

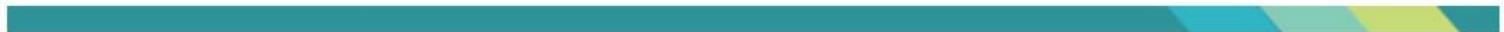


## National Stroke Association FAST Program: The 4-1-1

Presented by: Aurora Quigley, CHES



## **Well-Ahead Louisiana Provider Education Network**



# Meet the Expert

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- Aurora Quigley, CHES





# The 2018 FAST Program

Increasing Stroke Awareness

[www.stroke.org](http://www.stroke.org)



# National Stroke Association

Our Mission: to reduce the incidence and impact of stroke by developing compelling education and programs focused on prevention, treatment, rehabilitation and support for all impacted by stroke



# Brief History of FAST Program

- Developed in 2014
- Collaboration between the National Stroke Association, Mississippi, Georgia, and Arkansas
- Reached nearly 150,000 individuals since inception
- Partnered with over 250 sites



# FAST Program Purpose

To ensure that the general public, including people at high risk of stroke, are equipped with the knowledge and educational resources needed to effectively recognize the warning signs of stroke and access emergency medical care.



# Objectives

The National Stroke Association expects that participants will exhibit increased knowledge in:

- Recognizing at least three stroke warning signs through the FAST (Face, Arms, Speech, Time) technique
- Understanding the lifesaving importance of taking action to receive immediate emergency care (e.g., 9-1-1)



# Program Components

- FAST USB flash drive
  - Presentation slide deck
  - Post-assessment form
  - Presentation summary form
- FAST posters
- FAST brochures
- FAST wallet cards
- FAST magnets
- FAST pens



# USB Flash Drive



# Presentation Slide Deck



Recognizing Stroke **FAST**:  
**F**ace **A**rms **S**peech **T**ime



[www.stroke.org](http://www.stroke.org)

# Post-Assessment



9707 E. Easter Lane, Suite B  
Centennial, CO 80112-3754  
1-800-STROKES (787-6537)

## FAST Program Post-Test

Date \_\_\_\_\_

Name \_\_\_\_\_ Email \_\_\_\_\_

1. What is stroke?
  - a) A break in a blood vessel in the brain
  - b) A blockage in a blood vessel in the brain
  - c) Both of the above
  - d) None of the above
  
2. The letter "F" in FAST stands for:
  - a) Family
  - b) Face
  - c) Fear
  - d) Factors
  
3. In FAST, the letter "A" stands for atherosclerosis.
  - a) True
  - b) False
  
4. The letter "S" in FAST stands for speech.
  - a) True
  - b) False
  
5. In FAST, the letter "T" stands for:
  - a) Time
  - b) Tongue
  - c) Treatment
  - d) Transient Ischemic Attack (TIA)
  
6. What should you do if someone is showing signs of a stroke?
  - a) Continue with your activity
  - b) Call 9-1-1 immediately
  - c) Call the person's doctor
  - d) Ask them to rest
  - e) None of the above

[www.stroke.org](http://www.stroke.org)

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# Presentation Summary Form



9707 E. Easter Lane, Suite B  
Centennial, CO 80112-3754  
1-800-STROKES (787-6537)

## FAST Program Presentation Summary

While we know that you will make every effort possible to collect a post-assessment from each participant, we also understand that not every participant will be willing or able to complete one. Because it is important to us to collect accurate data on where and how many people the program is reaching, please complete this form after every presentation and submit it along with the post-assessments.

If you have any questions, please contact me at [aquigley@stroke.org](mailto:aquigley@stroke.org) or 303-754-0926.

Thank you!

