

**BE STROKE
SMART**



**STAY STROKE
SMART**



Margaret Probst,
NR Paramedic



NORTHERN VIRGINIA EMS COUNCIL



- Established in 1980
- 501(c)3 not-for profit
- 1 of 11 councils
- Enhance EMS

Signed
December 2021



CERTIFICATE of RECOGNITION

By virtue of the authority vested by the Constitution of Virginia in the Governor of the Commonwealth of Virginia, there is hereby officially recognized:

STROKE SMART COMMONWEALTH

WHEREAS, 1 in 6 people will have a stroke in their lifetime, and 80% of families are affected; and
WHEREAS, stroke is the leading cause of long-term disability, putting a tremendous financial burden on society, individuals, and families; and
WHEREAS, there are life-saving treatments that must be administered within 3-4 hours once symptoms of a stroke begin; and
WHEREAS, stroke onset-to-911 time has not significantly changed for the last 25 years, with the majority of people not knowing how to spot a stroke or the importance of calling 911 immediately; and
WHEREAS, Virginia's public and private schools will be encouraged to make Stroke Smart: Spot-a-Stroke, Stop-a-Stroke, Save-a-Life, part of their training for all students, faculty, and families; and
WHEREAS, all health and safety-focused entities such as hospitals, clinics, medical practices, health departments, pharmacists, fire, EMS, public safety, Social Services and the Department of Aging, and the Virginia Stroke System Task Force will be urged to participate in improving the Commonwealth of Virginia's stroke literacy to educate all employees, volunteers, and associated communities; and
WHEREAS, businesses, civic organizations, senior communities, faith-based organizations, and residents are encouraged to participate and contribute to the Stroke Smart: Spot-a-Stroke, Stop-a-Stroke, Save-a-Life campaign through active citizenship efforts; and
WHEREAS, the goal is to educate everyone in the Commonwealth of Virginia about stroke recognition and the importance of dialing 911 immediately, which will reduce the onset of stroke-to-911 interval to be measured by EMS and local hospital systems; and
WHEREAS, Virginia hopes to serve as a model for other communities, cities, counties, commonwealths, states, and the nation, thereby advancing the vision of a Stroke Smart America;

NOW, THEREFORE, I, Ralph S. Northam, proclaim the COMMONWEALTH OF VIRGINIA a STROKE SMART COMMONWEALTH, and I call this observance to the attention of all our citizens.



Ralph S. Northam
Governor

Purcellville issued its Stroke Smart proclamation on October 25.



Loudoun County proclaimed in June 2022



Vienna became Stroke Smart in May 2022.



The proclamation in Fairfax will be on May 9, 2023.

Leesburg issued its Stroke proclamation in April 2022



Falls Church became Stroke Smart in April 2022.



The City of Fairfax became Stroke Smart in April 2022.



Manassas issued its Stroke Smart proclamation in May 2022.



