



# Delaware Stroke Initiative

## Highlight of Sponsored Events

Every year the Delaware Stroke Initiative (DSI) sponsors a number of events to further its goal of reducing the incidence of stroke and improving outcomes by educating health care professionals and the public about stroke. These events include:

### **Annual Stroke Educational Conference**

These conferences target health care professionals with the purpose of maintaining and advancing the knowledge base and skill set of health care professionals in stroke prevention and rehabilitation; to discuss the role of emergency response and treatment for stroke; to discuss current and new technology; and to provide an overview of stroke management and discuss long term management of individuals after their stroke event. Past speakers have included: Vice President Joseph Biden (then Senator Biden), Mayor Vance Funk, III, Senator Bethany Hall Long, and Ross Megargel, DO (Director of State of DE Emergency Services).

### **Free Public Screenings**

DSI sends volunteers into the community to provide free stroke screenings. At these screenings volunteers assess each individual's risk, refer individuals to health care providers for follow up when needed, and distribute information regarding stroke prevention and treatment. Each year DSI reaches approximately 3,000 people through these screenings, over half of whom are at high-risk for stroke.

### **Free "Thumbs Up" Support Group**

The support group is an important community service to help stroke survivors and their families learn about community resources, get educational information and share their personal experiences in a positive and supportive environment. Anyone who is recovering from a stroke, as well as their families and friends are welcome to attend.

### **Public Awareness Events**

These are community activities that bring the issues surrounding stroke to the general public.

Please see below for more information and examples of past events.

# **Annual Stroke Education Conferences: Stroke Prevention, Treatment, and Rehabilitation**

Select dates and topics:

March 20, 1999

Hotel DuPont, Wilmington, DE

Primary Care Strategies for Risk Factor Identification and Stroke Prevention • Rapid Radiologic Diagnosis of Stroke • The Stroke Patient and EMS • Thrombolytic Intervention for Acute Ischemic Stroke • Innovative Emergency and Critical Care Management for Acute Ischemic Stroke • Rapid Diagnosis and Management of Hemorrhagic Stroke

October 25, 2003

Wilmington Christiana Hilton Conference Center, Wilmington, DE

Role of Emergency Responders for Stroke • Emergency Department Management for Acute Stroke • The Neurologist's Response to Acute Ischemic Stroke • The Neurosurgeon's Response to Hemorrhagic Stroke • Advances in Acute Stroke Imaging • Critical Care Nursing Management of Acute Stroke • Follow-Up Management for Stroke • Stroke Rehabilitation and New Research • Pharmacological Interventions for Stroke • Primary Care Prevention of Stroke & Cardiovascular Disease

October 29, 2005

Wilmington Christiana Hilton Conference Center, Wilmington, DE

AHA Planning Stroke Systems for Delaware • Acute Stroke: ED Management, Diagnostics, NINDS Study and rt-Paprotocol • Diabetes and the Link to Stroke • Management of Hypertension and Stroke • Management of Hyperlipidemia and Stroke • "Get with the Guidelines" AHA • Physical Therapy and Stroke Rehabilitation • Neuropsychological Evaluation and Rehabilitation • The Speech Pathologist Role in Stroke Patients • Coping with Catastrophic Illness- Stroke Support Group • Stroke Prevention Through Aggressive Risk Factor Management

September 30, 2006

Wilmington Christiana Hilton Conference Center, Wilmington, DE

Hypertension and Stroke • Acute Stroke Diagnostic Treatment • Management of Hyperlipidemia and Stroke • New Advances in the Rehabilitation of Stroke • EMT/Paramedics - 911 System in Delaware • Neuroradiologist's Response to Acute Stroke Diagnosis • New Advances in the Rehabilitation of Stroke • Speech Pathology Role in Stroke Patients • Cardiac Causes of Stroke • Mental Health and Post Stroke Depression • Smoking Cessation • Diabetes and the Link to Stroke • Assisted Technologies for Independence after a Stroke • Neuropsychological Evaluation and Rehabilitation of Stroke • Investigational, Noninvasive Therapies • The Stroke Prevention Initiative

September 15, 2007

University of Delaware, Clayton Hall, Newark, DE

Chronic Disease Task Force Update on Stroke • Hypertension and Stroke • Management of Hyperlipidemia and Stroke • Investigational, Noninvasive Therapies • Psychological Impact of Stroke • Speech Pathologist's Role for Stroke Patients • Transient Ischemic Attack • Assisted Technologies for Post Stroke Patients • Overview of Stroke Rehabilitation • Cardiac Causes of Stroke • Diabetes and the Link to Stroke

