



## WHAT IS A STROKE?

A stroke is cell death due to interruption of blood flow to the brain. There are two types of strokes: **ischemic** and **hemorrhagic**

**An ischemic stroke** is caused by a clot blocking blood flow to the brain. For patients experiencing this kind of stroke, tPA (Tissue Plasminogen Activator) a clot busting drug, may be a treatment option if symptoms are less than two hours old. The drug dissolves the blood clot causing the stroke.

**A hemorrhagic stroke** is caused by bleeding from a ruptured blood vessel in the brain. For patients experiencing this kind of stroke, tPA is not a treatment option.

## TIME

The clock literally starts ticking upon the first signs of a stroke. Whether a patient arrives at the Emergency Department, or is already an inpatient at the hospital, physicians and staff immediately begin the evaluation process for suspected stroke as treatment is time dependent. Evidence based medicine shows there is a treatment window for maximizing outcomes for stroke patients. Knowing the time of the onset of stroke symptoms plays an important role in treatment options.

## COMPREHENSIVE STROKE CENTER PROVIDES HIGH QUALITY CARE



Certified by the Joint Commission as a Comprehensive Stroke Center of Excellence, McLaren Flint's stroke program offers a continuum of care with intensive, critical and acute care services to patients, as well as inpatient and outpatient rehabilitation services. The research is clear; patients treated at certified comprehensive stroke centers, like McLaren Flint, experience better outcomes, including longer lives and fewer disabilities. McLaren Flint is also among a small percentage of hospitals across the country to offer a vascular interventional neuro program and is the first in the region to provide such services.

Our neurological physicians and staff members use a multidisciplinary approach to ensure each stroke patient receives the treatment that is right for him or her.



The McLaren Neuro Rehab Institute provides comprehensive, specialized outpatient services to help people overcome disabilities associated with neurological conditions including stroke.

## ADDITIONAL STROKE CONTACT NUMBERS

Coordinator of the Neuro Stroke Program  
**810-342-5706**

Vascular Interventional Neuro Program  
**810-342-5700**

### One Call Emergency Department Transfer for Stroke Care

All an Emergency Department has to do is call **McLaren Flint's Emergency Department** at **810-342-2308** to request a transfer for stroke care.

As the area's first and only hospital to offer vascular interventional neuro services, patients can be transferred from other hospitals to McLaren Flint for life saving treatments.



## COMPREHENSIVE STROKE CARE



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401 South Ballenger Highway  
Flint, Michigan 48532  
810) 342-2000

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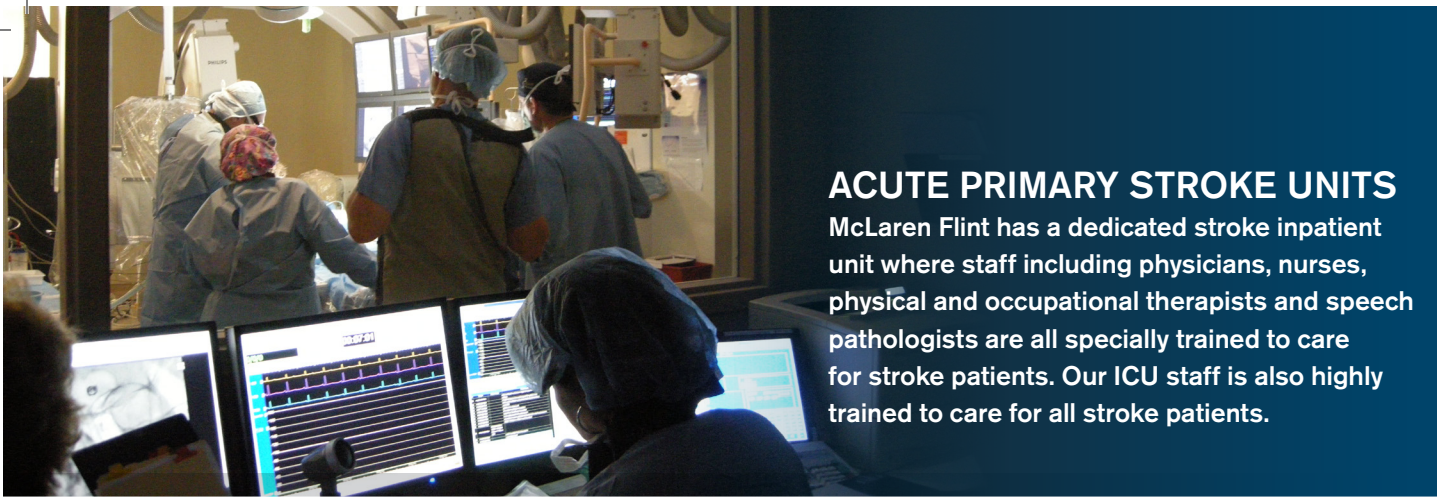
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## ACUTE PRIMARY STROKE UNITS