Arlington County proclaimed in May 2022



Manassas Park became Stroke Smart in March 2022



Prince William became Stroke Smart in August 2022



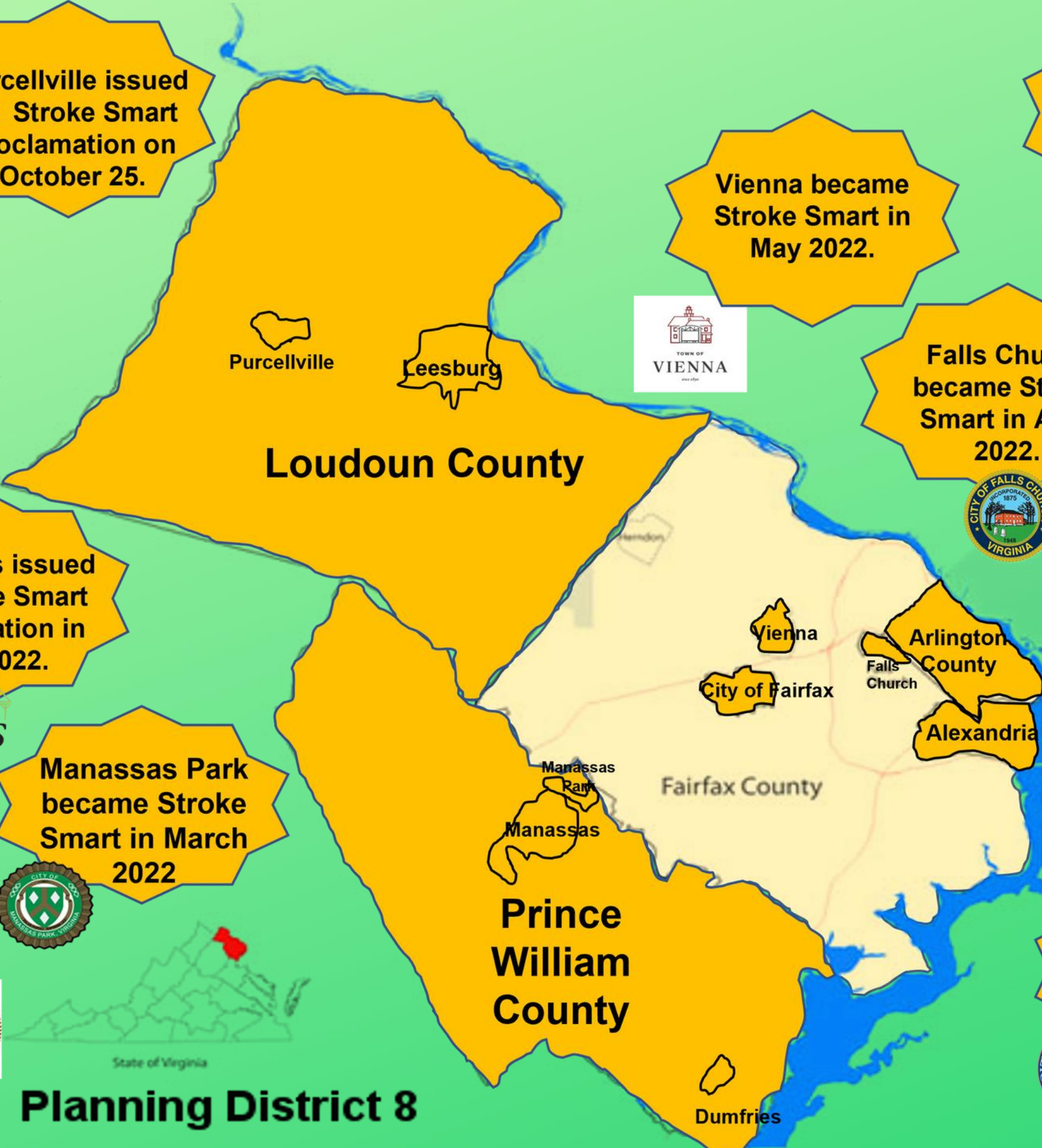
Alexandria became Stroke Smart in 2017



Dumfries issued its proclamation in May 2022



Planning District 8





GOALS

1. Reduce time from onset to ER arrival
2. Increase arrivals via EMS
- 3.



Stroke Smart

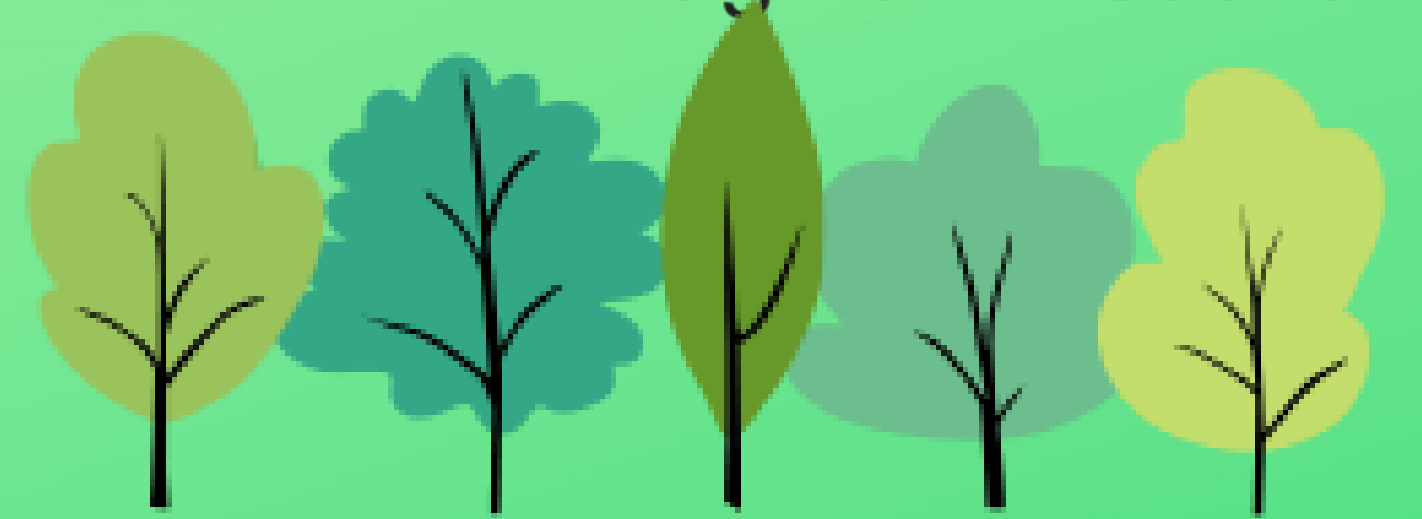
Training Sessions



your Fairfax County Public
Library
Imagine • Discover • Connect



ARLINGTON
VIRGINIA



LANSDOWNE WOODS
of Virginia



PRINCE WILLIAM
CHAMBER
OF COMMERCE

Stroke Smart Schools

Manassas City, Prince William, Alexandria



Stroke Smart Metric	First Quarter '22	Second Quarter '22	Third Quarter '22	Fourth Quarter '22	First Quarter '23	Total
Proclamations Issued	1	8	1	1	(0.5!)	11 of 13
Trainers Instructed	160	302	657	700	578	2397 + (37,000)
Supplies Directly Distributed	1842	3035	7585	23340	57916	93718
Known Ordered Supplies	2625	12375	17450	22250	66700	121400
Known Training Video Views	N/A	598	956	343	541	2438



