

Why Choose Atlantic Health System for Stroke Care?

Quality, innovation, speed through integrated care



**Atlantic
Health System**

Trusted Network of Caring™



**American Heart Association
American Stroke Association
CERTIFICATION**

Meets standards for

Comprehensive Stroke Center



Why Choose an Atlantic Health System Hospital?

- › Atlantic Health System, consisting of medical centers at Morristown, Overlook, Newton and Chilton has an overarching commitment to providing the **best stroke care** in the region.
- › At Atlantic Health System, we define “**best**” as:
 - Operating an integrated system of care with superior stroke programs on every hospital campus, offering the same access to **best in industry stroke care**. This means that you can transport a stroke patient to Morristown, Overlook, Newton, Chilton or Overlook’s Union emergency department and receive rapid assessment for the clot busting drug, high utilization of tPA and if needed, a well-coordinated and rapid transport to Overlook for tertiary care.
 - Maintaining Joint Commission Certified Stroke Centers on every campus and a Comprehensive Stroke Center at Overlook. As a system of care, we have developed an extraordinary base of experience with stroke, close to 2,000 stroke patients each year – from prevention to emergency response including mechanical retrieval of blood clots lodged in the brain arteries.
 - In fall, 2016, Atlantic Health System will open its helipad at Overlook for complex stroke transfers because we respect how critical speed is in preserving brain tissue.
 - Surpassing top performance on nationally set metrics for stroke care. The table below compares Atlantic Health System to both state and national averages and exceeds almost all hospitals in NJ on these measures.

	Atlantic Health System 2015 All Campuses	Best Practice Goal (AHA/ASA)	NJ 2015 Get With the Guidelines	US 2015 Get With the Guidelines
Door to Needle (DTN) < 45 min	60%	50%	39%	39%
DTN < 60 min	84%	75%	72%	72%
tPA rate (clot busting drug)	17%		11%	10%

How do we perform so well? What are the tools we use to achieve this superior level?

- › We begin in the field, working closely with our emergency providers using **telestroke technology in the rig** to start the neurological assessment.
- › The technology allows a rapid neurological evaluation before the patient arrives at the emergency room. It also eliminates 10-15 minutes off the time it takes to treat a stroke, which saves up to 30 million brain cells.
- › Once in the ED, we connect to a team of specially trained stroke neurologists who work closely with the ED professionals to make rapid decisions in treatment.
- › Once admitted, stroke patients are placed in a stroke unit with highly trained neuroscience nurses who utilize the American Stroke Association's "Get with the Guidelines" to define a multidisciplinary plan of care.
- › The multidisciplinary team includes physicians, nurses, radiology, pharmacy, physical therapy, social work and others to ensure that patients receive the right care, at the right quality, at the right time, and at the right place.
- › We are anchored by a comprehensive stroke center
 - Overlook Medical Center serves as the region's Comprehensive Stroke Center anchoring a network of more than a dozen Primary Stroke Center hospitals in Northwestern New Jersey. This network enables our renowned neurophysicians to share state-of-the-art stroke diagnostic and treatment technologies with colleagues at other institutions, ensuring that their stroke patients receive the best possible medical care.
- › This comprehensive care includes:
 - More advanced methods of treating complex stroke
 - Treatment of ischemic strokes up to 8 hours
 - More advanced imaging techniques
 - Neuro ICU
 - Neurosurgery

Why we Use Telestroke in the Rig

Our portable Telestroke units, located in five regional Atlantic Ambulance Mobile Intensive Care Units surrounding our hospital campuses are Atlantic Health System's next step in using state-of-the-art technology to improve care for our patients. When called to a stroke emergency, paramedics carry this portable device into the transporting ambulance and connect with a stroke neurologist who uses his/her laptop, iPad, etc. to conduct a rapid neurological evaluation before the patient arrives at the emergency room, reducing an average of 15 minutes off the time it takes to treat the stroke, equivalent to up to 30 million brain cells. This practice brings world-class care to our regional population.

When it comes to treating a stroke, time can literally make the difference between life and death. The door to needle time is critical. Doctors have a short, 4.5 hour window in which to administer drugs that can clear clogged arteries and every minute counts.

