



Confluence Health's Primary Stroke Program is pleased to introduce a new Integrated Stroke Practice Unit and Stroke Clinic, an innovative model to help serve our patients during their post stroke recovery period.

The Stroke Clinic began seeing clients September 1st, 2020 within the current Neurology space at Central Washington Hospital. The Stroke Clinic will be seeing patients who have recently been discharged from their acute hospital stay or acute rehabilitation unit stay. The focus of the Stroke Clinic is to establish the cause of the stroke, ensure the patient understands what type of stroke they may have had, and to help them better understand their personal risk factors.

Additionally, the Stroke Outcomes Nurse (Jamie McElroy), will begin seeing patients in select areas in their home for up to 1 year post discharge. This exciting aspect of the Integrated Practice Unit is called Stroke Mobile, and began on October 1st. These programs will serve post stroke patients in the home and in the post stroke clinic. The focus of the Stroke Outcomes RN is behavior modification, lifestyle modification and stroke risk factor reduction to prevent stroke re-occurrence. **The RN together with the patient, caregiver and Primary Care provider will focus on:**

- Blood pressure reduction
- Blood glucose control
- Diet
- Smoking cessation
- Activity levels
- Other goals

There is no charge to the patients when being seen by the mobile nurse.



The proposed outcomes of these services will be a reduction in readmission and ED visits, reduced work load for primary care, and reduction in blood pressure, blood glucose, cholesterol, weight, smoking, and increased activity in this patient population.