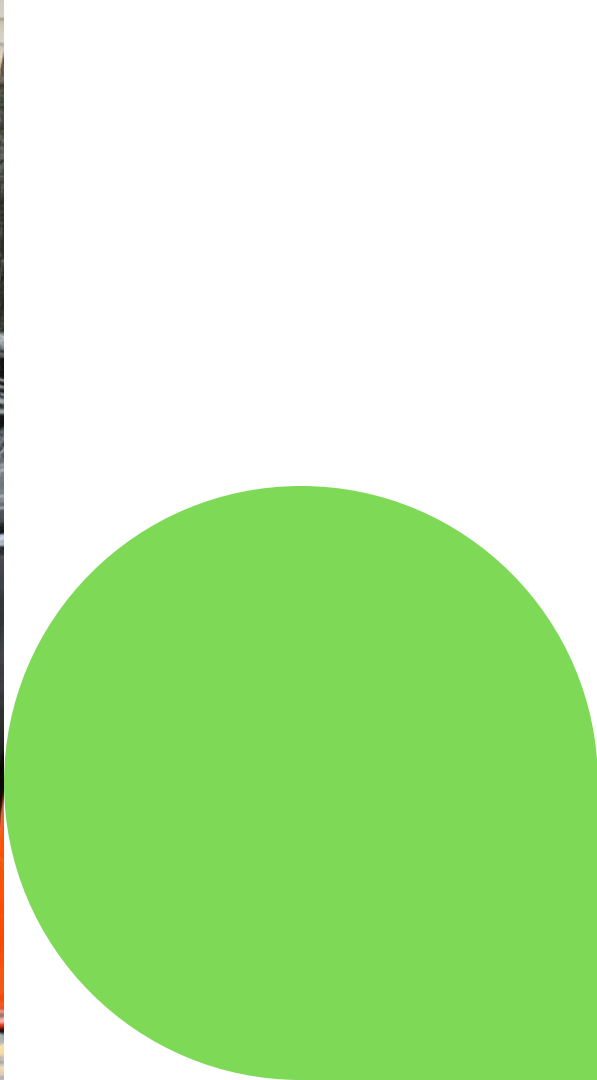
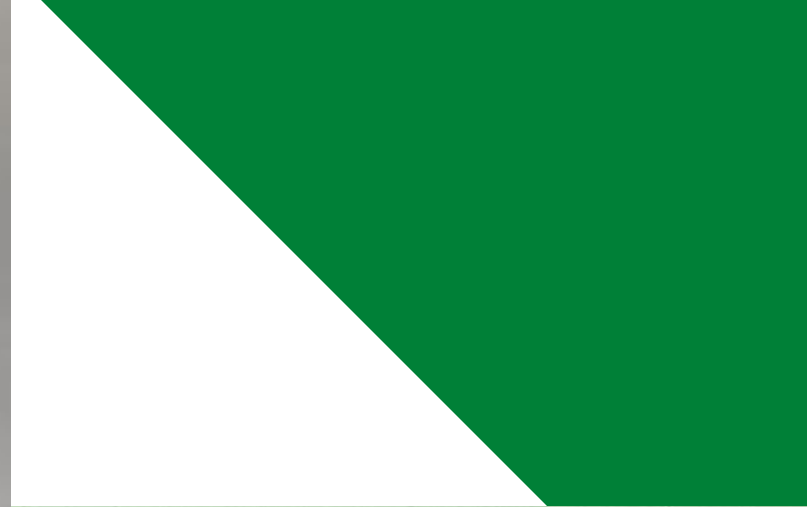
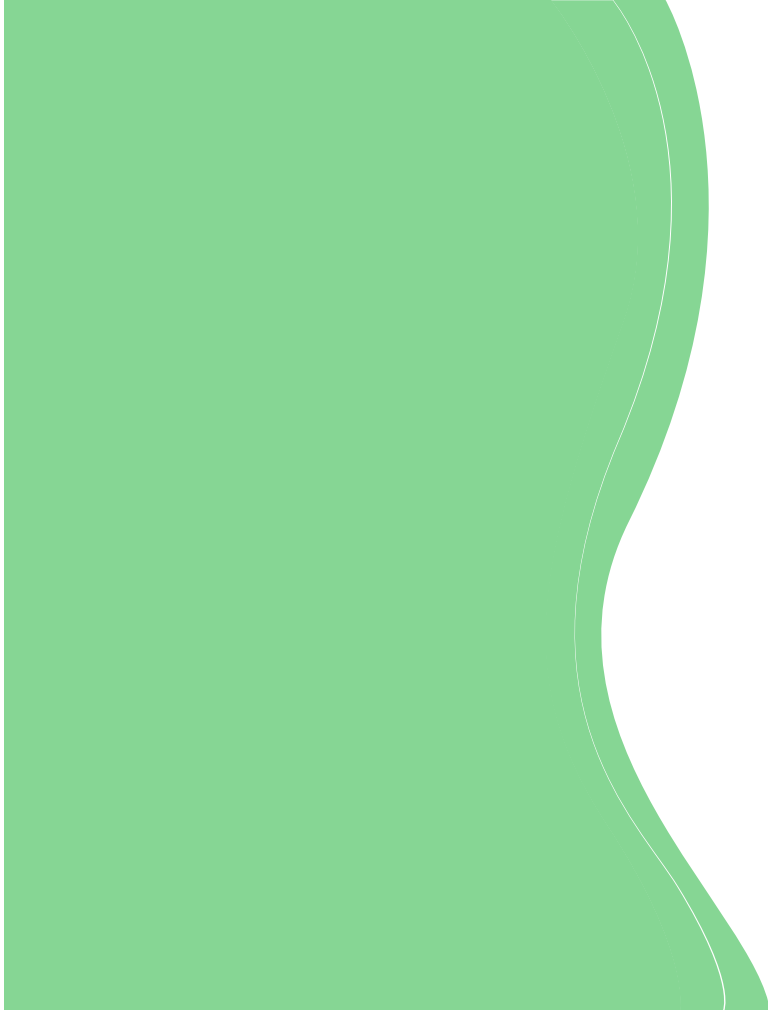
TRAINING