Aurora Quigley, CHES  
Manager, Awareness and Professional Programs

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Presenting Facility/Organization Name: \_\_\_\_\_

City, State: \_\_\_\_\_

Presenter Name: \_\_\_\_\_

Presenter Email Address: \_\_\_\_\_

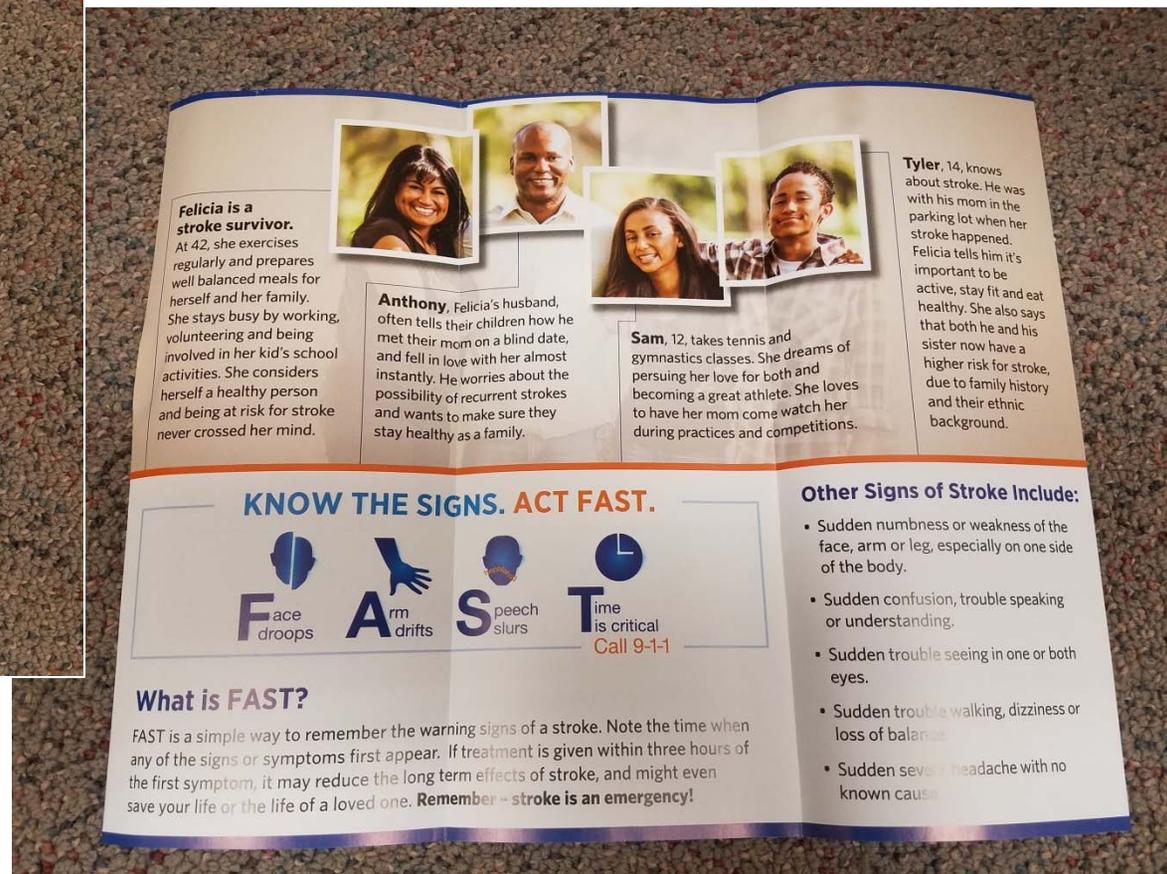
Attending Facility/Organization Name: \_\_\_\_\_

