

# STROKE

## BASIC EMT / ADVANCED EMT / PARAMEDIC

1. Identify time symptoms first noticed AND time last seen normal.
  - a. Patients may be eligible for intervention for up to 24 hours
2. Complete **BEFAST** exam, if positive do **C-STAT** exam. Document findings.
  - a. If FAST positive & C-STAT negative – transport to closest appropriate facility
  - b. If FAST positive & C-STAT **positive** – transport to closest neurological interventional facility (*Lutheran Hospital or Parkview Regional Medical Center*)
3. Obtain family member/next of kin contact information (cell and home phones).
4. Limit scene time as much as possible.
5. **Oxygen** if oxygen saturation  $\leq 93$  or evidence of respiratory distress
6. **Check blood sugar.** Treat hypoglycemia only if glucose level is less than 60 mg/dl.
7. Determine if currently taking Warfarin (Coumadin, Jantoven), Dabigatran (Pradaxa), Rivaroxaban (Xarelto), Apixaban (Eliquis), Edoxaban (Savaysa).

<b>BEFAST</b>	
<b>Balance</b>	<b>Is the patient losing their coordination or balance?</b> <b>Is the patient having trouble walking?</b>
<b>Eyes</b>	<b>Is the patient having trouble seeing out of one or both eyes?</b> <b>Any changes in vision?</b>
<b>Face</b>	<b>Ask the person to smile</b> Does one side of the face droop?  Look closely at <b>their</b> teeth. Can you count the same # of teeth on each side?
<b>Arms</b>	<b>Ask the person to raise both arms</b> Does one arm drift downward?
<b>Speech</b>	<b>Ask the person to repeat a simple sentence</b> Are the words slurred? Can he/she repeat the sentence correctly?
<b>Time</b>	<b>Identify time of onset and time last normal</b> Time is brain!

## STROKE cont.

<b>C-STAT (Large Vessel Occlusion Assessment) Exam Steps</b>		
<b>Item</b>	<b>Finding</b>	<b>Meaning</b>
<b>Gaze</b>	<b>Abnormal (Conjugate Gaze Deviation)</b>	<b>Positive C-STAT</b>
<b>Arm weakness</b>	<b>Abnormal (arm drift within 10 seconds)</b>	<b>Arm Weakness +</b>
<b>Level of consciousness (Confusion)</b>	<b>Abnormal (incorrectly states: age or month; AND cannot follow commands: open/close eyes or hands)</b>	<b>Altered Level of Consciousness = Positive C-STAT</b>

**\*\*EARLY NOTIFICATION OF THE ED IS CRITICAL.**