



1

**DISCLOSURES**

MARTHA POWER - NONE

LYNN HUNDLEY - MEDTRONIC SPEAKER BUREAU & ARBOR PHARMACEUTICALS SPEAKER BUREAU

KARI MOORE - NONE

KATHY MORRISON - NONE



American Heart Association.

2

## WHEN WAS THE 1<sup>ST</sup> STROKE GUIDELINE PUBLISHED?

- a.1984
- b.2007
- c.2013
- d.1994

3



3

## ISCHEMIC GUIDELINES

	1994	1996*	2003	2007	2013	2015**	2018
Number of Pages/References	13/179	11/54	19/402	37/378	50/1,006	11/42	48/421
Stroke Centers							
Stroke Units							
Prehospital Section							
Stroke Triage as High Level							
Education for Comm, EMS, Health Care Professionals							
Switch from "Suddens" to FAST							
NIHSS Use							
Nurses as Guideline Authors							
Thrombolysis							
Mechanical Thrombectomy							

4

\* Thrombolytic Guidelines    \*\* Endovascular Updates



4

# WHAT'S UP WITH THE LEVELS OF EVIDENCE TABLE?

5



5

WE WENT FROM THIS IN THE 1994 ACUTE ISCHEMIC STROKE GUIDELINE

1902 *Stroke* Vol 25, No 9 September 1994

**TABLE 1. Levels of Evidence and Grading of Recommendations for Treatment of Patients With Acute Ischemic Stroke**

**Level of Evidence**

- Level I Data from randomized trials with low false-positive (alpha) and low false-negative (beta) errors
- Level II Data from randomized trials with high false-positive (alpha) or high false-negative (beta) errors
- Level III Data from nonrandomized concurrent cohort studies
- Level IV Data from nonrandomized cohort studies using historical controls
- Level V Data from anecdotal case series

**Strength of Recommendation**

- Grade A Supported by Level I evidence
- Grade B Supported by Level II evidence
- Grade C Supported by Levels III, IV, or V evidence

Descriptions of evidence and recommendations are adapted from Cook et al.<sup>5</sup>

6



6

# TO THIS IN THE 2007 AIS GUIDELINE

"Estimate of Certainty (Precision) of Treatment Effect"

	"Size of Treatment Effect"			
	Class I <i>Benefit &gt;&gt;&gt; Risk</i>	Class IIa <i>Benefit &gt;&gt; Risk Additional studies with focused objectives needed</i>	Class IIb <i>Benefit ≥ Risk Additional studies with broad objectives needed; Additional registry data would be helpful</i>	Class III <i>Risk ≥ Benefit No additional studies needed</i>
<b>Level A</b> <i>Multiple (3-5) population risk strata evaluated*</i> <i>General consistency of direction and magnitude of effect</i>	Procedure/Treatment SHOULD be performed/administered • Recommendation that procedure or treatment is useful/effective • Sufficient evidence from multiple randomized trials or meta-analyses	IT IS REASONABLE to perform procedure/administer treatment • Recommendation in favor of treatment or procedure being useful/effective • Some conflicting evidence from multiple randomized trials or meta-analyses	Procedure/Treatment MAY BE CONSIDERED • Recommendation's usefulness/efficacy less well established • Greater conflicting evidence from multiple randomized trials or meta-analyses	Procedure/Treatment should NOT be performed/administered SINCE IT IS NOT HELPFUL AND MAY BE HARMFUL • Recommendation that procedure or treatment not useful/effective and may be harmful • Sufficient evidence from multiple randomized trials or meta-analyses
<b>Level B</b> <i>Limited (2-3) population risk strata evaluated*</i>	• Recommendation that procedure or treatment is useful/effective • Limited evidence from single randomized trial or non-randomized studies	• Recommendation in favor of treatment or procedure being useful/effective • Some conflicting evidence from single randomized trial or non-randomized studies	• Recommendation's usefulness/efficacy less well established • Greater conflicting evidence from single randomized trial or non-randomized studies	• Recommendation that procedure or treatment not useful/effective and may be harmful • Limited evidence from single randomized trial or non-randomized studies
<b>Level C</b> <i>Very limited (1-2) population risk strata evaluated*</i>	• Recommendation that procedure or treatment is useful/effective • Only expert opinion, case studies, or standard-of-care	• Recommendation in favor of treatment or procedure being useful/effective • Only diverging expert opinion, case studies, or standard-of-care	• Recommendation's usefulness/efficacy less well established • Only diverging expert opinion, case studies, or standard-of-care	• Recommendation that procedure or treatment not useful/effective and may be harmful • Only expert opinion, case studies, or standard-of-care

Suggested phrases for writing recommendations †

should be recommended	is reasonable	may/might be considered	is not recommended
is indicated	can be useful/effective/ beneficial	may/might be reasonable	is not indicated
is useful/effective/beneficial	is probably recommended or indicated	usefulness/ effectiveness is unknown/unclear/uncertain or not well established	should not be useful/effective/beneficial

\*Data available from clinical trials or registries about the usefulness/efficacy in different sub-populations, such as gender, age, history of diabetes, history of prior MI, history of heart failure, and prior aspirin use. A recommendation with Level of Evidence B or C does not imply that the recommendation is weak. Many important clinical questions addressed in the guidelines do not lend themselves to clinical trials. Even though randomized trials are not available, there may be a very clear clinical consensus that a particular test or therapy is useful or effective.

