

Election platform

Western Australia 2017



strokefoundation.org.au

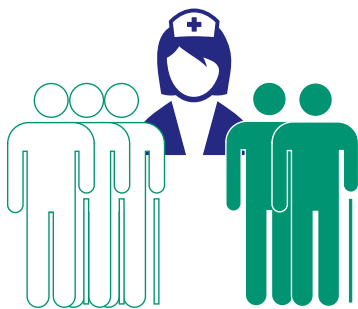
The challenge for Western Australia

Stroke risk in WA (% of total population)

High blood pressure: 17%
Atrial fibrillation: 2%
High cholesterol: 26%
Physical inactivity: 45%

Stroke impact in WA

43,439
Stroke survivors
4,947
Strokes
1,050
Deaths



Only 43%

of patients are discharged from acute care with a care plan to aid their recovery



One-third

of patients are discharged from acute settings without prevention medication to avoid secondary stroke

Only 44%

of patients are treated on a stroke unit



versus national average of **67%**



Only 6%

of patients with an ischaemic stroke (caused by clot) receive clot-busting treatment
best Australian hospitals reach **20%**

A call to action

Stroke is treatable and beatable but only if patients can access high quality stroke treatment fast.

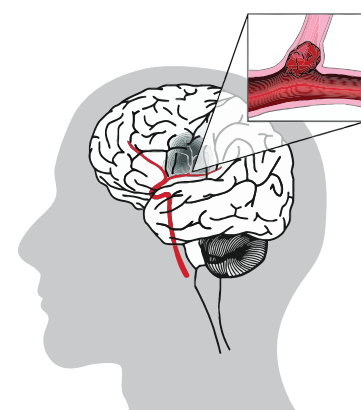
There is an opportunity to vastly improve access to stroke treatment and support in Western Australia so more patients survive, avoid disability and recover.

The Stroke Foundation calls on the next Western Australian Government to commit to action that will save Western Australian lives.

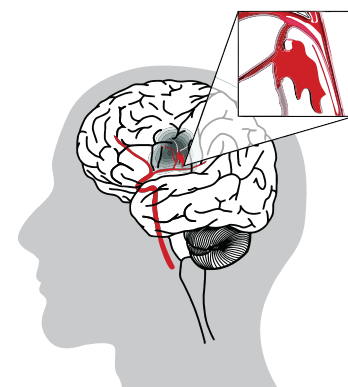
What is stroke?

Stroke attacks the brain – our most vital organ. A stroke occurs when blood supply to the brain is cut off because of a clot blocking an artery (ischaemic stroke) or due to a burst artery (haemorrhagic stroke).

When blood supply to the brain is blocked brain cells begin to die at a rate of up to 1.9 million each minute. Every stroke is different depending on where in the brain it strikes and how severe it is. What is common is the devastation it can cause to the survivor, their carer and family. It is one of the leading causes of disability for Australians.



Ischaemic stroke
(clot)



Haemorrhagic stroke
(bleed)

Five stroke facts

- › Stroke kills more women than breast cancer and more men than prostate cancer.
- › 1 in 6 people will have a stroke in their lifetime.
- › A stroke occurs in Australia every 10 minutes.
- › One-third of stroke survivors are of working age.
- › Sixty-five percent of those living with stroke also suffer a disability that impedes their ability to carry out daily living activities unassisted.

Taking action

1. Implement the Western Australian Stroke Services Plan

A Western Australian Stroke Services Plan has been developed and must be implemented so access to best-practice stroke care can be improved across the State. Good stroke care relies on a central plan to guide resource allocation and to ensure the right services are available in the right locations. The development of a Stroke Services Plan was warmly welcomed by the Stroke Foundation but appropriate resources must be allocated to its implementation.

2. Stroke Care Coach for hospitals

Empower hospitals to improve the support they provide to stroke patients by investing in Stroke Care Coach, linking hospital staff and their patients with resources, training and information.

