

Northern Virginia Emergency Medical Services Council

Stroke Committee Meeting
Tuesday, December 8, 2020
3:00 pm



Held via Zoom

Those present were:

Amy Baker, Inova Loudoun Hospital, amy.baker2@inova.org
Jalil Bentaleb, Inova Neuroscience, abdeljalil.bentaleb@inova.org
Craig Evans, Northern Virginia EMS Council, craig@vaems.org
Mark Guditus, Inova Fairfax Medical Campus, mark.guditus@inova.org
Brian Hricik, Alexandria Fire Department, brian.hricik@alexandriava.gov
Mary Jobson-Oliver, Inova Mount Vernon Hospital mary.jobson-oliver@inova.org
Kate Kramer, PA-C, Arlington County Fire Department, kkramer@arlingtonva.us
Adam Leib, Fairfax County Fire & Rescue, adam.leib@fairfaxcounty.gov
Pam Leins, HCA StoneSprings Hospital Center, pamela.leins@hcahealthcare.com
Michelle Ludeman, Northern VA EMS Council, michelle@vaems.org
Brian Orndoff, City of Fairfax Fire Department, brian.orndoff@fairfaxva.gov
Demetrios Papadouris, MD, Inova Alexandria & Sentara NVMC,
demetrios.papadouris@inova.org
Kate Passow, Physician's Transport Service, kate.passow@gmr.net
Joe Reshetar, Arlington County Fire Department, jreshe@arlingtonva.us
Lyle Ritch, Reston Hospital Center, lyle.ritch@hcahealthcare.com
Lauren Schwabish, Inova Mount Vernon Rehab, lauren.schwabish@inova.org
Jean Snyder, Inova Fair Oaks Hospital, Regina.snyder@inova.org
Alan Stillman, Stroke Smart Communities, Alan@kwikpoint.com
Scott Weir, MD, Fairfax County Fire & Rescue, scott.weir@fairfaxcounty.gov

The meeting was started at 3:06 pm by Craig Evans.

APPROVAL OF MINUTES:

The minutes from September 29, 2020, meeting were sent out by email for review. There were no changes or corrections noted and the minutes were unanimously approved.

DISCUSSION:

AHA Get Ahead of Stroke Campaign Update

- Dr. Pankaja Ramakrishnan was unable to attend today's meeting. There were no updates available.

VSSTF Update

- There was a recent meeting of the VSSTF where they elected officers.

- Craig is the EMS Council Representative for VSSTF

AHA Update

- The AHA is working diligently to get regional data with the state EMS databases to import and export EMS data into Get With The Guidelines which would be very useful for all of us regionally
 - Craig has access to Northern Virginia regional data from the state database
- They are working to coordinate getting all the data in one place and take the human element out of it
- Kate Kramer from Arlington County Fire Department asked if there's been a date published to start entering 2021 data into Mission: Lifeline
 - Brian Hricik from Alexandria Fire Department said he was not aware of a date but you can enter data after each quarter as to not have to do it all at once

Stroke Smart Presentation

- Alan Stillman, the CEO of Kwikpoint is a community member and Stroke Champion in Alexandria who presented a video presentation on StrokeSmart Alexandria.
 - He has recently presented this at the VSSTF as well.
 - He and Craig are working together on how to film a presentation for other communities with Jalil Bentaleb from Inova Alexandria Hospital, Brian Hricik, and Chief Corey Smedley from Alexandria Fire Department in 2021 and gear it toward community leaders
 - Brian Hricik advised he met Alan about 3 years ago and he is Alexandria's Stroke Champion for the community
 - They are changing metrics and data collection to see if last known well times now that dispatch is asking those questions
 - Mark Guditus from Inova Fairfax Medical Campus asked about the branding of the Stroke Smart cards Alan showed in his presentation
 - Alan advised he does have some that are not branded as "StrokeSmart Alexandria" and are available for other areas
 - Jalil Bentaleb from Inova Alexandria Hospital asked about the use of BE-FAST versus FAST and whether there are any ideas to change it.
 - Alan advised FAST does not seem to work as well because the "T" for time is often forgotten. A visual-centric guide is better. The Stroke Coalition is leaning toward BE-FAST but he is confident that visual-centric is better than any mnemonic.
 - Jalil suggested that to move forward and be aligned with the societies and coalitions, etc., we may need to consider BE-FAST and prove it beneficial to make that change
 - Alan suggested redesigning and aligning with BE-FAST and making it more visual-centric