City, State: \_\_\_\_\_

Program Date: \_\_\_\_\_

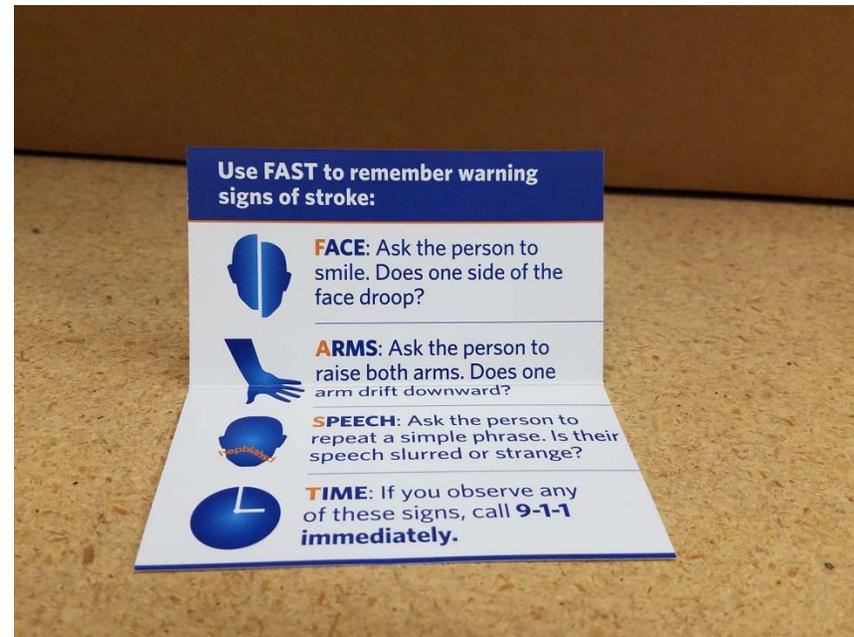
Total Number of Participants: \_\_\_\_\_