Although clot busting drugs are usually administered within 4.5 hours of stroke onset, many patients may be eligible for other mechanical interventions such as the stent retrieval system, for up to eight hours.



Award-Winning Stroke Care

Atlantic Neuroscience Institute's stroke centers are nationally recognized with the following accreditations:

- Overlook Medical Center is a designated Comprehensive Care Center by the Joint Commission and the American Heart Association/American Stroke Association
- Designated a Comprehensive Stroke Center by the New Jersey Department of Health and Senior Services (Overlook and Morristown medical centers)
- Certification for Primary Stroke Centers from The Joint Commission and the American Heart Association/American Stroke Association (Morristown, Newton, Chilton medical centers)
- Gold Seal of Approval™ from The Joint Commission for Primary Stroke Centers (Overlook, Morristown, Newton and Chilton medical centers)
- Designated a Primary Stroke Center by the New Jersey Department of Health (Newton and Chilton medical centers)
- Recipient of the American Heart Association and American Stroke Association's Get With The Guidelines® Stroke Gold Plus Quality Achievement Award with Target: Stroke Honor Roll Elite Plus (Overlook Medical Center)
- Recipient of the American Heart Association and American Stroke Association's Get With The Guidelines® Stroke Gold Plus Performance Achievement Award with Target: Stroke Honor Roll Elite (Morristown, Newton and Chilton medical centers).



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The American Heart Association and American Stroke Association recognize this hospital for achieving 85% or higher compliance with all six Get With The Guidelines® Stroke Achievement Measures and 70% or higher compliance with five or more Get With The Guidelines® Stroke Quality Measures for 12 consecutive months and achieving Target or Performance Excellence Therapy (1-60 minutes to 75% or more of applicable acute ischemic stroke patients treated with IV tPA to improve quality of patient care and outcomes.

Facts to Know About Stroke

Each year, more than 700,000 people in the United States suffer a stroke – a dangerous condition in which blood flow is blocked to a part of the brain. It is the No. 5 cause of death among adults in the U.S. and a leading cause of serious long-term disability.

What Causes a Stroke?

A stroke occurs when the blood supply to part of the brain is interrupted or reduced. This deprives the brain of oxygen and nutrients, which can cause the brain cells to die. A stroke may be caused by a blocked artery (ischemic stroke) or a leaking or burst blood vessel (hemorrhagic stroke). Some people may experience a temporary disruption of blood flow through their brain (transient ischemic attack).

Factors that may influence a stroke to occur:

- › Hardening and weakening of the blood vessels
- › Age
- › High blood pressure
- › Cholesterol
- › Family History
- › Smoking
- › Diabetes

Some facts:

- › The risk of having a stroke doubles with each decade after the age of 55.
- › Men are more likely to have a stroke, but women more likely to die from one.
- › Family history of stroke increases the risk.
- › African-Americans, Hispanics and Asians are at higher risk.
- › Exercise and not smoking decreases risk.

Atlantic Health System is the American Heart/Stroke Association's Northern New Jersey Together to End Stroke Sponsor. Knowing the warning signs of stroke is a key component of the F.A.S.T. initiative.

The graphic features the word "Act" in a large, blue, serif font on the left. To its right, the letters "F", "A", "S", and "T" are arranged horizontally in a large, blue, sans-serif font. Below each letter is a red, bold, sans-serif phrase: "FACE DROOPING" under "F", "ARM WEAKNESS" under "A", "SPEECH DIFFICULTY" under "S", and "TIME TO CALL 9-1-1" under "T". Below the "Act" text is the American Heart Association and American Stroke Association logo, which includes a red heart with a white caduceus and the text "American Heart Association" and "American Stroke Association". Below the logo is the slogan "Together to End Stroke™". Underneath that is the text "Northern New Jersey Together to End Stroke Sponsor" and "Atlantic Health System" with a small orange square icon. Below the text are four small, square, grayscale photographs: a man's face, a woman pointing, a woman speaking, and hands holding a smartphone. At the bottom of the graphic, the text "Overlook Medical Center", "Morristown Medical Center", "Newton Medical Center", and "Chilton Medical Center" is listed. At the very bottom, the text "CALL 9-1-1" is written in a large, red, bold, sans-serif font.

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