Rehab Partner Update

Lauren Schwabish from Inova Mount Vernon Hospital Acute Inpatient Rehab advised of the following update

- They are seeing an increase in stroke survivors coming to rehab even though their volume dipped in the spring
- They have seen minimal COVID related strokes
 - They see more stability related rehab with COVID cases
- They are trying to be flexible and float PT/OT staff to be trained in proning patients to help allocate rehab providers to assist with COVID demands as needed
- All patients must test COVID negative to be admitted to the facilities to ensure safety
 - They see very few late positives and have to transfer them out
- They stopped having family visitors in the spring but realized some patients still need family involvement for medical, speech, mobility, swallowing training, etc., so they have a plan now for who comes in and when, etc., to maintain appropriate involvement with limited exposure.
- The toughest transition is those going to long-term care facilities. They are especially cautious with new admissions and returning previous patients due to COVID
 - They must have a negative test before entering, so often they find a bed for a patient but are waiting for the test results and the bed can't be held, so they have to wait again
- They have not been able to do as much community education as previously discussed. The Stroke Education class is up and running as of a few months ago
 - They go over signs, symptoms, risk factors, rehab expectations, etc.

ROUNDTABLE:

Lyle Ritch from HCA Reston Hospital Center

- Their neuro bi-plane suite with Medstar Georgetown and Hospital Center is up and running and providing 24/7 stroke coverage
 - They have done some diagnostic, middle meningeal artery and embolization cases already
 - They pushed out the news of the suite being open to EMS through their EMS Liaison Keith Morrison
 - Now that they are 24/7 mechanical thrombectomy capable they will move toward the next step
 - They have already seen a decrease in the door to needle times
 - They are using the RAPID software to get images
 - The physician and diagnostic team have 30 minute response times if they are not on-site

Pam Leins from HCA StoneSprings Medical Center

- They are still a primary stroke center
- They have great door to tPA times
 - 14 minutes, 17 minutes, 21 minutes, which is well within the threshold of the AHA and meets or exceeds that

Dr. Scott Weir from Fairfax County Fire & Rescue

- They have identified HCA Reston as mechanically thrombectomy capable when appropriate for LVO cases

Brian Hricik from City of Alexandria Fire Department

- They started looking at COVID stroke data for the local Health Department a few months ago and then again at 30 days out
 - Only 4 met the criteria in Alexandria 911-system's purview
- Their call volume decreased early but it's back to pre-COVID numbers
 - 96% of their patients go to Inova Alexandria Hospital and they have a great relationship with them and are confident in their exceptional stroke care
 - They give a heads up as early as possible to activate the team
 - Alexandria Hospital's team also has a 30-minute response time if they are not in-house
- Jalil from Alexandria Hospital said they have great data to share with Alexandria FD
 - Inova has a data analysis team that is looking into data, metrics, door to puncture times, door to revascularization times, and the data looks great.
 - They are happy to partner with Alexandria FD

Jalil Bentaleb from Inova Alexandria Hospital

- They still have good door to needle times at 8 minutes and 56 seconds
 - Their door to revascularization time is tremendously low
 - Inova is looking at a matrix for the best appropriate transfer locations within Inova Health System

Jean Snyder from Inova Fair Oaks Hospital

- They are moving to administer tPA in the CT scanner
- Within the Inova Health System, they were chosen as a test site for 24/7 neuro consult, with a vascular neurologist which will go live in 2021

