Eastern Regional Stroke Conference

Stroke Matters: Intervention - Innovation - Integration

May 18, 2012

Jointly Sponsored By
Office of Continuing Medical Education Brody School of Medicine
and Co-Provided by
Eastern Area Health Education Center Department of Nursing Education
Eastern NC Heart Disease and Stroke Prevention Program
Northeastern NC Heart Disease and Stroke Prevention Program
Vidant Health
**DESCRIPTION**

Stroke is the leading cause of adult disability and the third leading cause of death in the nation. While stroke is caused by a form of cardiovascular disease, it disables more than it kills. Over three quarters of a million individuals in the United States suffer a stroke each year. North Carolina is 7th in the nation for stroke deaths on a “top ten” list that you don’t want to be on. Survivors live with a variety of disabilities and everyone agrees that the best treatment for stroke is to prevent it in the first place.

The 2012 conference is delighted to host local and national experts on stroke prevention, intervention, and rehabilitation. The plenary and concurrent sessions will provide a variety of educational offerings for an interdisciplinary audience. Sessions will examine new treatments for acute stroke from different perspectives, secondary stroke prevention, and management of sequelae and complications in the recovery phase. Emphasis in the acute phase will be on medical and surgical management. Post acute care topics will emphasize the significant role of exercise in recovery.

**TARGET AUDIENCE**

Physicians, Nurse Practitioners, Nurses, Physical Therapists, Occupational Therapists, Speech Therapists, Recreation Therapists, Emergency Medical Service personnel and others who comprise the interdisciplinary team needed to provide a comprehensive continuum of care to stroke patients.

**OBJECTIVES**

- **Regional Stroke Center Update** - Describe regional needs and services provided by the stroke center
- **System Based Care: Drivers and Responses** - Identify the drivers of health care reform - Explain the framework of the Accountable Care Act and its intended consequences - Describe physician and health system responses to sustain medical care within communities
- **New Treatments for Acute Stroke** - Examine new therapies for acute stroke - Discuss new approaches to secondary stroke prevention
- **Models of Task-oriented Exercise that Combine Contemporary Models of Motor Learning with Exercise Rehabilitation to Improve Functional Mobility & Evidence for Emerging Technologies** - Identify physical inactivity as a modifiable risk factor in chronic stroke survivors that may propagate neurological disability and worsen diabetes and recurrent stroke risk - Discuss common misconceptions about the time window for neuroplasticity and functional recovery
- **Understanding Aspirin Resistance** - Review the mechanisms of antplatelet effects of aspirin - Discuss how to test for aspirin resistance - Describe the clinical implications of aspirin resistance
- **Optimal Control of Hypertension: Acute Phase Through Early Rehabilitation** - Describe medical management of blood pressure following stroke - Identify safe BP parameters during acute phase and into early rehabilitation
- **Stroke: Case Studies in Intracranial Bleeds with Respect to Anticoagulation and Antiplatelet Therapies** - Analyze case studies of Intracranial Bleeds with respect to anticoagulation and antiplatelet therapies
- **Skeletal Muscle Alterations After Chronic Stroke and the Impact of Exercise Rehabilitation on Muscle Structure and Metabolism** - Describe the relationship between stroke and physical inactivity on skeletal muscle in chronic stroke survivors and its potential for negative outcomes - Identify the positive outcome of exercise training in older individuals with chronic hemiparesis
- **Treating Acute Ischemic Stroke Aggressively in Eastern North Carolina: What’s the Next Step?** - Review current FDA approved treatments for acute stroke (IV tPA) - Review literature support for endovascular thrombolysis and mechanical thrombectomy in acute stroke - Examine current and future devices for treatment of acute stroke - Discuss the indications for endovascular treatment of acute stroke - Discuss the availability of 24/7 endovascular treatment of acute stroke
- **Beyond the Hospital Walls: Resources for Driving and Community Mobility** - Describe the results of a recent study that identifies the most meaningful instrumental tasks of daily living and the study’s implications - Explain the impact of stroke for driving and community mobility - Describe the comprehensive driving evaluation for a client with a stroke - Describe an algorithm for addressing driving and community mobility as an IADL
- **Caring Partners Panel Discussion: “No-one Strokes Alone”** - Discuss the role of family and significant others in stroke recovery
## AGENDA