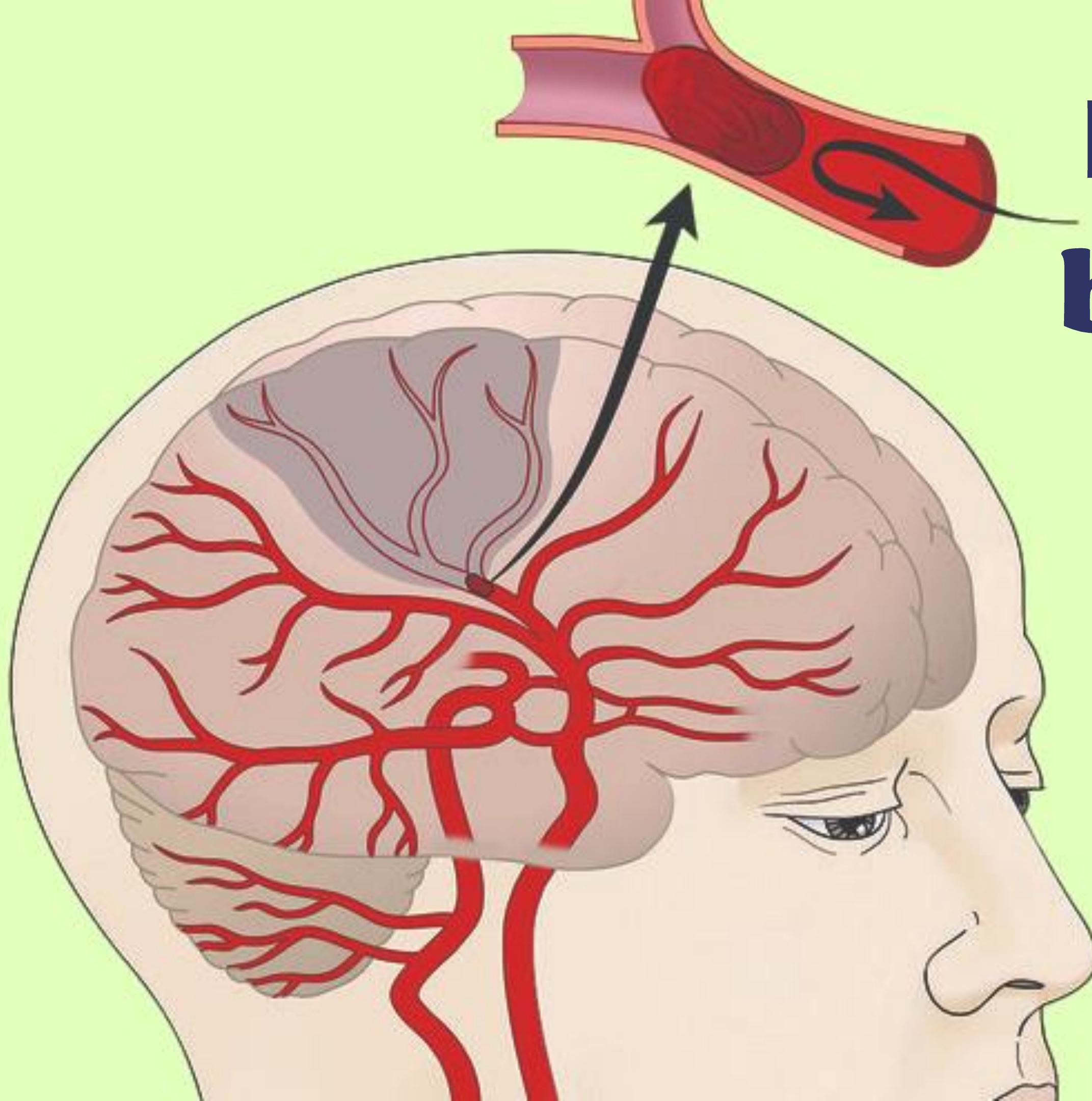
(Basic)