Brian Orndoff from City of Fairfax Fire Department

- They are looking to add hypertonic saline for hemorrhagic strokes in the future
 - For use in closed head injury and increased cranial pressure

Mark Guditus from Inova Fairfax Medical Campus

- Meghan Lloyd left Inova so they have an open Stroke Coordinator position available

Amy Baker from Inova Loudoun Hospital

- Stroke educators got together with Alan Stillman for outreach to outpatient partners and rehabilitation centers and are currently working on stroke education
 - They are also looking into physicians with individual practices and Over-55 communities
- They are going to Loudoun County EMS with Dr. Puccio to do stroke education for their EMS providers and advise what information the hospitals need most from them when bringing a stroke patient
- They continue to see decreased door to needle times and door to transfer times for thrombectomy patients

Kate Kramer, PC-C, from Arlington County Fire Department

- VHC had a virtual stroke conference with a good turnout
- She has questions about hypertonic saline in the field
 - Brian Orndoff will forward the email chain to her
 - Fauquier Fire & Rescue communicated with Inova Fairfax Trauma Services on ICP management in trauma patients

Mary Jobson-Oliver from Inova Mount Vernon Hospital

- October they had their Joint Commission Primary Stroke recertification and it went well
 - They raved about their pre-alert process with PTS and had a recent case with a 45 minute transfer time and a good door to thrombectomy time
- Ali Pinch asked her to remind everyone about the Post IV-Alteplase form and be sure everyone is familiar with it
 - They have had a couple of cases with no form or using the Inova downtime form, which is not the correct form. The Joint Commission looks for continuity of care and this form is an important tool
 - Kate Passow advised the form should be at the sending facility and needs to start before transfer to another facility
 - Mary advised they are in place at Inova Mount Vernon but she is going to ensure the ED team is using them
 - All Inova facilities need to have these forms available
 - Rick Cohen advised that he'll advise PHI to look for these forms in transfer cases as well
- A question has been asked on how the hospitals collaborate with EMS to get valid family contact information in case the hospital needs to clarify last known well time, past medical history, etc., and whether they are eligible for meds, treatment, etc.

- They had a recent case where the ED called 911 to get someone to go out to the patient's house to get the family to contact the hospital which delayed treatment by 15-20 minutes
 - Brian Hricik advised this is a data metric for them although not written into the protocol to encourage a family member to ride up front with the driver to the hospital so they can provide a medical history, etc., in suspected stroke cases so they are no delays in care, even during COVID
 - Dr. Weir advised Fairfax County Fire & Rescue does this also
 - Kate Kramer from Arlington County Fire Department advised they currently do not allow family members to ride

Of Note: Dr. Ramakrishnan advised at the June 2020 Stroke Meeting that they have their providers in the TEMS region get a valid phone number and remind the family member “have the phone active, on and answer (even if you don’t know the number calling you” while your family member is at the hospital.

Kate Passow from PTS

- They are doing stroke education with their providers
- They are working closely with Inova Fair Oaks Hospital on their project and transfer needs as needed, code stroke and code neuro alerts as they have with Inova Mount Vernon Hospital

The next meeting will be in the first Quarter of 2021, via Zoom and a calendar invite will be sent out in advance of the meeting. If there are any suggestions for changing the time or date, please let Craig know.

The meeting was adjourned at 4:36 pm.

PLEASE NOTE: Minutes were drawn from the Zoom recording and all attendees may not be listed. Please review thoroughly and advise of any changes or omissions to northern@vaems.org

CERTIFICATION OF THE REGIONAL STROKE COMMITTEE MEETING

Northern Virginia EMS Council
7250 Heritage Village Plaza, Suite 102
Gainesville, Virginia 20155

I, Craig Evans, Executive Director of the Northern Virginia EMS Council certify that the above minutes are a true and correct transcript of the meeting minutes of the Regional Stroke Committee held on December 8, 2020. The minutes were officially approved on _____, 2021.

Craig A. Evans

Date

DRAFT