†In 2003, the ACC/AHA Task Force on Practice Guidelines developed a list of suggested phrases to use when writing recommendations. All recommendations in this guideline have been written in full sentences that express a complete thought, such that a recommendation, even if separated and presented apart from the rest of the document (including headings above sets of recommendations), would still convey the full intent of the recommendation. It is hoped that this will increase readers' comprehension of the guidelines and will allow queries at the individual recommendation level.



# TO OUR CURRENT 2018 ACUTE ISCHEMIC STROKE GUIDELINE

CLASS (STRENGTH) OF RECOMMENDATION	LEVEL (QUALITY) OF EVIDENCE‡
<b>CLASS I (STRONG)</b> Benefit >>> Risk Suggested phrases for writing recommendations: • Is recommended • Is indicated/useful/effective/beneficial • Should be performed/administered/other • Comparative Effectiveness Phrases†: ◦ Treatment/strategy A is recommended/indicated in preference to treatment B ◦ Treatment A should be chosen over treatment B	<b>LEVEL A</b> • High quality evidence‡ from more than 1 RCT • Meta-analyses of high-quality RCTs • One or more RCTs corroborated by high-quality registry studies
<b>CLASS IIa (MODERATE)</b> Benefit >> Risk Suggested phrases for writing recommendations: • Is reasonable • Can be useful/effective/beneficial • Comparative Effectiveness Phrases†: ◦ Treatment/strategy A is probably recommended/indicated in preference to treatment B ◦ It is reasonable to choose treatment A over treatment B	<b>LEVEL B-R (Randomized)</b> • Moderate-quality evidence‡ from 1 or more RCTs • Meta-analyses of moderate-quality RCTs
<b>CLASS IIb (WEAK)</b> Benefit ≥ Risk Suggested phrases for writing recommendations: • May/might be reasonable • May/might be considered • Usefulness/effectiveness is unknown/unclear/uncertain or not well established	<b>LEVEL B-NR (Nonrandomized)</b> • Moderate-quality evidence‡ from 1 or more well-designed, well-executed nonrandomized studies, observational studies, or registry studies • Meta-analyses of such studies
<b>CLASS III: No Benefit (MODERATE)</b> Benefit = Risk (Generally, LOE A or B, used only) Suggested phrases for writing recommendations: • Is not recommended • Is not indicated/useful/effective/beneficial • Should not be performed/administered/other	<b>LEVEL C-LD (Limited Data)</b> • Randomized or nonrandomized observational or registry studies with limitations of design or execution • Meta-analyses of such studies • Physiological or mechanistic studies in human subjects
<b>CLASS III: Harm (STRONG)</b> Risk > Benefit Suggested phrases for writing recommendations: • Potentially harmful • Causes harm • Associated with excess morbidity/mortality • Should not be performed/administered/other	<b>LEVEL C-EO (Expert Opinion)</b> Consensus of expert opinion based on clinical experience

COR and LOE are determined independently (any COR may be paired with any LOE). A recommendation with LOE C does not imply that the recommendation is weak. Many important clinical questions addressed in guidelines do not lend themselves to clinical trials. Although RCTs are unavailable, there may be a very clear clinical consensus that a particular test or therapy is useful or effective.

† The outcome or result of the intervention should be specified (an improved clinical outcome or increased diagnostic accuracy or incremental prognostic information).

‡ For comparative-effectiveness recommendations (COR I and IIa; LOE A and B only), studies that support the use of comparator verbs should involve direct comparisons of the treatments or strategies being evaluated.

§ The method of assessing quality is evolving, including the application of standardized, widely used, and preferably validated evidence grading tools; and for systematic reviews, the incorporation of an Evidence Review Committee.

COR indicates Class of Recommendation; EO, expert opinion; LD, limited data; LOE, Level of Evidence; NR, nonrandomized; R, randomized; and RCT, randomized controlled trial.