(3 Foci)



907



**Blood flow to
brain tissue is
blocked.**

**Brain damage
begins.**

Parietal

interprets visual information

Frontal

Weakness, paralysis, speech production

Occipital

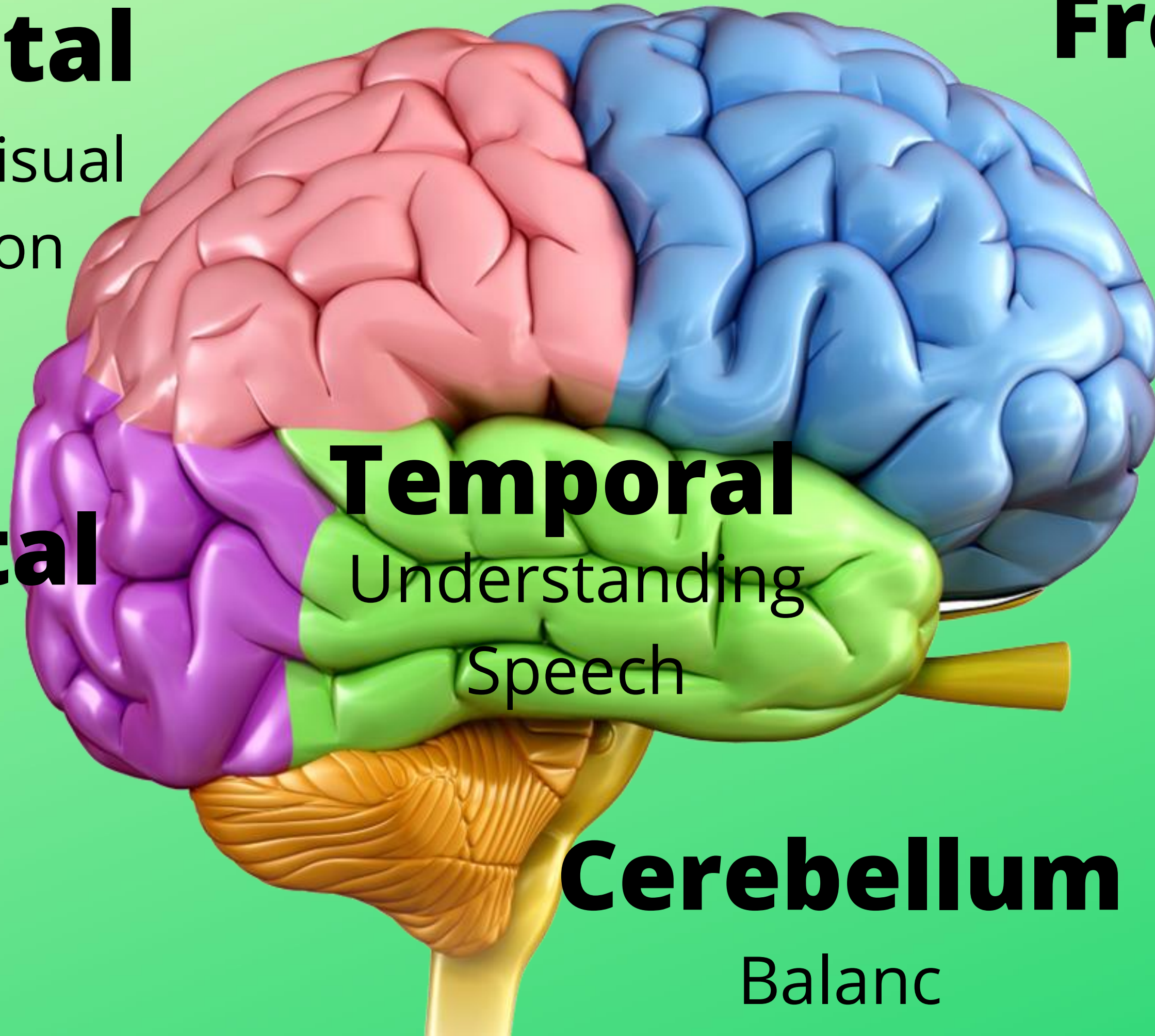
