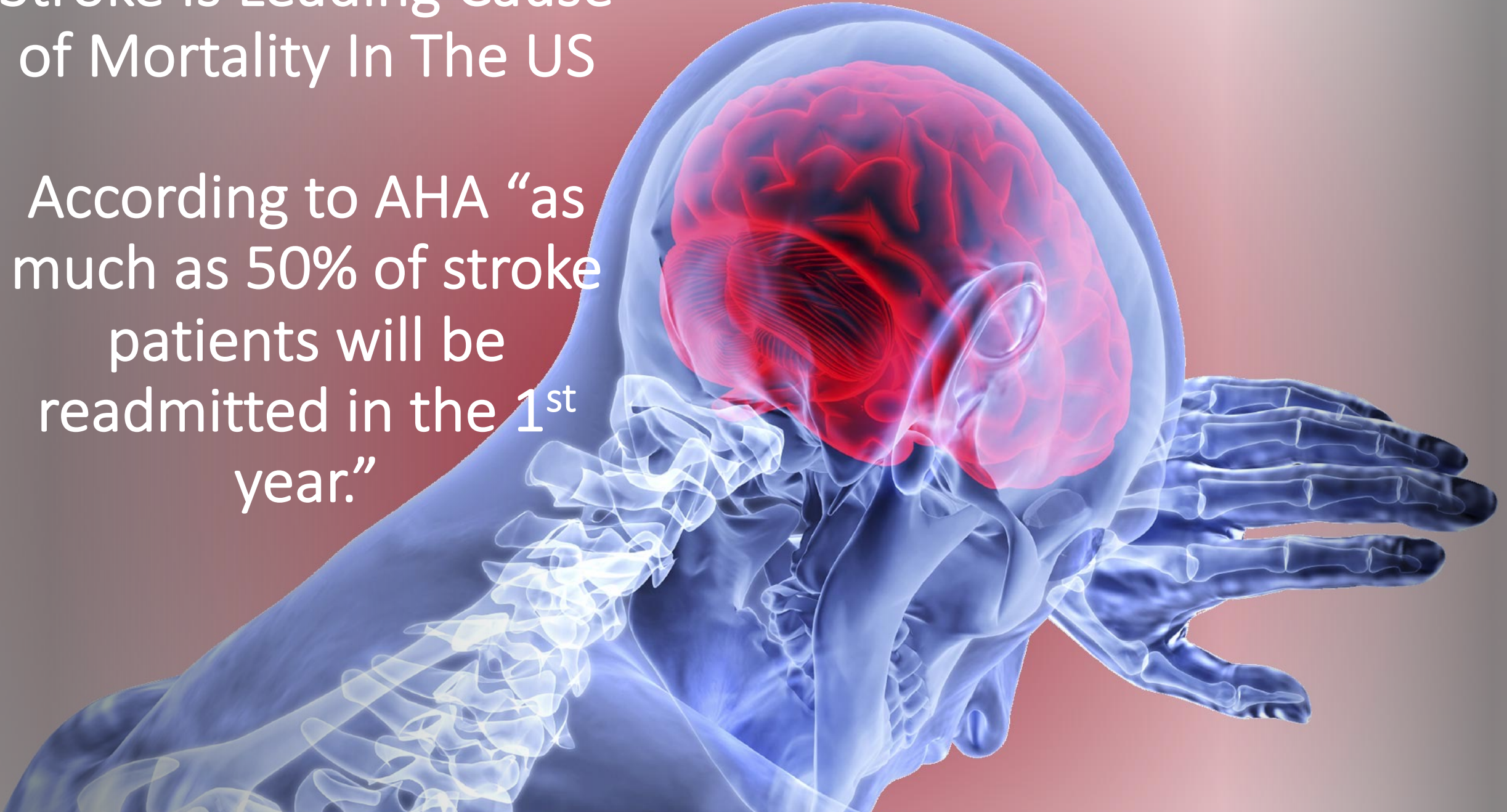
Lt. Jake Gray, Community Paramedic



HEART Basic **E**ducation **A**nd **T**ransition for **S**trokes

Stroke Is Leading Cause of Mortality In The US

According to AHA “as much as 50% of stroke patients will be readmitted in the 1st year.”



