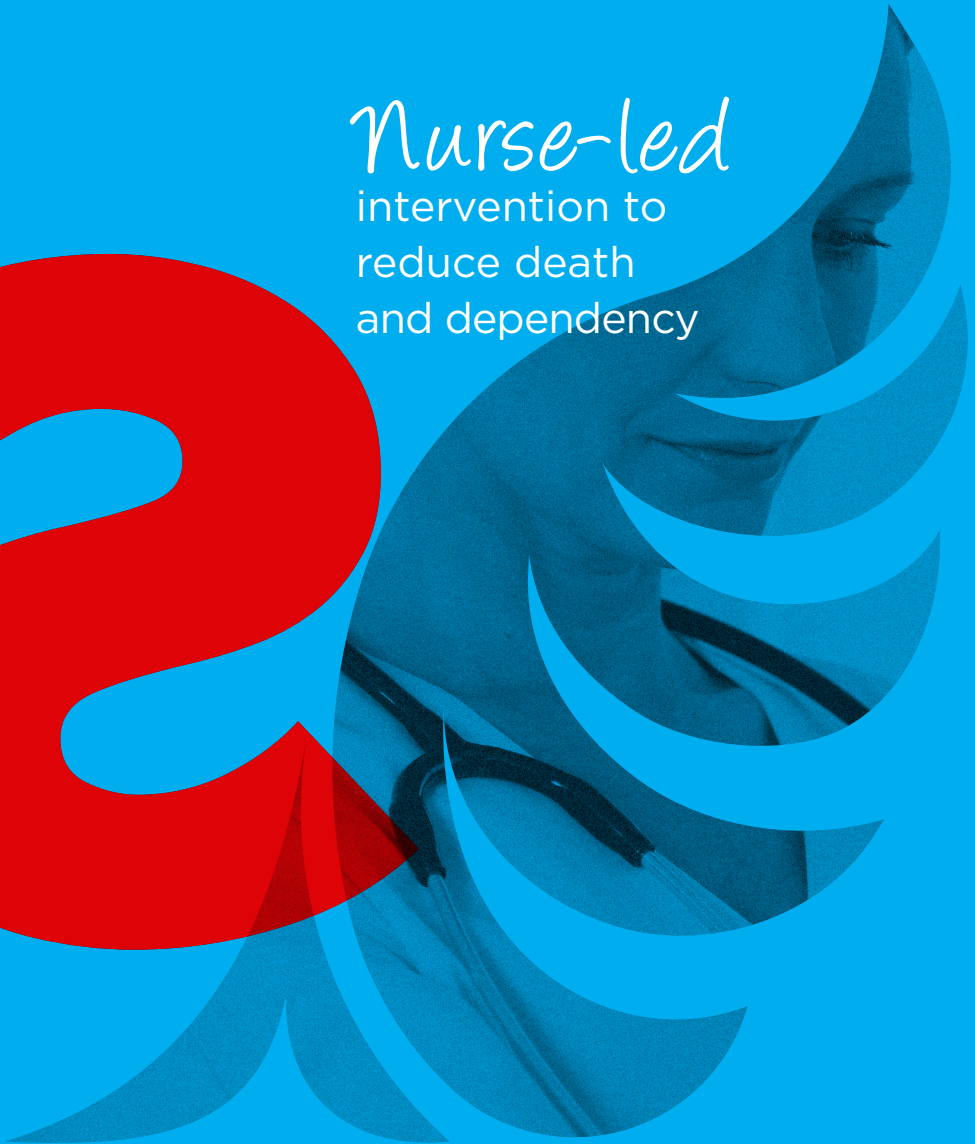


QASC

Nurse-led
intervention to
reduce death
and dependency

2



Contents

- 1 Introduction to FeSS
- 2 Implementation Process
- 3 Resources
- 4 QASC Europe



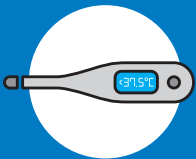
A *nurse-led* intervention consisting of three simple protocols – one to manage fever, one to manage hyperglycaemia/sugar and one to manage swallowing - collectively known as FeSS, has been shown to **reduce death and dependency by 16% after stroke.**

The QASC trial was a large cluster, randomised control trial conducted in NSW – Australia’s most populous state. It was carried out in 19 hospitals with 1500 patients, some of whom received the interventions, while a second group did not.

Like most good ideas, the FeSS protocols are simple, and in line with current international guidelines for management after acute stroke.

The QASC trial demonstrated that multi-disciplinary nursing-led care can make a difference for acute stroke patients and is one of the few proven nursing interventions known to reduce death and dependency.