## SO MANY COLLABORATORS TO CREATE THIS METHODOLOGY SO OUR GUIDELINES ARE EVIDENCED BASED AND NON-BIAS.

### Practice Guideline: Methodology

#### ACCF/AHA Clinical Practice Guideline Methodology Summit Report

A Report of the American College of Cardiology Foundation/American Heart Association Task Force on Practice Guidelines

##### WORKGROUP AUTHORS\*

Alice K. Jacobs, MD, FACC, FAHA, Chair;  
 Frederick G. Kushner, MD, FACC, FAHA, Workgroup 1 Chair;  
 Steven M. Ettinger, MD, FACC, Workgroup 2 Chair; Robert A. Guyton, MD, FACC, Workgroup 3 Chair;  
 Jeffrey L. Anderson, MD, FACC, FAHA, Workgroup 4 Chair;  
 E. Magnus Ohman, MD, FACC, Workgroup 5 Chair;  
 Nancy M. Albert, PhD, CCNS, CCRN, FAHA; Elliott M. Antman, MD, FACC, FAHA;  
 Donna K. Arnett, PhD, MD, FAHA; Marnie Bertolet, PhD; Deepak L. Bhatt, MD, MPH, FACC, FAHA;  
 Ralph G. Brindis, MD, MPH, MACC; Mark A. Creager, MD, FACC, FAHA;  
 David L. DeMets, PhD; Kay Dickersin, PhD; Gregg C. Fonarow, MD, FACC, FAHA;  
 Raymond J. Gibbons, MD, FACC, FAHA; Jonathan L. Halperin, MD, FACC, FAHA;  
 Judith S. Hochman, MD, FACC, FAHA; Marguerite A. Koster, MA, MFT; Sharon-Lise T. Normand, PhD;  
 Eduardo Ortiz, MD, MPH; Eric D. Peterson, MD, MPH, FACC, FAHA; William H. Roach, Jr, Esq;  
 Ralph L. Sacco, MD, MS, FAHA; Sidney C. Smith, Jr, MD, FACC, FAHA;  
 William G. Stevenson, MD, FACC, FAHA; Gordon F. Tomasselli, MD, FAHA;  
 Clyde W. Yancy, MD, FACC, FAHA; William A. Zoghbi, MD, FACC, FAHA

##### GUESTS\*

John G. Harold, MD, MACC, FAHA; Yulei He, MS, PhD; Pamela B. Mangu, MA;  
 Amir Qaseem, MD, PhD, MHA, FACP; Michael R. Sayre, MD, FAHA; Mark R. Somerfield, PhD\*

##### ACCF/AHA TASK FORCE MEMBERS

Alice K. Jacobs, MD, FACC, FAHA, Immediate Past Chair;  
 Jeffrey L. Anderson, MD, FACC, FAHA, Chair  
 Jonathan L. Halperin, MD, FACC, FAHA, Chair-Elect; Nancy M. Albert, PhD, CCNS, CCRN, FAHA;  
 Mark A. Creager, MD, FACC, FAHA; David L. DeMets, PhD; Steven M. Ettinger, MD, FACC;  
 Robert A. Guyton, MD, FACC; Judith S. Hochman, MD, FACC, FAHA;  
 Frederick G. Kushner, MD, FACC, FAHA; E. Magnus Ohman, MD, FACC;  
 William G. Stevenson, MD, FACC, FAHA; Clyde W. Yancy, MD, FACC, FAHA

