

STROKE ADVISORY COUNCIL MEETING MINUTES

Thursday, October 13, 2016 10:00 PM - 1:00 PM

American Heart Association

3131 RDU Center Drive, Suite 100, Morrisville, NC

Members/Partners:

Karen McCall, UNC Healthcare Communications & Marketing; Peg O'Connell, Fuquay Solutions; Sue Ashcraft, Carolinas HealthCare System Northeast; Donna Beaman, Wilson Medical Center; Brittany Bogle; Anna Bess Brown, Justus-Warren Heart Disease and Stroke Prevention Task Force; Cheryl Bushnell, Wake Forest Baptist Medical Center (WFBMC); Sylvia Coleman, COMPASS; John Dugan, AHA; Pam Duncan, WFBMC; Kimberly Elks, WakeMed; Abby Fairbank, American Heart Association (AHA); Brian Forrest, NC Academy of Family Physicians; Heather Forrest, Duke University Hospital; Carmen Graffagnino, Duke University Hospital; Morgan Wittman Gramann, NC Alliance for Health; Amy Guzik, WFBMC; Shayla Hayes, Albemarle Regional Health Services (ARHS); Sally Herndon, NCDPH; David Huang, UNC Comprehensive Stroke Center; Amy Jones, Novant Health Forsyth; Jim Martin, NC Division of Public Health (NCDPH); Wanda Moore, Justus-Warren Heart Disease and Stroke Prevention Task Force; Lori Rhew, NCDPH; Wayne Rosamond, UNC Chapel Hill; Kathleen Shapley-Quinn, NCDPH; Sandra Stanley, ARHS; Cathy Thomas, NCDPH; Betsy Vetter, AHA; Haley Wetmore, Medtronic; Jacqueline Wynn, NC Area Health Education Program.

Members/Partners by Phone:

Andrew Asimos, Carolinas HealthCare System; David Cline, WFBMC; Stephanie Ebert, Medtronic; Robin Jones, Mission Health System; Katie Knowles, Vidant Duplin Hospital; Monique Mackey, AHEC; Beth Parks, NC Stroke Association; Sharon Rhyne, NCDPH; Leighann Sauls, Alliant Quality; Susan Taphous, Onslow Memorial; Sue Taylor, Vidant Duplin Hospital; Jackie Thompson, Rex Healthcare.

Welcome, Introductions and Approval of July 19, 2016 Meeting Minutes

Karen McCall, chair, welcomed everyone; and attendees introduced themselves.

Peg O'Connell made a motion that the minutes from the July 19, 2016 meeting be approved as submitted, and Cheryl Bushnell seconded; the minutes were approved with no corrections.

Timeline

Anna Bess Brown explained that in 2006 the Stroke Advisory Council was created to advise the Justus-Warren Heart Disease and Stroke Prevention Task Force on a comprehensive system of stroke care. She described the timeline for submitting recommendations to the Task Force by Dec. 7, 2016 in order to be presented to the Task Force for a vote at the meeting January 9, 2017 before the legislative session begins January 11th. Karen reiterated the role of the Council in advising the Task Force on legislation and regulatory changes to improve stroke prevention and care. Peg added that Council work groups are an important means for generating recommendations since Task Force committees were eliminated and the Task Force now meets only two times per year.

Participants then reviewed the list of Stroke Advisory Council Priorities generated at the last meeting and made several changes to the language and order of some of the items. Peg O'Connell motioned, David Huang seconded, and Council members voted unanimously to adopt the following Priorities as amended:

Stroke Advisory Council Priorities

Prevention and Public Awareness

1. Focus on **primary prevention** to prevent stroke: decrease tobacco use and exposure to secondhand smoke; increase physical activity and healthy eating. Explain the link between high blood pressure and stroke. Seek funding for prevention interventions.
2. Increase **awareness** of the signs of stroke and of the need to call 911 to shorten time to treatment for acute stroke. Seek funding for awareness activities; consider health literacy and priority populations in education efforts.
3. Explain the link between high blood pressure and having a second stroke, and stress **risk factor management** post-stroke.

Access to Care

4. Increase **access** to healthcare; support a North Carolina solution for closing the health insurance coverage gap.
5. Increase access to transitional care and rehab services.
6. Address the needs of the working poor who cannot afford **insurance** and of the insured who cannot afford co-pays and other costs.

Quality Improvement

7. Support a **statewide system** of integrated care; **seek funding** for QI efforts with a focus on underserved areas of the state.