Modified C3FIT Study by Dr. Gaines

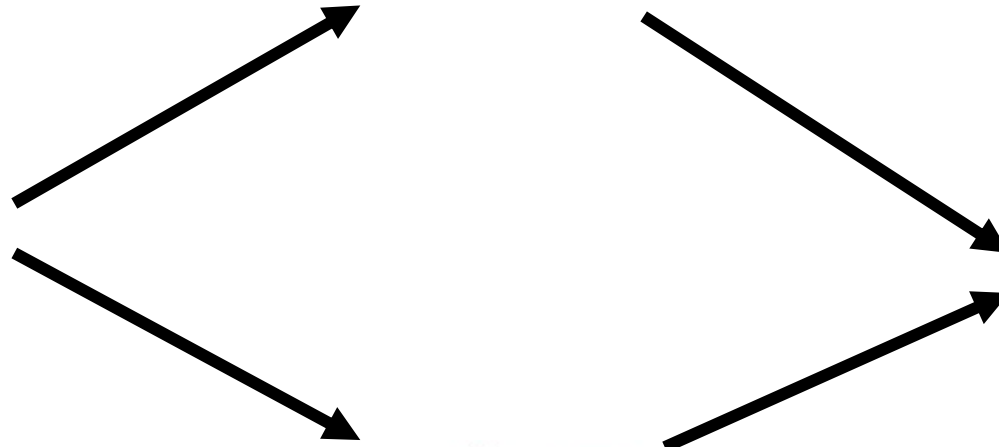
- Healthcare Team follows patients from stroke admission in ED for 12 months post discharge
- Care teams perform home visits to modify risk factors and assess recovery

- Decrease readmissions
- Decrease stroke recurrence
- Decrease healthcare cost



VANDERBILT
UNIVERSITY
**MEDICAL
CENTER**

LovelaceUNM Rehabilitation Hospital



Eligibility



- Adults living in Albuquerque
- Discharge to home
- English, Spanish, or Vietnamese speaking
- Consent

Visitation Schedule



- Mon-Fri 0800-1530
 - 2 hours per visit
- 24-72 hrs. of discharge
- 30/60/90 days
- 6 month
- 9 month
- One year

Coordination of Care

- Follow up appointments
- Medications access/adherence
- Home health presence
- Physical Therapy
- Uber rides
- Home modifications
- Food/Utility/Rental Assistance



Assessment Tools

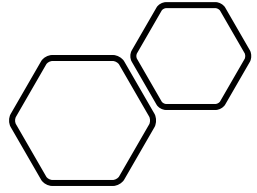
- Stroke Impact Scale
- NIH Stroke Scale
- Vital Signs
- Morisky Medication Adherence Scale
- PHQ-9 Depression Screening
- Modified Caregiver Strain Index
- Fire Risk assessment
- Crisis Response Canine Wrigley



Fall Risk Assessment

- Fall prevention education
- Activities of Daily Living (ADLs)
 - Katz index of independence
- Stretches
- Prescribed PT movements