The results showed that the patients who received the intervention were 16% more likely to be alive and independent at 90 days after their stroke and benefits persist longer term (3-5 years post stroke patients in the intervention group were more likely to be alive than those in the control group).



FEVER PROTOCOL

Patient temperature taken every six hours and recorded. If the patient’s temperature increases above 37.5°C, paracetamol is given.



SUGAR PROTOCOL

Patient’s blood glucose level is measured every six hours. If the reading goes above 10 mmols/L, the patient is treated with insulin.



SWALLOW PROTOCOL

Nurses perform a swallow screen before the patient gets any liquids, or food. If patient fails the test, they are referred to a speech and language therapist.

The Implementation Process

The below process will be followed to assist with implementing



1



2

3



STEP 1

Observation of processes in the Stroke Unit by Angels Consultant

STEP 2

Hospitals contact Nursing Research Institute (NRI) and express interest in enrolling QASC

STEP 3

NRI send Participant Information Statement and Agreement Forms to hospitals

STEP 4

4.1 Hospitals return signed Agreement Form directly to the NRI before starting Baseline Audit process.

4.2 Hospitals not already registered with RES-Q (where the baseline data will be captured) will need to do so by following the prompts for 'Register your center' at www.qualityregistry.eu

STEP 5

5.1 Hospitals to confirm date of baseline audit commencement and any specific details (e.g. retrospective/prospective data collection methods)

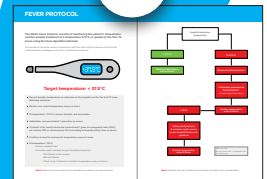
5.2 Baseline data captured in RES-Q for 40-100 stroke patients (alternatively 3 months' worth of patient data is acceptable)

5.3 Hospitals to confirm when baseline audit is completed and number of records audited

STEP 6

Workshop to identify Nurse champions and agree on process for local implementation of the FeSS protocols. Key outcome is to identify and discuss site specific barriers and enablers to implementation

9



8



the QASC Europe project into the hospitals.

4



10



11



5



STEP 7

Nurse champions have access to checklists, implementation process and training materials

STEP 8

Nurse champion (Trainer) trains nurses in the stroke unit using the powerpoints and videos supplied

STEP 9

Hospitals implement FeSS protocols and NRI must be informed on the date protocols 'go-live'

STEP 10

NRI will advise sites of date to commence post implementation data capture and data entry (at least three months from 'go live' date) in RES-Q

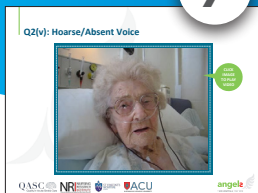
STEP 11

All hospitals and main collaborators will be acknowledged in supplementary appendix attached to publications

6



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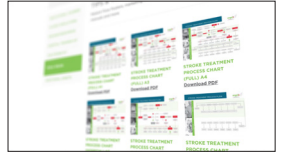


Resources Available to Stroke Champions

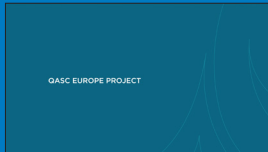
Videos



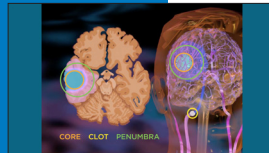
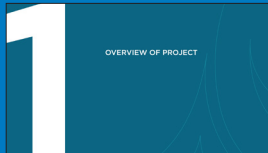
Promotional Video



