



TO: Healthcare Partners

FROM: South Dakota Heart Disease and Stroke Advisory Board

DATE: August 10, 2009

RE: Stroke Discharge Packet for Patients

Recently, the American Heart Association, in partnership with the South Dakota Department of Health, the South Dakota Association of Healthcare Organizations, South Dakota State Medical Association, South Dakota Emergency Medical Services, and a diverse group of stakeholders throughout the state finished work on the state's first ever strategic plan to guide and facilitate the development of a collaborative statewide system for heart disease and stroke.

In the area of stroke, our goal is to enhance quality of life for all South Dakotans by reducing incidence of stroke, enhancing care and improving recovery for stroke survivors. Education on evidence-based practices will guide healthcare providers in the prevention, acute care, recovery and rehabilitation efforts to produce measurable improvements in outcomes.

The South Dakota Heart and Stroke Advisory Board is pleased to provide you with the enclosed tool to assist in your organization's care of stroke patients.

This sample stroke education tool can be used by healthcare professionals to comply with the stroke consensus education measure. This educational tool is not to be construed as any of the above named entities providing medical advice, diagnosis, or treatment, and should only be used in consultation with qualified health professionals who are familiar with the patient's individual medical needs.

Our goal for the Stroke Patient Hospital Discharge packet is that every stroke patient in South Dakota receives this education and information before leaving the hospital. It is our hope that patients receive valuable education to help them not only through their recovery process, but also in prevention efforts of a secondary stroke. This tool is a guide for you to use and adapt to your institutional needs.

On behalf of the South Dakota Heart Disease and Stroke Advisory Board, we want to thank you for your consideration of utilizing this Discharge Packet and thereby, join us in our mission to impact the lives of South Dakotans.

Sincerely,

A handwritten signature in blue ink that reads "Colleen Winter".

Colleen Winter
SD Department of Health

A handwritten signature in black ink that reads "Darrin Smith".

Darrin Smith
American Heart Association



Stroke Discharge Packet Implementation Resources

Printing the Discharge Packet Information

- You can download an electronic version of the Stroke Discharge Packet for printing at www.americanheart.org/SDadvocacy and at <http://doh.sd.gov/>. The Plan will be available as a Word document and as a PDF.
- Please feel free to print according to your facility's needs, such as printing in duplicate so that a copy can remain with the facility and one can go with the patient.
- If using the Word version, you can expand tables such as the Medication List or Upcoming Appointments. Or, you can simply attach additional sheets that your facility may already be using.

Additional Resources

You may wish to combine the Stroke Patient Discharge Packet with other information from your facility, such as important phone numbers, information about rehabilitation services or names of individuals at your facility that are available to help them in their recovery.

You may find additional resources offered by the American Stroke Association on their website at www.strokeassociation.org. There you will find free downloadable patient education fact sheets.

Evaluation for the South Dakota Stroke Patient Discharge Packet

Your suggestions are very important to us! We would like you to share your thoughts once you have started using the Stroke Discharge Packet. Simply copy these questions into an email and send your answers to Darrin Smith with the American Heart Association at darrin.smith@heart.org. Or, you can share your feedback by phone at (605) 362-6060.

- Have you begun using the Stroke Discharge Packet?
- How have you used the Stroke Discharge Packet
- Was this resource helpful in your patient education?
- How often did you use (approximate # of patients)
- Did you adapt it for your institution's needs and if so, in what way?
- Suggestions for improvements

For additional questions about this stroke discharge packet, please contact:

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