9

Circulation. 2013;127:268-310



## ONE GOAL IS TO BE MORE USER FRIENDLY.

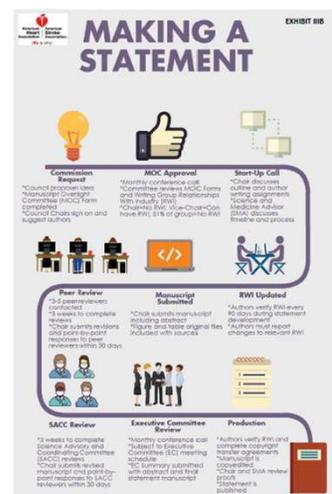
Word limits

Page limits

Using more graphs/pictograms, algorithms, or figures

Reference limit suggestions

THE DEVELOPMENT PROCESS CAN TAKE OVER A YEAR



10

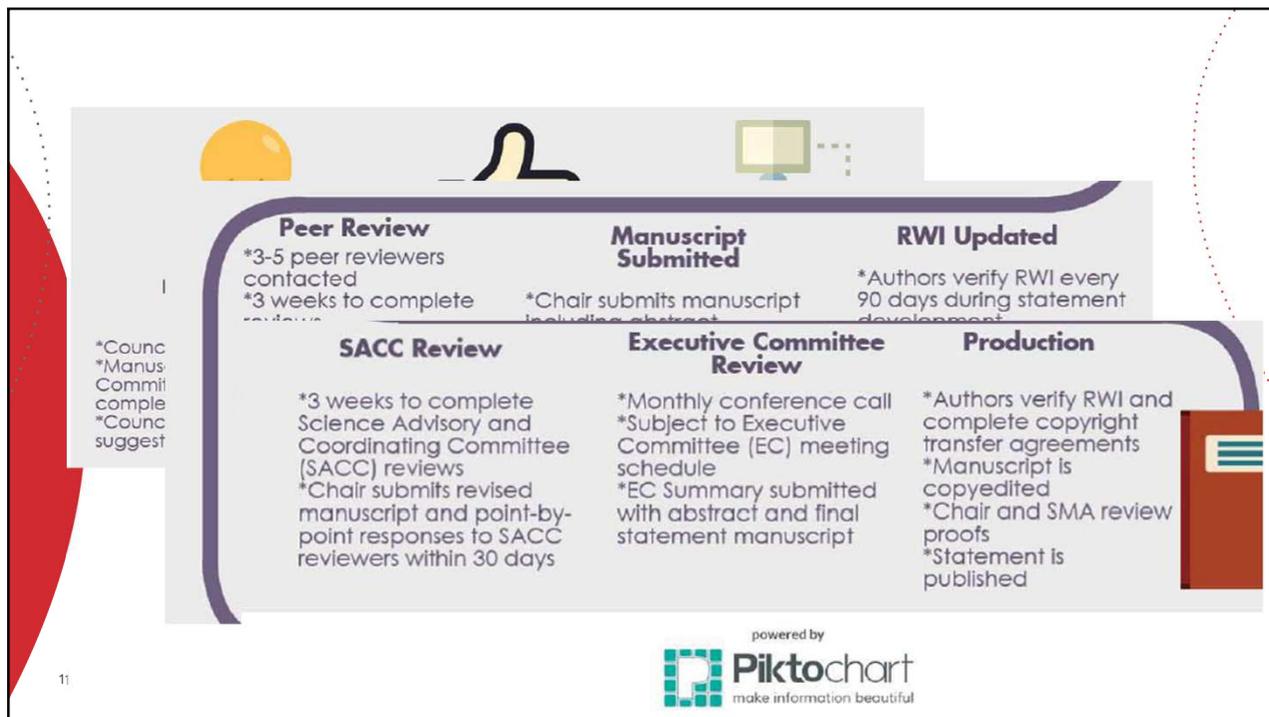


## Slide 9

---

**AL1** Martha, you might also mention the numerous peer reviewers we have for our GLs. on the ACC/AHA Joint GL side we might have up to 40 peer reviewers.

Anne Leonard, 3/6/2019



11

**WHEN WAS THE FIRST TIME THAT STROKE CENTERS AND STROKE UNITS WERE RECOMMENDED IN THE GUIDELINES?**

a.2003  
 b.2007  
 c.2013  
 d.1994

12



12

## ISCHEMIC GUIDELINES

	1994	1996*	2003	2007	2013	2015**	2018
Number of Pages/References	13/179	11/54	19/402	37/378	50/1,006	11/42	48/421
Stroke Centers	X			X			
Stroke Units	X		X				
Prehospital Section							
Stroke Triage as High Level							
Education for Comm, EMS, Health Care Professionals							
Switch from "Suddens" to FAST							
NIHSS Use							
Nurses as Guideline Authors							
Thrombolysis							
Mechanical Thrombectomy							

13

\* Thrombolytic Guidelines \*\* Endovascular Updates



13

## 1994

### Admission to

Because of and the proper acute ischemic A recent meta be improved i specializes in t Because most ized stroke ca ferring patient

3. Early ad a specialized strongly recor Recommenda technicians th with stroke s patient to a h unit is strong



mind. First, s responsible re lives saved it most of us

am;Howie, Kate

led trials

a stroke

wer mortality

14



14

## WHEN WAS A PREHOSPITAL SECTION ADDED TO THE GUIDELINES?

- a.2000
- b.1996
- c.2007
- d.2013

15



15

## ISCHEMIC GUIDELINES

	1994	1996*	2003	2007	2013	2015**	2018
Number of Pages/References	13/179	11/54	19/402	37/378	50/1,006	11/42	48/421
Stroke Centers	X			X			
Stroke Units	X		X				
Prehospital Section				X			
Stroke Triage as High Level				X			
Education for Comm, EMS, Health Care Professionals				X			
Switch from "Suddens" to FAST							
NIHSS Use							
Nurses as Guideline Authors							
Thrombolysis							
Mechanical Thrombectomy							

16

\* Thrombolytic Guidelines    \*\* Endovascular Updates



16

## PREHOSPITAL 2007

“Even with immediate recognition of stroke onset by family members and the availability of sophisticated stroke centers, a lack of responsiveness and aggressive action on the part of dispatchers or EMS responders can become the weak link that will compromise the time-dependent chances for reversing or ameliorating an acute stroke in evolution.” NINDS, 1996

“Both BLS and ALS providers have been well-trained to rapidly transport patients with major injuries directly to trauma centers (6). However, stroke patients have not yet received the same priority and attention, either clinically or educationally.” NINDS, 1996

**TABLE 2. Stroke Chain of Survival**

Detection	Recognition of stroke signs and symptoms
Dispatch	Call 9-1-1 and priority EMS dispatch
Delivery	Prompt transport and prehospital notification to hospital
Door	Immediate ED triage
Data	ED evaluation, prompt laboratory studies, and CT imaging
Decision	Diagnosis and decision about appropriate therapy
Drug	Administration of appropriate drugs or other interventions

17

17

## PREHOSPITAL 2007

Dispatchers should make stroke a priority dispatch

Prehospital stroke assessment tools:  
Los Angeles Prehospital Stroke Screen  
Cincinnati Prehospital Stroke Scale