Integrating and Accessing Care

8. Optimize **stroke systems of care** for acute treatment and service.
9. Update and disseminate **EMS Triage Destination Plans**.
10. Improve **communication** between hospital systems and primary care providers for patients who have received care for strokes.

Post-Stroke Health

11. **Post-stroke care:** integrate acute/post-acute services for secondary prevention, recovery, health, and medication management; ensure quality metrics.
12. **Partner** with groups to increase awareness of stroke symptoms and treatment options; partner with community and faith-based groups.
13. Develop and maintain a stroke **resource directory**; connect patients to community resources.
14. Engage **pharmacy staff** with education, adherence, and blood pressure checks.
15. Increase use of **public health nurses and community health workers**.

Participants also discussed including TIAs in defining stroke for the purposes of the Stroke Advisory Council.

Stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot (ischemic stroke) or ruptures (hemorrhagic stroke). When that happens, part of the brain cannot get the blood and oxygen it needs, and brain cells die. A TIA (transient ischemic attack), or "mini stroke," is caused by a temporary clot.

After voting to adopt the list of Priorities, participants voted on the priorities they want to address first. Three Priorities go the most votes, and work groups formed.

Work Groups

1. Integrating and Accessing Care

Chair: David Huang; Vice Chair-Carmen Graffagnino

Members: Amy Jones, Sue Ashcraft, Donna Beaman, Amy Guzik, Abby Fairbank, Robin Jones, John Dugan, Jackie Thompson, Andrew Asimos, Karen McCall, Haley Wetmore, Colin McDonald, Brittany Bogle, Katie Knowles, Heather Forrest, David Cline, Tom Mitchell, David Cline

2. Prevention and Public Awareness

Chair-Brian Forrest; Vice Chair- Peg O'Connell

Members: Jim Martin, Sally Herndon, Sarah Jacobson, Lori Rhew, Donna Beaman, Morgan Wittman Gramann, Kathleen Shapley-Quinn

3. Post-Stroke Health

Chair-Pam Duncan; Vice Chair-Sylvia Coleman

Members: Cheryl Bushnell, Betsy Vetter, Wayne Rosamond, Sue Ashcraft, Wanda Moore, Robin Jones, Amy Jones, Kimberly Elks, David Huang

Next Steps

Anna Bess will send out doodle polls to select a date and time for work groups to meet by phone. If your name is not listed and you would like to join a work group, **please email Anna Bess at anna.brown@dhhs.nc.gov**

Telestroke Networks in North Carolina Presentation

Brittany Bogle, PhD, MPH in the Dept. of Epidemiology, UNC-Chapel Hill, presented maps of telestroke services and described the creation of a database of telestroke networks of NC hospitals. The six hub sites are Wake Forest Baptist, Carolinas Healthcare System, Duke University Hospital, Mission Memorial Hospital, Novant Forsyth Medical Center and Moses Cone Memorial Hospital. The hub sites serve 54 North Carolina locations and four in Virginia. Dr. Bogle shared that next steps include validating the database, gathering additional data and updating the map. The updated NC Telestroke Map is forthcoming.

COMPASS Update Presentation

Cheryl Bushnell, MD, MHS; Wayne Rosamond, PhD, MPH and Pam Duncan, PhD presented an update on the COMPASS (Comprehensive Post-Acute Stroke Services) project (see slides). Forty-one hospitals have

been recruited with a goal of enrolling 6000 patients. Pam shared that COMPASS is a product of the Task Force and Stroke Advisory Council; and she acknowledged Karen McCall, Betsy Vetter and the American Heart Association, Cathy Thomas and DHHS, and many hospitals leaders who are helping COMPASS bring evidence to practice.

Closing Remarks and Adjournment

Karen McCall thanked everyone for their enthusiastic participation.

Save the Dates

The next **Stroke Advisory Council** meeting will be held from **1-2 PM November 22** at the UNC Center for School Leadership Development following Betsy's award celebration luncheon 11:30-1:00. Work groups will meet; and the presentation by Ali Zomorodi, MD, Medical Director of the Duke Raleigh Skull Base and Cerebrovascular Center, will occur in 2017 at a date to be determined. **Please plan to join us.**

The **Stroke Advisory Council** will meet by webex on **Dec. 1 from 1-2 PM** to consider recommendations made by work groups. **Please mark your calendars.**

Announcements

John Dugan announced the American Heart Association's **Inaugural Mid-Atlantic Heart & Stroke Quality Summit April 24-28, 2017** will be held at the Hilton Garden Inn Crabtree Valley, 3912 Arrow Drive, Raleigh, NC 27612.