Every year Western Australians will suffer almost 5000 strokes and the hospital care they receive has a huge impact on survival and quality of life prospects. Despite significant advancements in stroke treatment there remains a large gap between best-practice and what is actually delivered in our hospital system. This is resulting in increasing costs and greater burden of death and disability associated with stroke.

This approach with the Stroke Care Coach methodology is delivering improved outcomes for stroke patients and is reducing the burden of stroke for clinicians, hospitals and the broader health system in other jurisdictions where it has been implemented.

Stroke Care Coach will work in all Western Australian stroke hospitals by:

- › Funding a Stroke Foundation health professional to work one-on-one with clinicians to improve treatment and care in line with best-practice guidelines.
- › Linking stroke clinicians to InformMe, an online health professional training and information portal and **enableme**, an online patient information and recovery portal. These will be built on by other stroke information resources including My Stroke Journey.
- › Adopting a 'train the trainer' approach to engage local stroke clinical champions to support ongoing improvements across the stroke system.
- › Assisting health professionals to improve the information and support they provide to stroke patients on discharge. This includes increasing awareness of and access to StrokeLine, a telephone support service for stroke patients and their families funded and provided by the Stroke Foundation.



3. Community education to reduce stroke and speed up treatment

To raise awareness about stroke risk factors and stroke symptoms the Stroke Foundation recommends investment in a grass roots volunteer community education program.

Stroke is one of Australia's biggest killers and a leading cause of disability, however, more than 80 percent of strokes can be prevented through lifestyle changes and managing risk factors such as blood pressure. When a stroke does occur the best outcomes are achieved when treatment is received quickly. Too often treatment is delayed due to lack of awareness about stroke signs and symptoms.

The FAST (FAST stands for Face, Arms, Speech and Time) community education program will provide stroke prevention and education messages across the State. Delivered largely through the compelling voice of stroke survivors and carers, the StrokeSafe talks will increase community knowledge of how to prevent a stroke and increase the awareness of FAST. It will help to ensure patients get to hospital in the critical time window for life-saving treatment.

The FAST campaign is a crucial tool to raise awareness of stroke signs and has been in used to great effect in Australia and internationally. Likewise the use of volunteers to deliver community talks on stroke has been highly successful. We have a pool of Western Australian volunteers and existing stroke resources and materials which means the program is ready to roll out immediately.

4. Telestroke services

Further investment in telestroke services will improve access to high quality care and life-saving time-critical treatment across Western Australia.

Less than half of Western Australian stroke patients are treated in a stroke unit and only six percent of those with a stroke caused by a clot receive life-saving but time-critical clot-busting treatment. A telestroke service will increase access to stroke specialists in regional areas and reduce current stroke care inequity. Where you live shouldn't dictate how – or even if – you live following stroke.

A comprehensive telestroke service has been implemented in Victoria demonstrating the ability to facilitate rapid clinical decision-making and treatment of stroke by seamlessly connecting rural and regional emergency departments to a roster of metropolitan-based neurologists.

An enhanced service implemented in Western Australia would bring immediate benefits to the State's stroke patients. The Stroke Foundation recommends the next Western Australian Government invest in regional trials for the benefit of all Western Australians.