Stroke triaged by EMS same level as MI or trauma

Educational programs for EMS recommended

Pre-arrival notification

Patients should be transported rapidly to closest institution that provides stroke care

**TABLE 3. Guidelines for EMS Management of Patients With Suspected Stroke**

Recommended	Not Recommended
Manage ABCs	Dextrose-containing fluids in nonhypoglycemic patients
Cardiac monitoring	Hypotension/excessive blood pressure reduction
Intravenous access	Excessive intravenous fluids
Oxygen (as required O <sub>2</sub> saturation <92%)	
Assess for hypoglycemia	
<i>Nil per os</i> (NPO)	
Alert receiving ED	
Rapid transport to closest appropriate facility capable of treating acute stroke	

18

18

2013



“When the receiving medical staff do not display a sense of urgency regarding stroke patients, EMS personnel are less apt to be as reactive as perhaps they should be in their routines.” NINDS 1996

Table 5. ED-Based Care

Action	Time
Door to physician	≤10 minutes
Door to stroke team	≤15 minutes
Door to CT initiation	≤25 minutes
Door to CT interpretation	≤45 minutes
Door to drug (≥80% compliance)	≤60 minutes
Door to stroke unit admission	≤3 hours

CT indicates computed tomography; and ED, emergency department.

Source: Bock.<sup>96</sup>

19

19

## WHAT STROKE SCREENING TOOL IS USED IN YOUR AREA?

- a. The ‘Suddens’
- b. F.A.S.T.
- c. B.E. F.A.S.T.
- d. Mend
- e. NIHSS
- f. Other

20



20

## ISCHEMIC GUIDELINES

	1994	1996*	2003	2007	2013	2015**	2018
Number of Pages/References	13/179	11/54	19/402	37/378	50/1,006	11/42	48/421
Stroke Centers	X			X			
Stroke Units	X		X				
Prehospital Section				X			
Stroke Triage as High Level				X			
Education for Comm, EMS, Health Care Professionals				X			
Switch from "Suddens" to FAST					X		
NIHSS Use							
Nurses as Guideline Authors							
Thrombolysis							
Mechanical Thrombectomy							

21

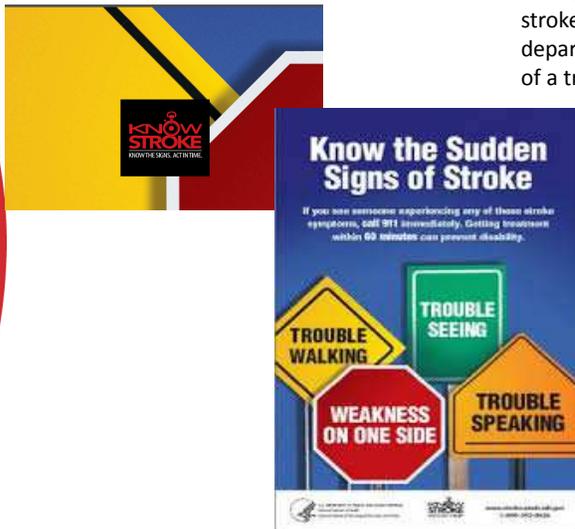
\* Thrombolytic Guidelines \*\* Endovascular Updates



21

## 2013 "SUDDENS" → F.A.S.T.

The F.A.S.T. was developed in the UK in 1998 by a group of stroke physicians, ambulance personnel, and an emergency department physician and was designed to be an integral part of a training package for ambulance staff.



22



22

## ISCHEMIC GUIDELINES

	1994	1996*	2003	2007	2013	2015**	2018
Number of Pages/References	13/179	11/54	19/402	37/378	50/1,006	11/42	48/421
Stroke Centers	X			X			
Stroke Units	X		X				
Prehospital Section				X			
Stroke Triage as High Level				X			
Education for Comm, EMS, Health Care Professionals				X			
Switch from "Suddens" to FAST					X		
NIHSS Use			X				
Nurses as Guideline Authors							
Thrombolysis							
Mechanical Thrombectomy							

23

\* Thrombolytic Guidelines    \*\* Endovascular Updates



23

## WHEN WAS A NURSE ADDED TO THE WRITING GROUP FOR ISCHEMIC STROKE TREATMENT GUIDELINES?

- a. 2000
- b. 1996
- c. 2013
- d. 1994

24



24

## 2013 & 2018 NURSES AS GUIDELINES AUTHORS

First nurse on the Ischemic Stroke Guidelines

Debbie Summers



Lead author on the 2009 *Comprehensive Overview of Nursing and Interdisciplinary Care of the Acute Ischemic Stroke Patient*

2013 – appointed nursing areas – dysphagia, VTE, mobility, nutrition, skin care

- Had physician counterpart to review her work for accuracy

2018 – assigned various areas, not specifically nursing areas

- Was co-author with a physician; they reviewed each other's work
- Started in Sept 2016 → full day meeting in Dallas
- Conference calls every Thursday 4-6pm til release of guidelines in 2018