# Brochure

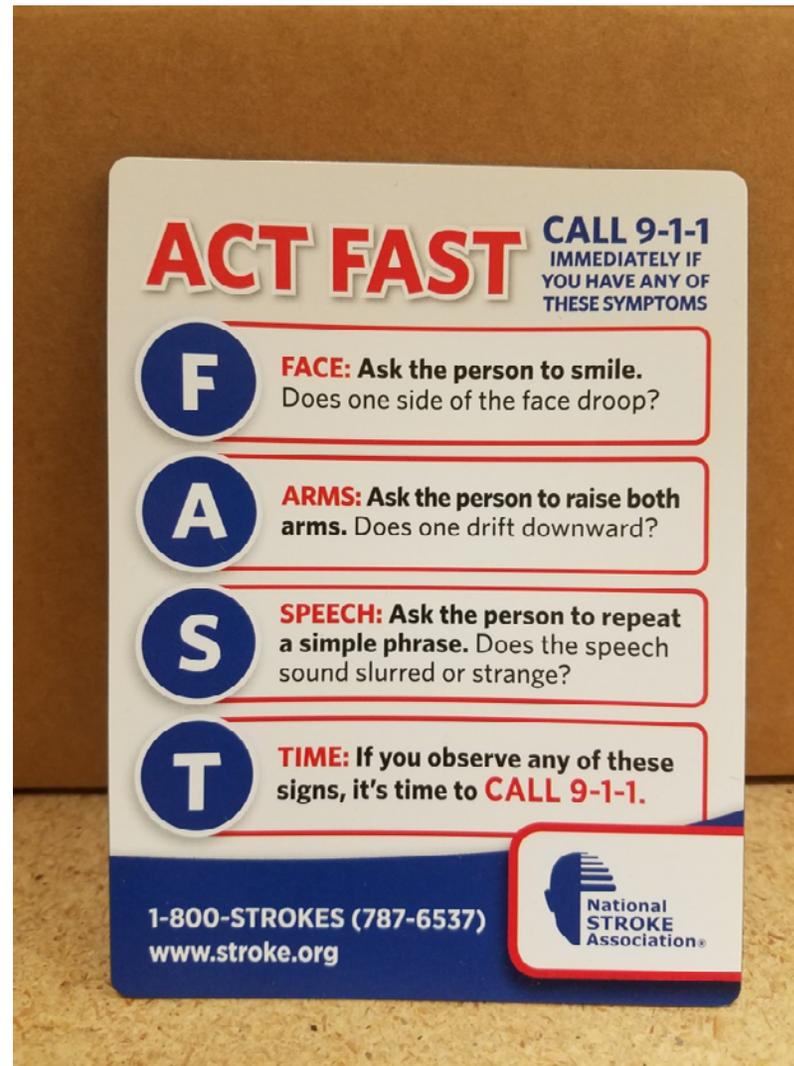




# Wallet Card



# Magnet



**ACT FAST** CALL 9-1-1  
IMMEDIATELY IF  
YOU HAVE ANY OF  
THESE SYMPTOMS

**F** **FACE:** Ask the person to smile.  
Does one side of the face droop?

**A** **ARMS:** Ask the person to raise both  
arms. Does one drift downward?

**S** **SPEECH:** Ask the person to repeat  
a simple phrase. Does the speech  
sound slurred or strange?

**T** **TIME:** If you observe any of these  
signs, it's time to **CALL 9-1-1.**

1-800-STROKES (787-6537)  
[www.stroke.org](http://www.stroke.org)

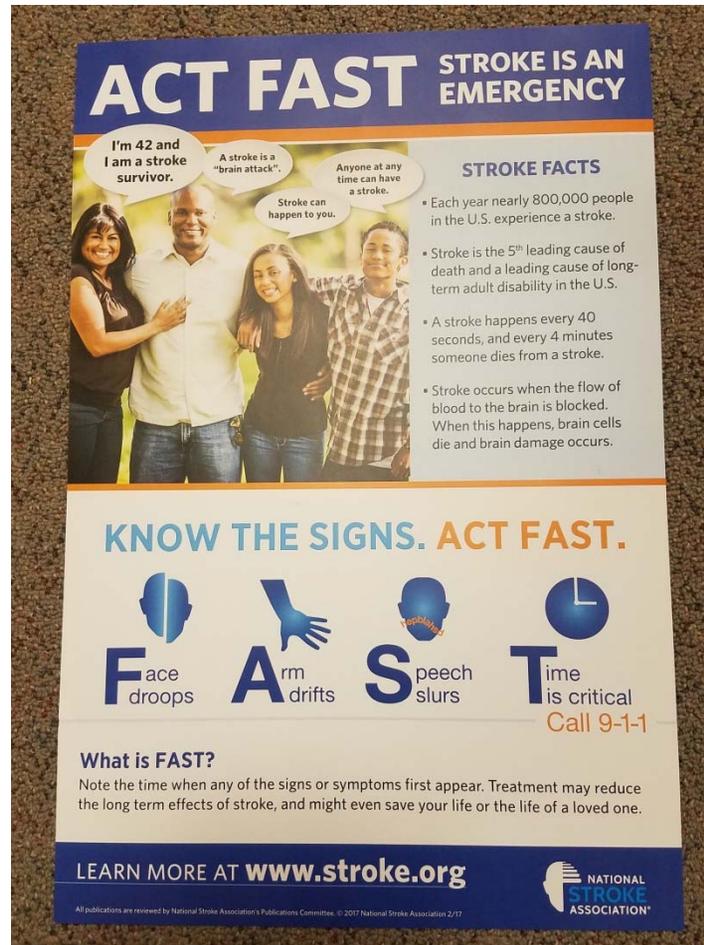


National  
**STROKE**  
Association®

# Pen



# Poster



**ACT FAST STROKE IS AN EMERGENCY**

I'm 42 and I am a stroke survivor.

A stroke is a "brain attack".

Stroke can happen to you.

Anyone at any time can have a stroke.

**STROKE FACTS**

- Each year nearly 800,000 people in the U.S. experience a stroke.
- Stroke is the 5<sup>th</sup> leading cause of death and a leading cause of long-term adult disability in the U.S.
- A stroke happens every 40 seconds, and every 4 minutes someone dies from a stroke.
- Stroke occurs when the flow of blood to the brain is blocked. When this happens, brain cells die and brain damage occurs.