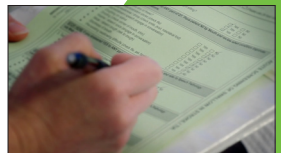
QASC Europe Project



Overview of Project



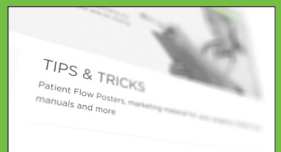
Protocols



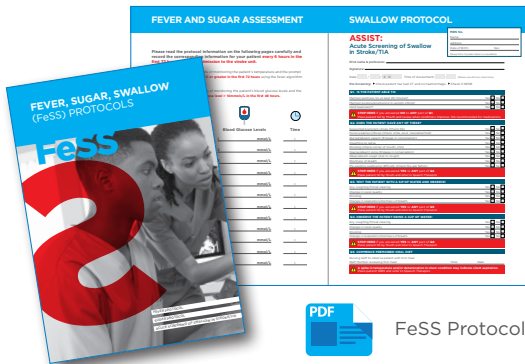
Barriers



Metrics, Evaluation, Resources



Checklists

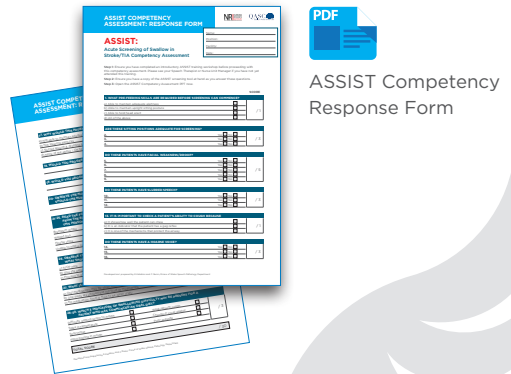


FEVER AND SUGAR ASSESSMENT

SWALLOW PROTOCOL

ASSIST: Acute Screening of Swallow in Stroke/TIA

PDF FeSS Protocol




ASSIST COMPETENCY ASSESSMENT RESPONSE FORM

PDF ASSIST Competency Response Form

Powerpoints

PPT Module 1:
FeSS (Fever,
Sugar, Swallow)



The Quality in Acute Stroke Care Project (QASC)

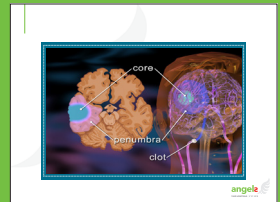
Williamson S, Lee C, Griffiths R, Greenhouse S, Ward L, O'Leak C, Dale S, Derry P, Manton E, Hardy D, Wong R, Reddy J, Griffin G, Jones M, Quinn C

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Fever

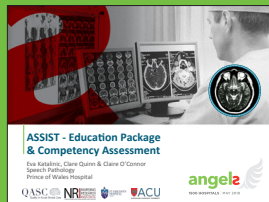
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core
penumbra
clot

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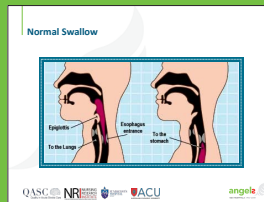
PPT Module 2:
ASSIST



ASSIST - Education Package & Competency Assessment

Dea Rahling, Clare Quirk & Claire O'Connor
Speech Pathology
Prince of Wales Hospital

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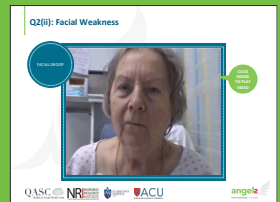


Normal Swallow

Epiglottis
To the Larynx

Esophagus contracts
To the stomach

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Q2(i): Facial Weakness

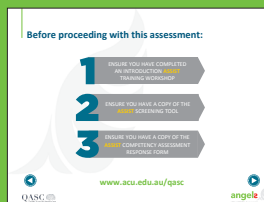
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PPT ASSIST
Competency
Assessment



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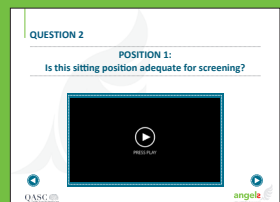
1500 HOSPITALS | MAY 2019



Before proceeding with this assessment:

- 1 ENSURE YOU HAVE COMPLETED AN INTERVIEW WITH THE PATIENT/STROKE SURVIVOR
- 2 ENSURE YOU HAVE A COPY OF THE SCREENING TOOL
- 3 ENSURE YOU HAVE A COPY OF THE COMPETENCY ASSESSMENT RESPONSE FORM

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QUESTION 2

POSITION 1:
Is this sitting position adequate for screening?

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QASC Europe

Hospitals that choose to enroll into the QASC Europe project will receive support to obtain the relevant ethics approvals as well as receive additional support from the Australian team who published the original study, making you a part of a truly international community. These hospitals will also be mentioned in an internationally recognised publication following the Europe project. This is a great opportunity for you to advance your career and for your hospital to 'lead' quality improvement in stroke care for your country. This project aims to demonstrate that evidence based nurse-led interventions can successfully be implemented in clinical practice across multiple countries in Europe.

Prevention and treatment of these common complications (fever, hyperglycaemia and swallowing dysfunction) are relatively simple to implement with life changing consequences for patients with stroke.

Speak to your local Angels consultant for more information about how your hospital can partake in QASC Europe or contact us at: acu.qasc@acu.edu.au.

The European Angels Initiative is a non-promotional, pan-European health care initiative by Boehringer Ingelheim International GmbH endorsed by the European Stroke Organisation to assist in implementing its main goal, to improve the stroke care across Europe. The Angels Initiative is supported by Medtronic.