25

25

## 2009 COMPREHENSIVE OVERVIEW OF NURSING AND INTERDISCIPLINARY CARE OF THE ACUTE ISCHEMIC STROKE PATIENT RECOMMENDATIONS

- ❖ Patient's head should be positioned in neutral alignment, and HOB should be elevated 25-30 degrees
- ❖ ED patients should be kept NPO until ability to swallow is assessed
- ❖ IV access – 2 sites if patient is IV tPA candidate
- ❖ Temperature > 99.6 F should be managed aggressively
- ❖ Early bowel and bladder care should be instituted
- ❖ Fall precautions should be initiated
- ❖ Frequent turning for bedridden patients
- ❖ Use of Braden Scale is recommended
- ❖ Range of motion exercises should start early
- ❖ Swallow screen should be done, preferably by SLP
  - ❖ Nurses should be familiar with the process and perform a screen if SLP cannot do so within 24 hours

**Table 13. Nursing Alert: Recognizing Increased ICP**

<p>Signs and symptoms of increasing ICP—a medical emergency</p> <p>Early signs: decreased level of consciousness, deterioration in motor function, headache, visual disturbances, changes in blood pressure or heart rate, changes in respiratory pattern</p> <p>Late signs: pupillary abnormalities, more persistent changes in vital signs, changes in respiratory pattern with changes in arterial blood gases</p> <p>Intervention: thorough neurological assessment, notify physician immediately, emergency brain imaging, maintain ABCs</p> <p>General measures to prevent elevation of ICP</p> <p>HOB up 30° or as physician specifies; reverse Trendelenburg position may be used if blood pressure is stable. Head position may be one of the single most important nursing modalities for controlling increased ICP.</p> <p>Good head and body alignment: prevents increased intrathoracic pressure and allows venous drainage.</p> <p>Pain management: provide good pain control on a consistent basis</p> <p>Keep patient normothermic</p> <p>HOB indicates head of bed.</p>
--

### Tables

- Recommendations for secondary stroke prevention
- Stroke educational programs by AHA/ASA, NINDS, and NSA
- Effective nursing strategies for successful discharge planning
- Roles for nursing in Joint Commission PSC certification



26

Summers,D., et al. (2009). Comprehensive overview of nursing and interdisciplinary care of the acute ischemic stroke patient. *Stroke*; 40; 2911-2944.

26

## ISCHEMIC GUIDELINES

	1994	1996*	2003	2007	2013	2015**	2018
Number of Pages/References	13/179	11/54	19/402	37/378	50/1,006	11/42	48/421
Stroke Centers	X			X			
Stroke Units	X		X				
Prehospital Section				X			
Stroke Triage as High Level				X			
Education for Comm, EMS, Health Care Professionals				X			
Switch from "Suddens" to FAST					X		
NIHSS Use			X				
Nurses as Guideline Authors					X		X
Thrombolysis		IV	IA				
Mechanical Thrombectomy					X		

27

\* Thrombolytic Guidelines \*\* Endovascular Updates



27

## THROMBOLYTIC & THROMBECTOMY RECOMMENDATIONS

	1994	1996*	2003	2007	2013	2015**	2018
Schedule for vs/neuro checks			X				
60 Minute DTN Goal					X		
45 Min DTN Goal							X
Exclusion/Inclusion Criteria		X					
Treat mild/rapidly improving					X		
Don't Wait for PTT/PT/INR			X				
Only Need BS prior to Treat					X		
CTA/MRA for candidacy						X	
Stent Retriever over MERCI						X	
20 Min Door-to CT in 50% of pts							X
Thrombectomy 6-24 hrs							X
CTA w/o Creat in Suspected LVO							X

28

\* Thrombolytic Guidelines \*\* Endovascular Updates



28

## 2013 ISC - THROMBECTOMY STUDY RESULTS



3 Randomized Controlled Trials (RCT) were carried out between 2004-2012

**SYNTHESIS** – Intra-arterial Versus Systemic Thrombolysis for Acute Ischemic Stroke

- IV tPA vs Endovascular (IA tPA, clot disruption or retrieval)
  - 86% clot disruption, 14% clot retrieval
- No difference in outcomes

**IMS III** – Interventional Management of Stroke Trial III

- Major ischemic strokes (NIHSS  $\geq 10$ ) who got IV tPA vs IV tPA plus endovascular
  - 98.5% clot disruption, 1.5% clot retrieval
- Stopped early for futility; no difference in outcomes

**MR RESCUE** – MR and Recanalization of Stroke Clots Using Embolectomy

- Large-artery occlusion and anterior circulation ischemic stroke within 8 hrs who are ineligible for IV tPA or had persistent occlusion after IV tPA
  - Standard medical care vs endovascular therapy (MERC1 or Penumbra)
- No difference in outcomes



29

29

## 2015 UPDATE REGARDING ENDOVASCULAR TREATMENT



5 Randomized Controlled Trials (RCT) were published between December 2014 and April 2015

**MR CLEAN** – Multicenter Randomized Clinical Trial of Endovascular Treatment for Acute Ischemic Stroke in the Netherlands

