Acute Stroke rt-PA Protocol
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WHO - The People

The participants in this workshop are nurses who work in the stroke system in acute care, (emergency rooms, acute stroke unit and ICU), rehabilitation units and community hospitals in the region. Also, there may be some other disciplines that have recently joined the team or are new to stroke.

WHY - The Reason

The purpose of this workshop is to familiarize this group to the “Blue Folder” (Acute stroke rt-PAP Protocol) as they relate to hyper-acute and acute care, as they form the basis of their practice. It will also help ensure consistency of care so that all patients in the system receive the best possible care.

NOW WHAT - The Desired Change

It is our hope that the “Blue Folder” (Acute stroke rt-PAP Protocol) as they relate to rt-PA will be easily accessible, used and applied in every situation where a patient presents with stroke.

WHERE - The Place

This is part of a 2-day Stroke Best Practices Workshop for Nurses in the Northwester Ontario Regional Stroke Network at the Valhalla Inn.

WHEN - The Time

This 2-day workshop will be scheduled when there is a critical mass of people who need it. In general, it is offered twice a year.

This workshop is 1 hour and 30 minutes long = 90 minutes.

<table>
<thead>
<tr>
<th>WHAT - The Content</th>
<th>WHAT FOR – Achievement-based Objectives</th>
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</thead>
<tbody>
<tr>
<td>Target times</td>
<td>Analysed a typical scenario, and applied the steps of optimal stroke management using what they have just learned from the PowerPoint Presentation.</td>
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<tr>
<td>Triage</td>
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<td>Medical directives</td>
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<td>Lab work</td>
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<td>CT scanning</td>
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<td>Inclusion and exclusion criteria</td>
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<td>Administration of rt-PA</td>
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<tr>
<td>Adverse effects of rt-PA</td>
<td>Listed specific things you might see in a patient with angioedema or haemorrhage.</td>
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<td>The successful outcome of rt-PA therapy</td>
<td>Brainstormed the successful outcomes of rt-PA therapy.</td>
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<td>Know where the “Blue Folder” is and use it</td>
<td>Planned when they will check how available the “Blue Folder” is in their particular setting(s), and identified one strategy to facilitate awareness of and access to it with their team members.</td>
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Welcome (slide 1-2)

TASK 1 – Thinking About How We Work

On your own, think of how “best practices” are used by your team and/or in your setting. Share this with the people at your table.

Let’s hear from 2 of you.

TASK 2 – Optimal Stroke Management (slide 3-13)

Listen to a description of optimal stroke management as it relates to rt-PA. Notice what is new for you and what requires more clarification.

Debriefing:

• What was new for you?
• What questions do you have?

TASK 3 – Let’s Try it Out

In groups of three, read the case study on the next page. Using what you have just learned from the PowerPoint presentation, analysis the situation and the action taken.

• What was the time of onset of the stroke?
• Would this person be a candidate for rt-PA, and why?
• Did they meet the target times?
• What issue arose, and what questions come to mind for you?
• What critical information is missing in this case study?

You have 15 minutes.
Mr. Robert Trueblood, a 78-year-old male, was brought into the ED of the regional stroke centre by ambulance at 3:15pm on Wednesday afternoon. EMS paramedics reported a call came in from the patient’s wife at 2:20pm stating that her husband was unable to speak properly and that he had difficulty moving his right arm and leg. It came on suddenly. She did not witness the event happening as she was baking in the kitchen and her husband was watching TV in the family-room. When she spoke to him at 2:15pm he was himself, but when she came into the room after she had finished in the kitchen, she noticed the changes. She called 911 immediately. EMS staff arrived at the home at 2:45pm, took his vitals. His BP was 184/96, p 86. E 20. He responded to questions, but was having difficulty speaking clearly, the right side of his moth was drooping and he presented with severe weakness on the right side, both upper and lower limb. They left for the hospital, bypassing the community hospital after identifying him as a stroke victim.

The EMS staff called the regional stroke centre, informing them of their pending arrival.

On arrival in the ED, the triage nurse was not immediately available, as a trauma case had just arrived 10 minutes before their arrival. Mr. T was seen by the triage nurse, at 3:25pm who then called the neurologist on call to inform him of Mr. T’s arrival.

The staff nurse assigned to Mr. T. at 3:30pm, Judith B was new to the department and this was her first case of managing a stroke patient who might be eligible for rt-PA. In the ED manual she found the check list for the medical directives including monitoring of vital signs, lab work, and CT scan. Judith was unsure of the processes for calling a stroke code, what her responsibilities were re: obtaining the history, especially the time frames to determine the patient’s eligibility for rt-PA, as well as the inclusion and exclusion criteria. With the help of a senior colleague, all protocols were put into place, recorded and monitored. Mr. T was determined eligible for rt-PA, which was then administered by the neurologist.

Judith reviewed the protocols for monitoring the patient during administration and immediately after, observing for angioedema and haemorrhage, including performing the CNSS and monitoring blood pressure.

Share your findings and challenges in the large group.
TASK 4 – Possible Adverse Effect (slide 14-17)

Hear the description of the possible adverse effects of angioedema and haemorrhage.

- What is especially helpful in this?

TASK 5 – Let’s Unpack It

With your group of three, list specific things you might see in a patient with angioedema or haemorrhage (half of us will do one, half of us will do the other). You have 5 minutes.

Let’s hear your lists. What questions do you have?

TASK 6 – What Does Success Mean (slide 18)

When the rt-PA treatment is successful, these are some possible results... (PowerPoint slide).

- What is missing for you here?
- What other questions come to mind?

TASK 7 – Planning a Personal Strategy

On your own, take a few minutes to draft a plan of how you will check how available the “Blue Folder” is in your particular setting(s), and identify one strategy to facilitate awareness of and access to it with your team members.

My Action Plan

Let’s hear 1 sample.

Thank you!