Home Modifications

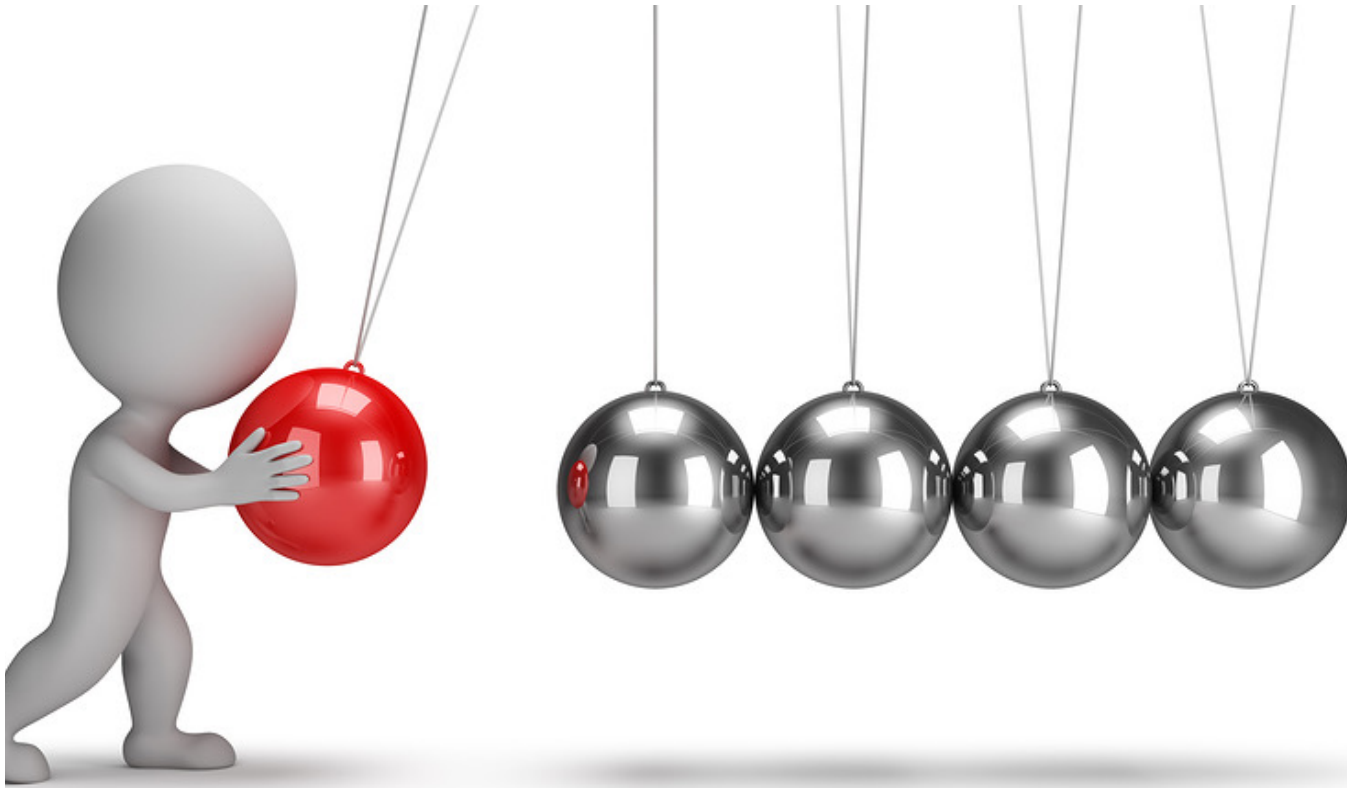
Devices installed within 2
weeks of discharge

- Grab bars
- Wheelchair Ramps
- Bed rails
- Toilet seat
- Door Widening





AFR Installed 417 Assist Devices
In 2021 and 314 in 2022



First Year Results:
50% Reduction In Hospital
Readmission!!

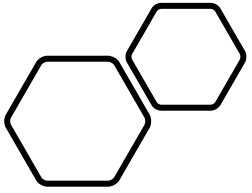
244 Referred / 78 Enrolled

1 graduate with 14 more graduating in the next month!

90% of patients so far need home modifications

Results:

- NIHSS improvement
- Stroke Impact Scale improves average of 91.6 points
- Biggest impact on medication access and adherence
- Significant improvement in PHQ-9 depression score (mod to minimal)



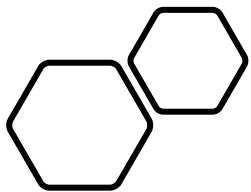
Stroke Survivors Stories

- Establishing trust for those struggling with addiction
- Confirming medications for patients
- Preventing injuries through home modifications
- Helping patients navigate healthcare
- Assisting patients with getting medications
- Providing assistive devices to those in need

Next Steps

- Address caregiver strain
- Meet patient at rehab prior to discharge home
- Explore Reimbursement by insurance
- Spread the program to other departments in the state





Questions

References

- Kilkenny, Monique F., et al. "Factors Associated with 90-Day Readmission after Stroke or Transient Ischemic Attack." *Stroke*, 11 Dec. 2019, <https://www.ahajournals.org/doi/10.1161/STROKEAHA.119.026133#:~:text=As%20much%20as%2050%25%20of,first%20year%20after%20their%20stroke.&text=Commonly%20reported%20factors%20associated%20with,stroke%2C%20and%20greater%20stroke%20severity.>