- Standard Management with IAT (Intra-Arterial Thrombectomy) vs without IAT
- 33% good outcome (mRS 0-2) with IAT; 19% without IAT

**EXTEND IA** – Extending the Time for Thrombolysis in Emergency Neurological Deficits – Intra-Arterial

- IV tPA alone vs IV tPA with IAT (stent retriever)
- 71% good outcome with IAT; 40% with tPA alone

**SWIFT PRIME** – Solitaire With the Intention for Thrombectomy Treatment

- IV tPA alone vs IV tPA with IAT (stent retriever)
- 60% good outcome with IAT; 36% with tPA alone
- Terminated early after MR CLEAN results

**ESCAPE** – Endovascular Treatment for Small Core and Anterior Circulation Proximal Occlusion with Emphasis on Minimizing CT to Recanalization Times

- Standard Therapy with IAT vs without IAT
- 53% good outcome with IAT; 29% without IAT
- Terminated early after MR CLEAN results

**REVASCAT** – Randomized Trial of Revascularization With the Solitaire FR Device in the Treatment of Acute Stroke Due to Anterior Circulation Large Vessel Occlusion

- Standard Management with IAT vs without IAT
- 44% good outcome with IAT; 28% with tPA alone
- Terminated early after MR CLEAN results

30

30

## 2015 New Recommendations

- Stent Retrievers are indicated in preference to MERCI device
  - other devices might be reasonable in some circumstances
- Careful selection of patients with large artery occlusion and initiation within 6 hours is reasonable
- Endovascular therapy with stent retrievers may be reasonable for some patients < 18 yrs
- Observing patients after IV tPA prior to Endovascular therapy is not recommended
- Technical goal should be TIC1 grade 2b/3
- Conscious sedation when possible in preference to general anesthesia
- If endovascular therapy is considered, non-invasive vascular imaging should be done, but not before initiation of IV tPA

31



31

## WHAT IS YOUR TREATMENT WINDOW FOR INTERVENTION?

- a. 6 HOURS
- b. 8 HOURS
- c. 12 HOURS
- d. 24 HOURS

32



32

2018

# Highlights FROM THE 2018 GUIDELINES FOR THE EARLY MANAGEMENT OF PATIENTS WITH ACUTE ISCHEMIC STROKE

## Key Recommendations

- Evaluate up to 4.5 hours
- Utilize telestroke conferencing when neurologist not on-site
- Faster door-to-needle times for IV Alteplase
  - 60 min in 50% of pts
  - Ideally, aim for 45 min
- Increased timeframe for thrombectomy from 6 hours to 24 hours

## New Recommendations

- Develop regional systems of care to:
  - Provide IV alteplase
  - Perform endovascular treatments with comprehensive periprocedural care
  - Facilitate rapid transport to advanced centers
  - Participate in stroke data repository
- Door to CT < 20 min in 50% of cases eligible for IV alteplase or mechanical thrombectomy
- Noninvasive imaging of cervical vessels within 24 hours to eval for carotid intervention
  - Revascularization procedure 48h – 7 days
- Early Decompressive Hemicraniectomy age ≤ 60

33



33

2018

# Highlights FROM THE 2018 GUIDELINES FOR THE EARLY MANAGEMENT OF PATIENTS WITH ACUTE ISCHEMIC STROKE

## BP Management

For AIS Patients Only	Recommendation
Have Comorbid conditions requiring blood pressure reduction <ul style="list-style-type: none"> <li>• Did not receive IV alteplase or endovascular treatment</li> <li>• Do not have a comorbid condition that requires acute antihypertensive treatment</li> </ul>	Early hypertension treatment to lower blood pressure by 15% is probably safe <ul style="list-style-type: none"> <li>• If BP is &lt; 220/120 mm Hg, treatment of HTN within the first 48 to 72 hours after AIS is of no benefit</li> <li>• If BP is 220/120 mm Hg or higher, the benefit of lowering BP is unknown, but lowering by 15% in the first 48 to 72 hours after AIS is reasonable</li> </ul>
Receive IV Alteplase	BP should be maintained below 180/105 mm Hg and for 24 hours after administration
Are undergoing mechanical thrombectomy	It is reasonable to maintain BP below 180/105 mm Hg during and for 24 hours after the procedure

34

## Antiplatelet Therapy

For AIS Patients Who	Recommendation
Were treated with IV alteplase	Aspirin is generally withheld for 24 hours
Were treated with IV alteplase and have concomitant conditions	Earlier aspirin treatment might be considered if: <ul style="list-style-type: none"> <li>• It is known to provide substantial benefit in the absence of IV alteplase, <i>or</i></li> <li>• Withholding such treatment is known to cause substantial risk</li> </ul>
Have mild stroke symptoms and were not treated with IV alteplase	Dual antiplatelet therapy with aspirin and clopidogrel started within 24 hours and continued for 21 days may prevent secondary stroke