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>8:00</td>
<td>Registration</td>
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<tr>
<td>8:25</td>
<td>Conference Information and Disclosures</td>
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<tr>
<td></td>
<td>Paula Josey, RN, MSN – Eastern AHEC</td>
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<tr>
<td>8:30</td>
<td>Regional Stroke Center Update</td>
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<td>Donald Price, Jr., MD – Medical Director of Primary Stroke Center</td>
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<td>Vidant Medical Center</td>
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<tr>
<td>8:50</td>
<td>System Based Care: Drivers and Responses</td>
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<td>David Herman, MD – President &amp; Chief Operating Officer, Vidant Health</td>
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<td>9:10</td>
<td>New Treatments for Acute Stroke</td>
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<td>Mark J. Alberts, MD – Professor, Northwestern University Feinberg School of Medicine</td>
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<td>10:05</td>
<td>Models of Task-oriented Exercise that Combine Contemporary Models of Motor Learning with Exercise Rehabilitation to Improve Functional Mobility &amp; Evidence for Emerging Technologies</td>
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<td>Richard Macko, MD – Professor, University of Maryland School of Medicine</td>
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<td>Break and Poster Session</td>
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<td>11:25</td>
<td>Concurrent Session I (choose one)</td>
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<td>Mark J. Alberts, MD, Northwestern University</td>
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<td>B. Optimal Control of Hypertension: Acute Phase Through Early Rehabilitation</td>
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<td>Paul Bolin, Jr., MD, Brody School of Medicine at ECU</td>
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<td>Concurrent Session II (choose one)</td>
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<td>A. Stroke: Case Studies in Intracranial Bleeds with Respect to Antiocoagulation and Antplatelet Therapies</td>
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<td>B. Skeletal Muscle Alterations After Chronic Stroke and the Impact of Exercise Rehabilitation on Muscle Structure and Metabolism</td>
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<td>Charlene Hafer-Macko, MD</td>
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<td>University of Maryland School of Medicine</td>
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<td>A. Treating Acute Ischemic Stroke Aggressively in Eastern North Carolina: What’s the Next Step?</td>
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<td>B. Beyond the Hospital Walls: Resources for Driving and Community Mobility</td>
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<td>Anne E. Dickerson, PhD, OTR/L, FAOTA</td>
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<td>ECU, College of Allied Health Sciences</td>
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<td>Caring Partners Panel Discussion: “No-one Stokes Alone”</td>
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<td>Johnie G. Hamilton, Jr., PhD – Vidant Medical Center</td>
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<td>Evaluation</td>
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## BRODY SCHOOL OF MEDICINE AT EAST CAROLINA UNIVERSITY FACULTY

**Paul Bolin, Jr., MD**  
Professor and Department Chair  
Department of Internal Medicine  
Division of Nephrology and Hypertension  
Brody School of Medicine at ECU

**Robert F. James, MD**  
Clinical Assistant Professor of Neurosurgery  
Brody School of Medicine at ECU  
Director, Endovascular Neurosurgery  
Co-Director, Neurosciences Intensive Care Unit  
Vidant Medical Center

**Donald Price, Jr., MD**  
East Carolina Neurology  
Clinical Assistant Professor  
Brody School of Medicine at ECU  
Medical Director of Primary Stroke Center  
Co-Medical Director of Neuroscience Unit  
Vidant Medical Center

## GUEST FACULTY

**Mark J. Alberts, MD**  
Professor, Neurology  
Northwestern University Feinberg School of Medicine  
Director, Stroke Program  
Northwestern Memorial Hospital

**Anne E. Dickerson, PhD, OTR/L, FAOTA**  
East Carolina University  
College of Allied Health Sciences

**Charlene E. Hafer-Macko, MD**  
Associate Professor, Neurology  
University of Maryland School of Medicine

**Johnie G. Hamilton, Jr, PhD**  
Psychologist  
Vidant Medical Center

**Richard F. Macko, MD**  
Professor, Neurology  
University of Maryland School of Medicine  
Director, VA Rehabilitation Research and Development  
Center of Excellence in Exercise and Robotics
Anticoagulation and Antiplatelet Therapies

Stroke: Case Studies in Intracranial Bleeds with Respect to acute phase and into early rehabilitation
- Identify safe BP parameters during pressure following stroke
- Describe medical management of blood

Acute Phase Through Optimal Control of Hypertension:
- Understanding Aspirin Resistance
- Discuss the time window for neuroplasticity and functional recovery
- Propagate neurological disability and worsen diabetes and a modifiable risk factor in chronic stroke survivors that may

Rehabilitation to Improve Functional Mobility & Evidence for Emerging Technologies
- Contemporary Models of Motor Learning with Exercise
- Models of Task-oriented Exercise that Combine prevention
- Examine new therapies

New Treatments for Acute Stroke from different perspectives, secondary stroke prevention, and management of sequelae and complications

annual. North Carolina is 7th in the nation for stroke deaths on a "top ten" list that you don’t want to be on. Survivors live with a cardiovascular disease, it disables more than it kills. Over three quarters of a million individuals in the United States suffer a stroke

Stroke is the leading cause of adult disability and the third leading cause of death in the nation. While stroke is caused by a form of

recovery

Discuss the role of family and significant others in stroke

mobility as an IADL

comprehensive driving evaluation for a client with a stroke

Resources for Driving and

thrombectomy in acute stroke

FDA approved treatments for acute stroke (IV tPA)

North Carolina: What’s the Next Step?