McLaren Flint has a dedicated stroke inpatient unit where staff including physicians, nurses, physical and occupational therapists and speech pathologists are all specially trained to care for stroke patients. Our ICU staff is also highly trained to care for all stroke patients.

McLaren Flint has a dedicated catheterization lab for its vascular interventional program, the first of its kind in the region.

### VASCULAR INTERVENTIONAL NEURO SERVICES

At McLaren Flint we offer life saving alternatives through our vascular interventional neuro program. These interventions involve procedures that either stop bleeding in the brain or remove the clots that are causing the stroke. McLaren Flint was the first hospital in the region to offer such services. Following a stroke, patients experiencing the mildest of deficits to the most severe, can be assured the neurological experts at McLaren Flint are qualified to provide the care they need.

### INPATIENT REHABILITATION

On the hospital's dedicated Inpatient Rehabilitation Unit the team consists of rehabilitation physicians, consulting physicians, rehabilitation nurses, physical therapists, occupational therapists, speech language pathologists, social workers, psychologists, support staff, pharmacists and dietitians. Members of the team act as teachers, coaches and advocates for the patient. To reach inpatient rehabilitation, please call 810-342-2384.

For patients who cannot be discharged from inpatient rehab to home, McLaren Flint assists in transition of care needs. The McLaren stroke care team also facilitates home medical supplies and equipment as needed, including custom orthotics and bracing.

### HOME CARE SERVICES

McLaren Health Management Group offers stroke rehabilitation therapy for Stroke Care; a rehabilitative home care program designed to help stroke patients get better by improving their overall function through therapy. A specific plan of care is tailored to each patient and includes: walking and mobility training, balance activities, resistance activities, progressive strengthening, speech and swallowing and caregiver education. For questions regarding stroke rehabilitation at home, call 866-323-5974.

### OUTPATIENT REHABILITATION

The staff of the McLaren Neuro Rehab Institute (MNRI) utilizes a wide range of therapies for individuals with a variety of neurologic diagnoses including stroke. The licensed therapists at MNRI are also certified brain injury specialists. Staff includes physical, occupational, speech language pathologists, and a social worker. The program has access to a neuropsychologist who works with patients to understand and cope when brain injury affects behavior. Among the special types of equipment used for stroke patients at MNRI are iPads and the Lite Gait System. In February 2012 MNRI staff became nationally Certified Brain Injury Specialists (CBIS) through the Academy of Certified Brain Injury Specialists (ACBIS). The certification is achieved through the combination of work experience, training and passing a written exam. The certification was established for direct care staff and professionals who want a strong foundation in the best practices in brain injury rehabilitation.

To contact MNRI, please call 810-342-4220.

### STROKE EDUCATION AND SUPPORT SERIES

MNRI offers a free educational and support program series for stroke patients, those at risk for stroke, their family members and the community. Series speakers include physicians, speech language pathologists, physical and occupational therapists, dietitians and social workers. Educational topics are covered on a rotational schedule. The first half of each session is for educational purposes and the second half is for support time for survivors and their caregivers. Programs are held the first Wednesday of each month.

For meeting location, dates and times, please call 810-342-4220.



Therapy sessions can take place out in the community as another way for patients to practice daily living skills.



McLaren Flint joins the National Stroke Association in encouraging you to learn the **10 SIGNS OF STROKE**

A sudden onset of the following may indicate stroke...

- 1 Confusion
- 6 Severe Headache
- 2 Difficulty Understanding
- 7 Trouble Speaking
- 3 Dizziness
- 8 Trouble Walking
- 4 Loss of Balance
- 9 Vision Changes
- 5 Numbness
- 10 Weakness

Call **911** right away!



Genesee County's first hospital to be awarded Advanced Certification for Comprehensive Stroke Centers

