

Women's Stroke Health: How Nebraska Measures Up?

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Disclosure:

This work represents the author's independent analysis of local or multicenter data gathered using the AHA Get With The Guidelines® (GWTG) IQVIA Registry Platform, to be used for quality improvement purposes, and is not intended to be used as a research analysis of the national GWTG dataset.



Reviewing

- Alteplase Treatment Time
- Length of Stay
- Discharge Disposition
 - Skilled Nursing Facility vs Inpatient Rehab
- Working Age vs Retirement

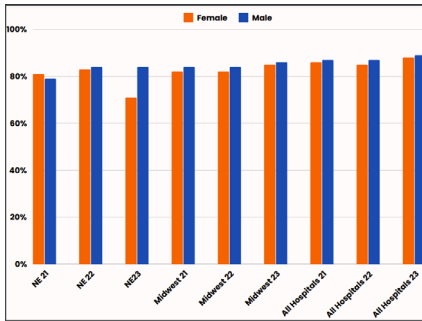


Alteplase Treatment Time

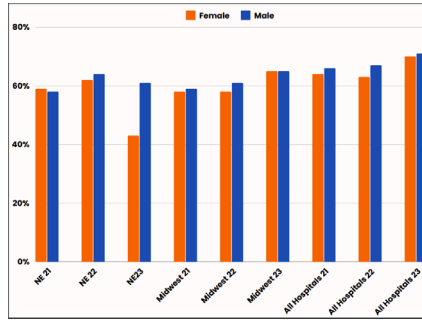
- The American Heart Association (AHA) recommendation
 - Door to Alteplase treatment 60 min or less
- Award Levels for Alteplase Treatment
 - Door to Alteplase treatment 60 min or less 100% of the time
 - Door to Alteplase treatment 45 min or less 75% of the time
 - Door to Alteplase treatment 30 min or less 50% of the time



Treatment in 60 min



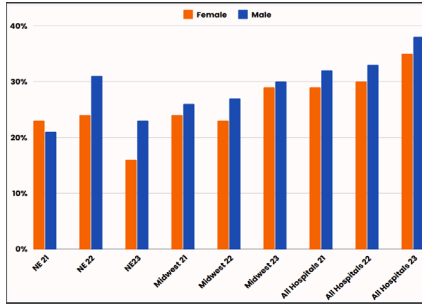
Treatment in 45 min



Poll

- Who received treatment of Alteplase within 30 min or less for Nebraska in 2021?
 - Men
 - **Women**

Treatment in 30 min



Contributing Factors...



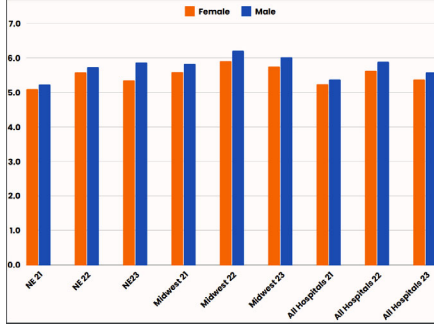
- Females have increased risk for Atrial Fibrillation.
- Females often are living alone.
- Females have more comorbidities.
- Females present with atypical symptoms.
- Females have higher incidence of being diagnosed with a mimic.
 - Migraines
 - Hypertensive Emergency
 - Encephalopathy
- Decreased treatment in hospitals without a stroke program.
- Diagnostic Imaging delays for women
- Mission Life Line Stroke Nebraska
- Get With the Guidelines Award 2020

Length of Stay (LOS)



- The median LOS is 7 days.
- Severity of stroke in general prolongs LOS.
- It is not clear whether the influence of sex on LOS reflects the impact of culture difference or is due to other factors.
- A longer LOS can be associated with reduced readmission rates and mortality rates.
- A longer LOS is common among Stroke Certified Hospitals.
- Typical LOS is five to seven days.

Length of Stay



Contributing Factors....



- Male sex corresponded to an increase in LOS by approximately 1.2 days.
- Despite higher stroke severity women's LOS is shorter.
- Socio-economic levels, the ability to afford the care.
- The process of determining discharge destination is often delayed by insurance approval, rehabilitation assessment, and medical management.