Treating Acute Ischemic Stroke Aggressively in Eastern North Carolina
- Brett A Parkhurst, RN, BS

Caring Partners Panel Discussion: "No-one Stokes Alone"

POSTER PRESENTATIONS

“Tumor Plop; Mucus Drop”. A Rare Cause of Stroke
Mohammed Farooqui, MD
Christopher Porterfield, MD
Randall Falls, MD

North Carolina Stroke Care Collaborative
Data by Region
Paige Bennett, MPH

Beating Back the Brain Attack:
Improving Stroke Patients’ Door to Lytic Time
- Cristine Small, MPH, RHIA, CPHQ
- Susan D. Freeman, RN, MSN, FNP-BC
- Donald Price, Jr., MD
- Bob Landy, RT (R)(CT)
- Courtlanda Free, RN
- Mark Wright, RN
- Vivian Anton, MT, (ASCP)
- Marilyn Ostra, RN, BSN, CEN

Thrombolytics, Treatment, Transfer, and Triage:
Improving Access to Stroke Care in Eastern North Carolina
- Cristine Small, MPH, RHIA, CPHQ
- Susan D. Freeman, RN, MSN, FNP-BC
- Dawn Becker, RN, BSN
- Katie McGrath, RN, ADN
- Alexandra B. Gullette, RN, ADN

Telestroke: Overcoming Geography with Technology. Improving tPA administration rates in rural eastern NC
Brett A Parkhurst, RN, BS

PLANNING COMMITTEE

Medical Program Director
Daniel Moore, MD, FAAPMR, FAAEM
Professor, Physical Medicine and Rehabilitation
Brody School of Medicine at ECU
Medical Director, Vidant Rehabilitation Center

Susan D. Freeman, RN, MSN, FNP-BC
Vidant Medical Center

Dawn Grant, MPH
Eastern AHEC

Randy Horton, MS
Eastern AHEC
Brody School of Medicine

Paula Josey, MSN, RN
Eastern AHEC

Donald Price, MD
East Carolina Neurology

Christine Ransdell, MA
Northeastern NC Heart Disease and Stroke Prevention Program

Marie Welch, MSN, RN
Vidant Medical Center (ret.)

Elynor Wilson, MPH
Eastern NC Heart Disease and Stroke Prevention Program

James Zambardino, MPT
Vidant Home Health and Hospice

CREDIT

Nurses
This program is for 6.8 CNE contact hours.
Eastern AHEC Department of Nursing Education is an Approved Provider of continuing nursing education by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Centers Commission on Accreditation.

Attendance at the entire program is required for credit.

Physicians
ACCREDITATION: This activity has been planned and implemented in accordance with the Essentials and Standards of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the Brody School of Medicine at East Carolina University and Eastern AHEC Department of Nursing Education. The Brody School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

The Brody School of Medicine designates this continuing medical education activity for a maximum of 6.5 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Physical Therapists Continuing Competence
AHEC is an approved provider for the NC Board of Physical Therapy Examiners. Certificates reflecting 6.8 contact hours of education will be awarded at the completion of the program.

Occupational Therapists
Certificates reflecting 6.8 contact hours of education will be awarded at the completion of the program.

Other Professionals
Application has been made to the Division of Continuing Studies, East Carolina University for 0.68 units of continuing education credit.
Registration Information

Pre-registration is required to assure space in this program. The fees for registrations are as follows:

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<tr>
<th>Category</th>
<th>Before 5/11/12</th>
<th>After 5/11/12</th>
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<tr>
<td>Registered Nurses</td>
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Registration fee includes supplies, breaks, lunch, and credit. No refunds can be given after May 11, 2012, but substitutions are welcome. Please return your registration form along with payment to Eastern AHEC. On-line registration is available at http://eahec.ecu.edu. For further information contact Eastern AHEC at 252-744-5211.

Individuals requesting accommodations under the Americans with Disabilities Act (ADA) should contact the Department for Disability Support Services at least 48 hours prior to the event at (252) 737-1016 (V or TTY).

http://eahec.ecu.edu • http://my.ncahec.net

Save the Date

Ninth Annual Eastern Regional Trauma Symposium 2012
September 28, 2012
Hilton Greenville

18th Annual Eastern Regional Cardiovascular Conference 2012
October 24, 2012
Hilton Greenville
## Eastern Regional Stroke Conference 2012

### Stroke Matters: Intervention – Innovation – Integration

Register online at http://eahec.ecu.edu

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### PLEASE CHOOSE ONE TOPIC FROM EACH SESSION

**Concurrent Session I**
- **A** - Understanding Aspirin Resistance
- **B** - Optimal Control of Hypertension: Acute Phase through Early Rehabilitation

**Concurrent Session II**
- **A** - Stroke: Case Studies in Intracranial Bleeds with Respect to Anticoagulation and Antiplatelet Therapies
- **B** - Skeletal Muscle Alterations After Chronic Stroke and the Impact of Exercise Rehabilitation on Muscle Structure and Metabolism

**Concurrent Session III**
- **A** - Treating Acute Ischemic Stroke Aggressively in Eastern North Carolina: What’s the next step?
- **B** - Beyond the Hospital Walls: Resources for Driving and Community Mobility

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**Method of Payment**

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**Check/Cash Enclosed for**: $______________

**Charge**:  
- [ ] Visa  
- [ ] MasterCard  
- [ ] AMX

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**Send registration form with payment to:**

Eastern AHEC, Attn: Registration, PO Box 7224, Greenville, NC 27835-7224  
Fax 252-744-5229

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**May 18, 2012**

Hilton Greenville • 207 SW Greenville Blvd • Greenville, North Carolina

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