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Kettering, Sycamore Receive Stroke Care Recognition; Medical Centers to be Featured in US News and World Report

KETTERING – **Kettering and Sycamore Medical Centers** have received the American Heart Association/American Stroke Association’s Get With The Guidelines® Stroke Gold Plus Performance Achievement Award. The award recognizes the hospitals’ commitment and success in implementing excellent care for stroke patients, according to evidence-based guidelines.

As a result of this honor, Kettering and Sycamore will appear in an issue of US News and World Report later this year along with other honorees. To receive the award, Kettering and Sycamore achieved 85 percent or higher adherence to all Get With The Guidelines-Stroke Performance Achievement indicators for two or more consecutive 12-month intervals and achieved 75 percent or higher compliance with six of 10 Get With The Guidelines-Stroke Quality Measures.

These measures include aggressive use of medications, such as tPA, antithrombotics, anticoagulation therapy, DVT prophylaxis, cholesterol reducing drugs and smoking cessation, all aimed at reducing death and disability and improving the lives of stroke patients.

“With a stroke, time lost is brain lost, and the Get With The Guidelines–Stroke Gold Plus Performance Achievement Award demonstrates Kettering and Sycamore’s commitment to being one of the top hospitals in the country for providing aggressive, proven stroke care,” said Jean Ruppert, Director of Neuroscience. “We will continue with our focus on providing care that has been shown in the scientific literature to quickly and efficiently treat stroke patients with evidence-based protocols,”

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“Kettering and Sycamore are to be commended for their commitment to implementing standards of care and protocols for treating stroke patients,” said Lee H. Schwamm, M.D., chair of the Get With The Guidelines National Steering Committee and director of the TeleStroke and Acute Stroke Services at Massachusetts General Hospital in Boston. “The full implementation of acute care and secondary prevention recommendations and guidelines is a critical step in saving the lives and improving outcomes of stroke patients.”

Get With The Guidelines–Stroke uses the “teachable moment,” the time soon after a patient has had a stroke, when they are most likely to listen to and follow their healthcare professionals’ guidance. Studies demonstrate that patients who are taught how to manage their risk factors while still in the hospital reduce their risk of a second heart attack or stroke.

Through Get With The Guidelines–Stroke, customized patient education materials are made available at the point of discharge, based on patients’ individual risk profiles. The take-away materials are written in an easy-to-understand format and are available in English and Spanish.

“The time is right for Kettering and Sycamore to be focused on improving the quality of stroke care by implementing Get With The Guidelines–Stroke. The number of acute ischemic stroke patients eligible for treatment is expected to grow over the next decade due to increasing stroke incidence and a large aging population,” Ruppert said.

According to the American Heart Association/American Stroke Association, stroke is the third leading cause of death in the United States and a leading cause of serious, long-term disability. On average, someone suffers a stroke every 45 seconds; someone dies of a stroke every three minutes; and 795,000 people suffer a new or recurrent stroke each year.

For more information on stroke, go to <http://www.wkni.org/disorders/stroke/index.cfm>.

About Get With The Guidelines

Get With The Guidelines[®] is the American Heart Association/American Stroke Association’s hospital-based quality improvement program that empowers healthcare teams to save lives and reduce healthcare costs by helping hospitals follow evidence-based guidelines and recommendations. For more information, visit heart.org/quality.