Discharge Disposition

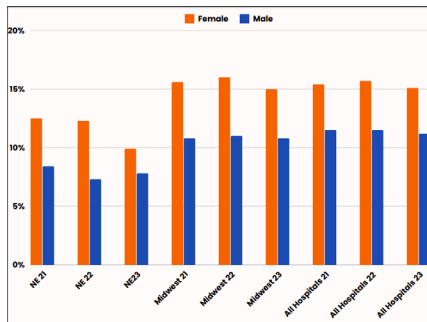
- Patients with stroke need formal multi-domain assessments before hospital discharge.
- Many factors affect a patient's discharge destination, including patient-related factors such as age, race, comorbidities, and functional status as well as healthcare system-related factors such as bed availability and workforce.
- Early prediction of discharge destination may optimize poststroke care and improve outcomes.



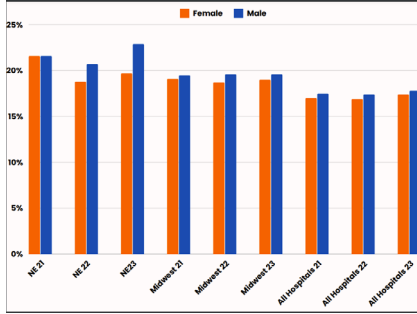
Poll

- Which gender is discharged to Inpatient Rehab more?
 - Men
 - Women

Discharge to Skilled Nursing Facility



Discharge to Inpatient Rehab



Contributing Factor's



- Women receive more Palliative care.
- Women have higher incidence of "withdrawal of care cycle" due to comorbidities.
- Women have lower economic factors.
- Woman are twice as likely to suffer from post stroke depression.
- Having Medicare or Medicaid will affect ability to go to a SNF vs IRF.
- Larger hospitals and those with stroke units were more likely to discharge patients to IRFs than to SNFs.
- A higher proportion of women and older age groups were discharged to SNFs than to IRFs.
- Patients with fewer comorbidities, less severe stroke, or related disabilities are thus more likely to be discharged to an IRF.

Age When Stroke Occurs

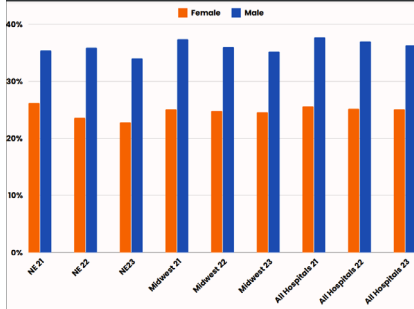
- Affects comorbidities.
- Affects discharge disposition to IRF vs SNF.
- Affects disabilities.



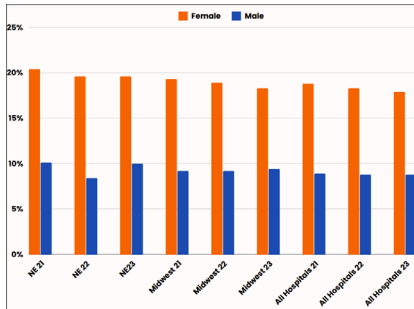
Poll

- What age range do men have more strokes then women?
 - Age < 18
 - Age = 18 - 45
 - Age = 46 - 65
 - Age = 66 - 85
 - Age > 85
- What age range do women have more strokes then men?
 - Age < 18
 - Age = 18 - 45
 - Age = 46 - 65
 - Age = 66 - 85
 - Age > 85

Age Range 46-65 years



Age Range >85 years



Contributing Factors...



- The life expectancy of females exceeds male life expectancy.
- Stroke is the third leading cause of death in women in the United States.

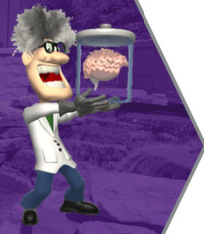
Overall...

- Delay in arrival.
- Atypical presentation.
- Under-represented in Trials.
- Increased age affects treatment, comorbidities, and severity of stroke symptoms.
- Insurance.
- Life expectancy.
- Socio-economic levels, the ability to afford the care.
- Females have increased risk for Atrial Fibrillation.



Questions

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