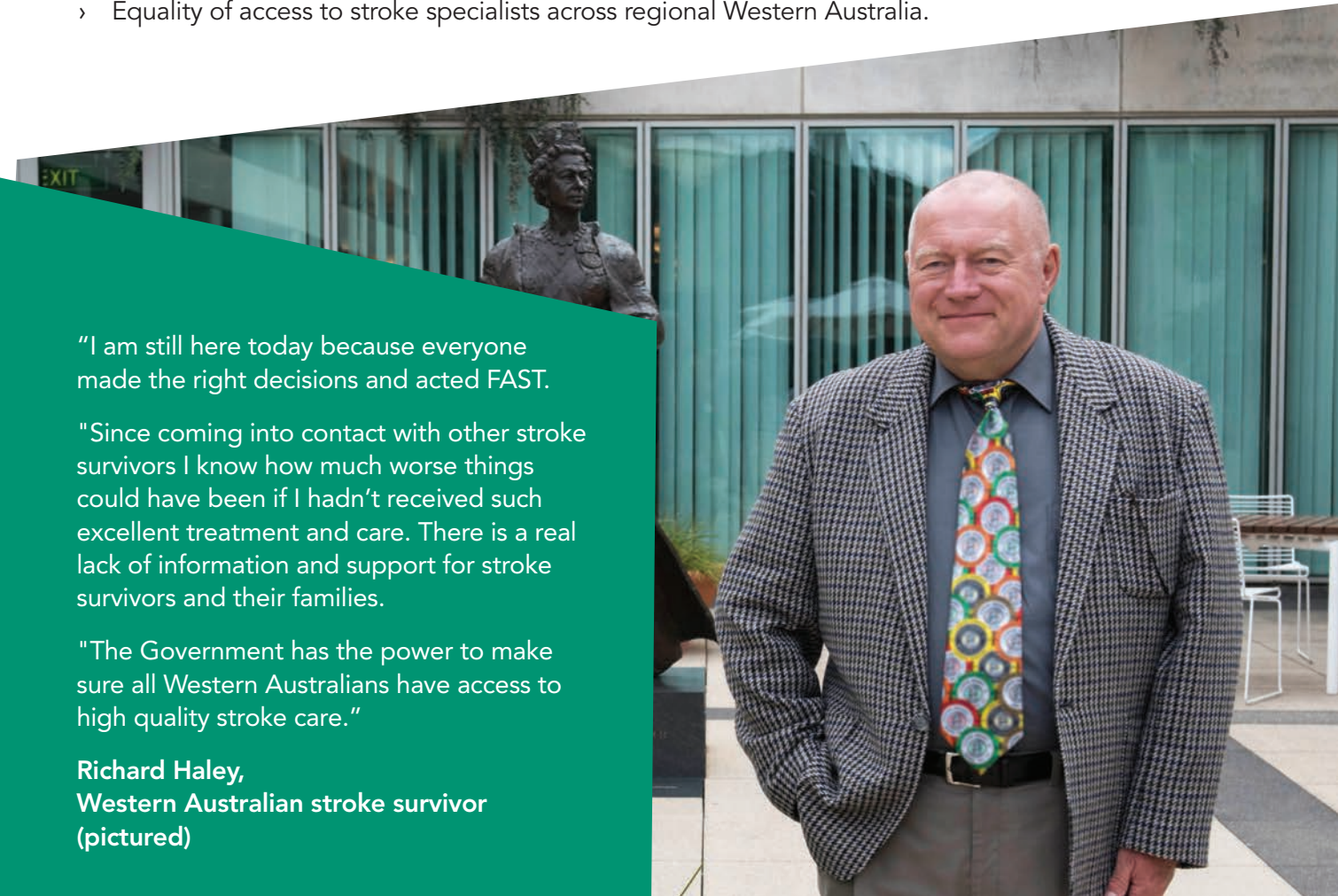


Return on investment

The Stroke Foundation is calling for the next Western Australian Government to implement the Stroke Services Plan and invest an additional \$600,000 over four years in programs that will **deliver health care benefits directly to Western Australians.**

This initial investment will result in:

- › A more stroke aware community, better prepared to respond to stroke risk, prevention of stroke and early recognition of stroke symptoms.
- › Higher quality in-hospital support for stroke patients leading to better outcomes from stroke and the potential to result in up to 115 patients per year avoiding stroke-related disability with economic savings in the order of \$1.5m per year.
- › Equality of access to stroke specialists across regional Western Australia.



"I am still here today because everyone made the right decisions and acted FAST.

"Since coming into contact with other stroke survivors I know how much worse things could have been if I hadn't received such excellent treatment and care. There is a real lack of information and support for stroke survivors and their families.

"The Government has the power to make sure all Western Australians have access to high quality stroke care."

Richard Haley,
Western Australian stroke survivor
(pictured)



Proposals at a glance

Proposal: Implement the Western Australian Stroke Services Plan

Benefits: Implementation of the recently developed Western Australian Stroke Services Plan is vital to ensure best-practice stroke care can be delivered across the State.