**KNOW THE SIGNS. ACT FAST.**

**F**ace droops

**A**rm drifts

**S**peech slurs

**T**ime is critical  
Call 9-1-1

**What is FAST?**  
Note the time when any of the signs or symptoms first appear. Treatment may reduce the long term effects of stroke, and might even save your life or the life of a loved one.

LEARN MORE AT [www.stroke.org](http://www.stroke.org)



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# Welcome Letter



9707 E. Easter Lane, Suite B  
Centennial, CO 80112-3754  
1-800-STROKES (787-6537)

## FAST Program

Thank you for requesting our FAST program! Your box contains \_\_\_\_\_ of the following (\_\_\_\_\_ in English, \_\_\_\_\_ in Spanish):

- Brochures
- Magnets
- Wallet cards
- Pens
- And 1 USB drive with the PowerPoint presentations and post-assessments

\*Please note that your \_\_\_\_\_ posters will be arriving separately.

I cannot stress enough the importance of collecting the post-assessments and encouraging the participants to share their information with us (name and e-mail) for a 3-month follow-up survey (conducted by the National Stroke Association). This will allow us to establish base line and retention data. As soon as possible after each presentation, we ask that you send in the post-assessments and the presentation summary form via one of the following methods:

- Email: [aquigley@stroke.org](mailto:aquigley@stroke.org)
- Fax: 303-649-1328, Attn: Aurora Quigley
- Mail: National Stroke Association  
Attn: Aurora Quigley  
9707 E. Easter Lane, Suite B  
Centennial CO, 80112

This year, we will do prize drawings at least on a quarterly basis for giveaways for those who share their information. To help encourage participation, please feel free to reassure your participants that we do not share their information, nor do we add them to our regular email distribution list. The information shared with us is used exclusively for follow up for the FAST Program.

I will check in with you occasionally to see how things are going, but if you have any questions or issues along the way, please contact me at [aquigley@stroke.org](mailto:aquigley@stroke.org) or 303-754-0926.

Please remember, the deadline to use these materials is Monday, December 10, 2018.

Thank you for being a partner and sharing this lifesaving information in your community!

In health,

Aurora Quigley, CHES  
Manager, Awareness and Professional Programs

[www.stroke.org](http://www.stroke.org)



# Expectations of Partners

- Reach the agreed upon number of participants with the presentation
  - Distribute supplemental materials at presentations
- Collect post-assessments from participants
- Return post-assessments and presentation summary form as soon as possible following each presentation



# What We Provide to Partners

- Presentation and supplemental materials – free
- Remote support to help troubleshoot program implementation challenges
- Compilation of the post-assessment information/reports



# Partner Feedback

“As a result of participating in the program, one of the participants was able to identify the stroke signs in a coworker. They called 911 and were able to get her help in the beginning stages of the stroke. She recovered and was back to work within a few weeks.”



# More Partner Feedback

“After teaching the class at the nursing home to CNAs, we had a nurses’ aide notice the subtle changes in one of her residents. She told the nurse and called 911. The resident did have a stroke and because of the quick action of the staff, she was transported quickly to a stroke hospital. She suffered no deficits.”



# Next Steps

1. Let me know you're interested
2. Schedule a short call
3. Follow-up email to make everything official



**Questions?**

[www.stroke.org](http://www.stroke.org)



# Contact Information

- Name: Aurora Quigley, CHES
- Email: [aquigley@stroke.org](mailto:aquigley@stroke.org)
- Direct: (303) 754-0926
- Fax: (303) 649-1328



Up Next:

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**Pharmacist's Provided Medication Therapy  
Management: A Patient's Ally Against Chronic  
Diseases**

March 9, 12:00-1:00pm

Go to

[Wellaheadla.com/healthcareprovidertrainings](http://Wellaheadla.com/healthcareprovidertrainings)  
to register!

Marie Darr  
Health Systems Consultant  
[Marie.darr@la.gov](mailto:Marie.darr@la.gov)  
225-412-1562

THANK YOU!