34

## STANDARDIZATION OF MULTIDISCIPLINARY CARE REQUIRING ADDITIONAL RESEARCH

1. Vital Sign Frequency in non alteplase and EVT patients
2. Frequency of NIHSS
3. Assessment of glucose – Guidelines recommend “monitoring closely”
4. Early Mobilization
5. Dysphagia Screening tool
6. Timing of Depression Screening

35



35

## 2018 GUIDELINES ALTEPLASE INCLUSION/EXCLUSION CRITERIA

- Provide additional recommendations regarding administration for specific co-morbidities:
  - ESRD
  - Clarification LMWH for prophylaxis vs. full anticoagulation treatment
  - Cortical Microbleeds, Sickle Cell Disease, Infective Endocarditis, Aortic Arch Dissection
  - Intracranial/Extracranial arterial Dissections, vascular malformations, and Unruptured Aneurysms
  - Acute MI – STEMI vs. Non STEMI
- Up for Debate-conflicting statements based on evidence
  - Absolute vs. relative exclusion criteria in the 3-4.5 hour window
- Potential New Thrombolytic Agent for AIS treatment
  - Utilization of IV tenecteplase for acute thrombolytic therapy instead of alteplase

36



36

2018

**Correction to: 2018 Guidelines for the Early Management of Patients With Acute Ischemic Stroke: A Guideline for Healthcare Professionals From the American Heart Association/American Stroke Association**

- Section 1.3 EMS Systems Recommendation 4
- Section 1.4 Hospital Stroke Capabilities Recommendation 1
- Section 1.6 Telemedicine Recommendation 3
- Section 2.2 Brain Imaging Recommendation 11
- Section 3.2 Blood Pressure Recommendation 3
- Section 4.3 Blood Pressure Recommendation 2
- Section 4.6 Dysphagia Recommendation 1
- Section 6.0 All subsections (11)

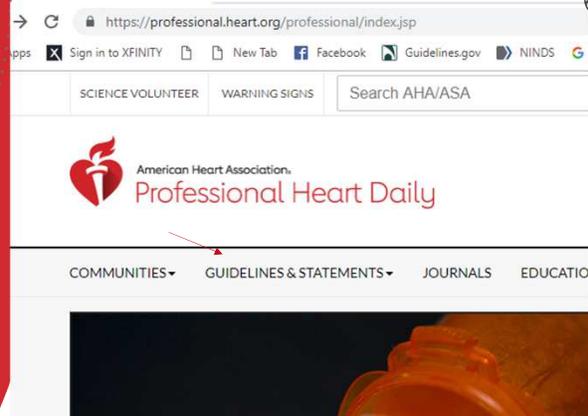
37



37

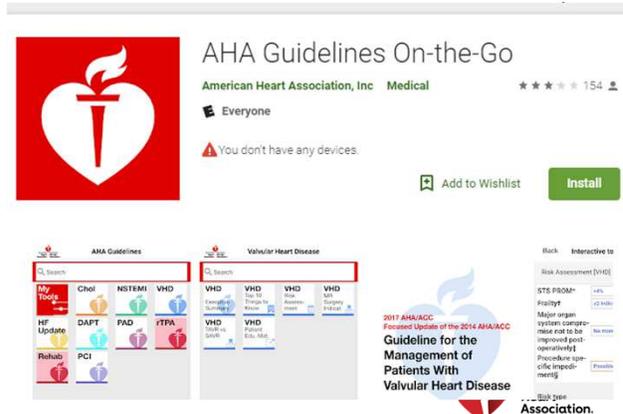
**HOW TO ACCESS THE GUIDELINES**

**SEARCH GUIDELINES AT PROFESSIONALHEART.ORG**



38

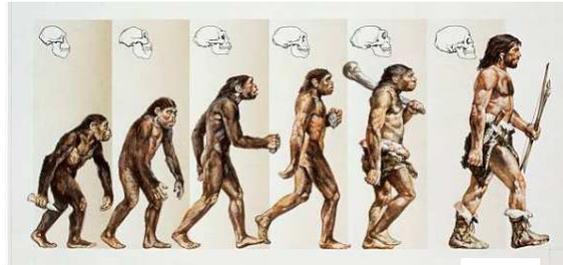
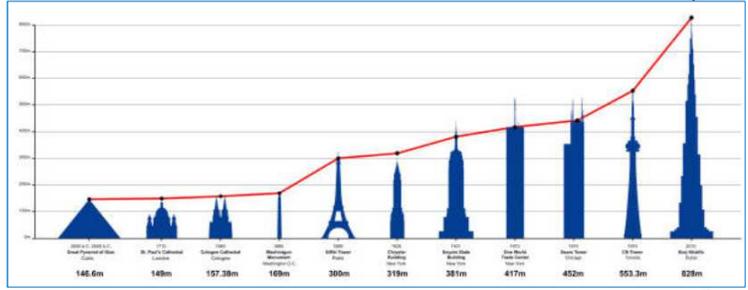
**DOWNLOAD THE AHA GUIDELINES APP**



38

# Summary

We've come a long way, baby



1994 2003 2007 2013 2018 2020?

... and we've got a long way to go