September 20, 2008

University of Delaware, Clayton Hall, Newark DE

The Basis of Acute Stroke Management • Interventional Radiology for Stroke • Post Acute Stroke Rehab • Update on Non-TPA Acute Stroke Management • Future Stroke Treatment • Physical Motor Learning and Treatment • Hypertension and Stroke • Stroke Spasticity Issues and Treatment • EMS/Paramedics - 911 Systems in Delaware • Diet and Impact on Stroke Prevention and Treatment • The Therapeutic Application of Phenol for Stroke Patients

October 3, 2009

John H. Ammon Medical Education Center at Christiana Hospital, Newark, DE

Emergency Department Evaluation and Treatment of Stroke • Stroke Prevention • Evaluation and Treatment of Speech and Language after Stroke • In-Patient Stroke Rehabilitation • Evaluation and Treatment of Transient Ischemic Attack • Lipid Lowering and Stroke Prevention • Nursing Care of Stroke and TIA Patients • Stroke and Sleep • Interventional Radiology and Stroke • Pre-Hospital Evaluation and Treatment of Stroke and TIA • Smoking Cessation • Robotic and other New Physical Therapy Treatments of Stroke • Stroke in the Young Adult

# Free Stroke Screenings

## A Few of Our Past Stroke Screening Sites:

Chi Eta Phi Health Fair • Clarence Fraim Senior Center • Claymore Senior Center • Cardiovascular Women's Health Fair for employees - Christiana Hospital and Wilmington Hospital • Citi Group • Community Cardiovascular Event - John H. Ammon Education Center • Del Tech - Stanton Campus • Dewy Beach Women's Health – OBGYN Conference • Dover Holistic Health Fair • Dupont Experimental Health Fair • Emmanuel Dining Room • First Unitarian Church • Hispanic Health Fair - Faith Baptist Church • Hockessin Fire Station • Home Depo – Newark • Legislative Hall • Lutheran Towers • MOT Senior Center • Modern Maturity Center –Dover • Mount Carmel Church • New Castle County Recreation / Brandywine Town Ctr. • New Castle County Recreation Ctr/ PAL - Lancaster Pike – Hockessin • New Castle County Recreation Ctr/ PAL Garfield Park • New Castle County Recreation/Rockwood Ctr • Newark Senior Center Health Fair • Platinum Picnic - Banning Park • Riverfront – Health Fair • St. Anthony's Senior Center • St. Francis Hospital • Stanton Middle School • United Methodist Church – Kempleville • United Methodist Church - Hockessin, DE • University of Delaware • Wesley College Health Fair • West End Neighborhood House – Wilmington • Wilmington Trust - Downtown Wilmington • Wilmington Wellness Day -Rodney Square • YMCA – Bear • YMCA - Central Branch • YMCA -Kirkwood Highway

## “Thumbs Up” Stroke Support Group

### A sample of meeting topics:

Members supporting each other • Emotional Adjustment after Stroke • Diabetes and Stroke Education • Home Care options for Stroke Survivors • Fall Prevention • Nutrition as a Healthy Lifestyle • Assistive Technology • Handling Stress & Coping With Changes • The Role of Neurologist in the Prevention & Treatment of Stroke • Osteoporosis • Care for the Caregivers • Physical Therapy Research • Benefits for Seniors in DE • AARP • How to Keep Track of Prescription Medications • Improving Balance • Speech Therapy • Movement Therapy • Shiatsu • Emotional Adjustment after Stroke • Physical Rehabilitation after Stroke • Adaptive Devices for Self-Dressing and Feeding • Coping with Grief/Depression Following Stroke • The Recovery Process • Art Therapy • Dealing with Common Personality Changes Following Stroke • Role Change Following Stroke • Pharmaceutical Research for Stroke Prevention & Treatment • DE Medicare Fraud Alert • What Resources are Available for Seniors & Those with Disabilities • Occupational Therapy • Resources for Care Givers • Exercises for Fun and Improving Function

# Stroke Awareness Events

Stroll for Stroke as part of the WDEL-WSTW Health, Fun and Fitness Fair with guest Richard Simmons on April, 1, 2000

Stroll for stroke with your Pet with guests Lt. Gov Carney, Miss DE, USA, and Miss DE Teen on June 5, 2004 at the Wilmington Riverfront Walk

1<sup>st</sup> Annual DSI 5k Walk/Run on June 4, 2005

2<sup>nd</sup> Annual DSI 5k Walk/Run on May 6, 2006 at Brandywine Park

3<sup>rd</sup> Annual DSI 5k Walk/Run on May 5, 2007 at Brandywine Park

4<sup>th</sup> Annual DSI 5k Walk/Run on May 3, 2008 at Brandywine Park