Proposal: Stroke Care Coach

Cost: \$400,000 over four years.

Benefits: Improved in-hospital support and information for Western Australian stroke patients. Stroke hospital staff and patients will be linked to stroke resources, training and information through a proven structured model of engagement.

Result: Western Australian stroke patients receive higher quality stroke care and information ensuring they are better prepared for life after stroke and empowered to drive their own recovery. This has the potential to result in 115 patients per year avoiding stroke-related disability with economic savings in the order of \$1.5m per year.

Proposal: Community education to reduce stroke and speed up treatment

Cost: \$200,000 over four years.

Benefits: Empower community volunteers to deliver StrokeSafe talks right across Western Australia educating their peers about stroke risk factors and the FAST (Face, Arms, Speech, Time) message.

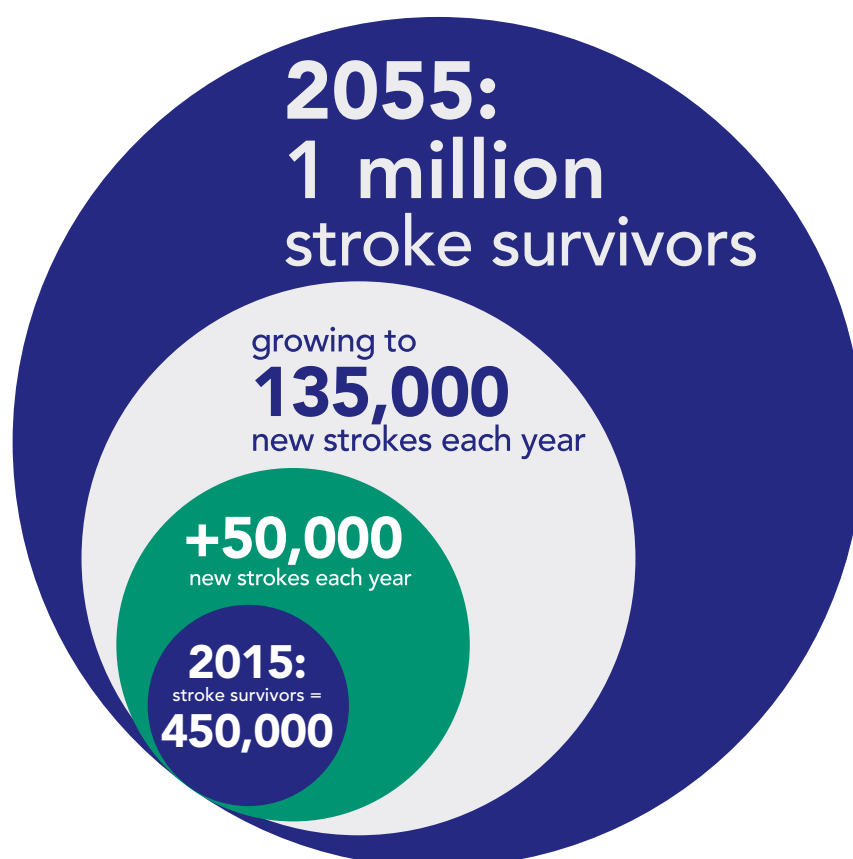
Result: When someone suffers a stroke every minute counts. FAST access to treatment means a greater chance of recovery and decreased costs for our health system.

Proposal: Telestroke services







Benefits: Improve regional access to specialist stroke care including time-critical lifesaving therapies.

Result: More patients in regional areas will have access to specialist expertise.

Stroke in Australia



How to get more involved

-  **Give time** – become a volunteer.
-  **Raise funds** – donate or hold a fundraising event.
-  **Speak up** – join our advocacy team.
-  **Leave a lasting legacy** – include a gift in your Will.
-  **Know your numbers** – check your health regularly.
-  **Stay informed** – keep up-to-date and share our message.

Contact us

-  **1300 194 196**
-  **strokefoundation.org.au**
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