Vision

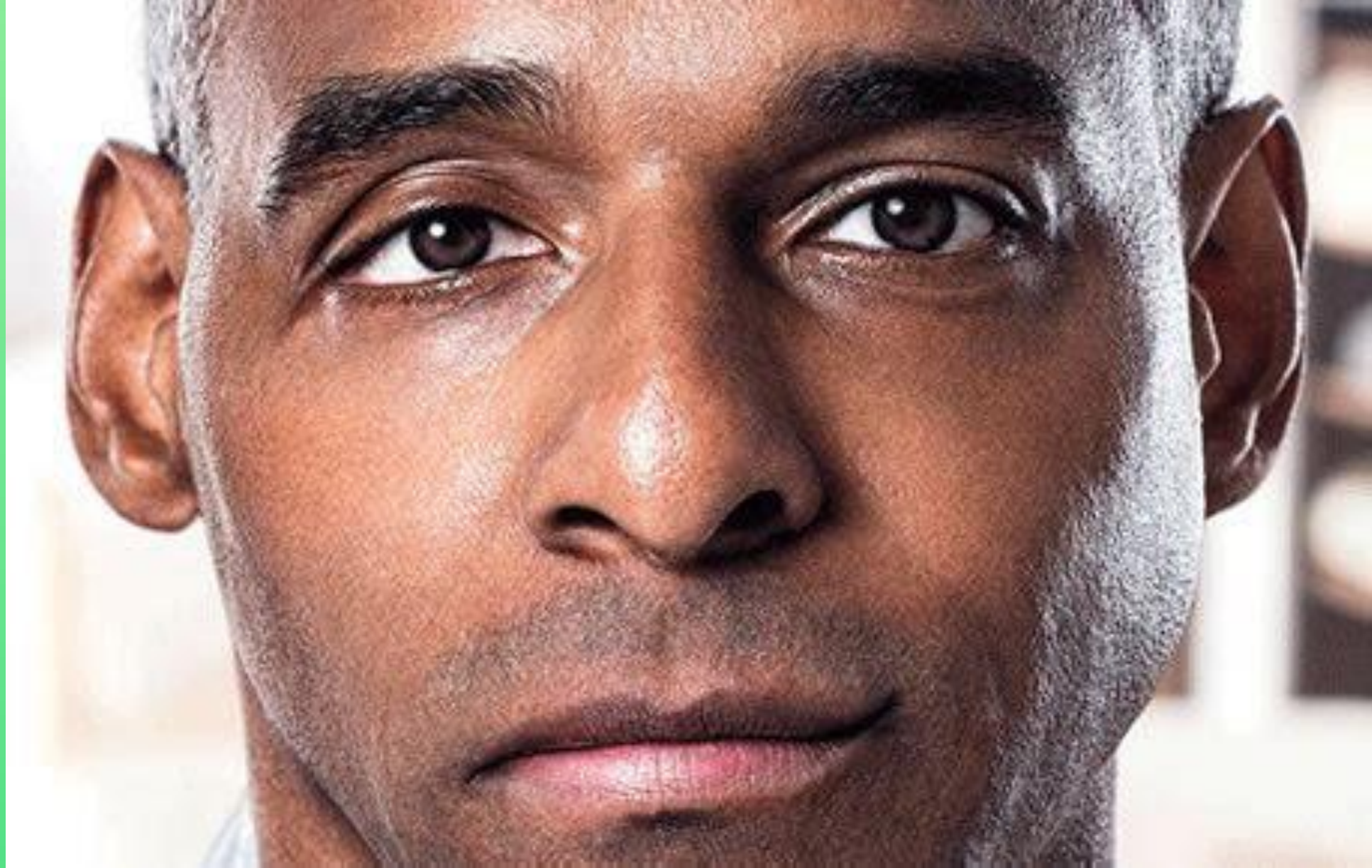
Temporal

Understanding
Speech

Cerebellum

Balance





Spot a Stroke



Balance

B

Eyes

E

**Spot A
Stroke!**

Face

F

Arms

A

Speech

S

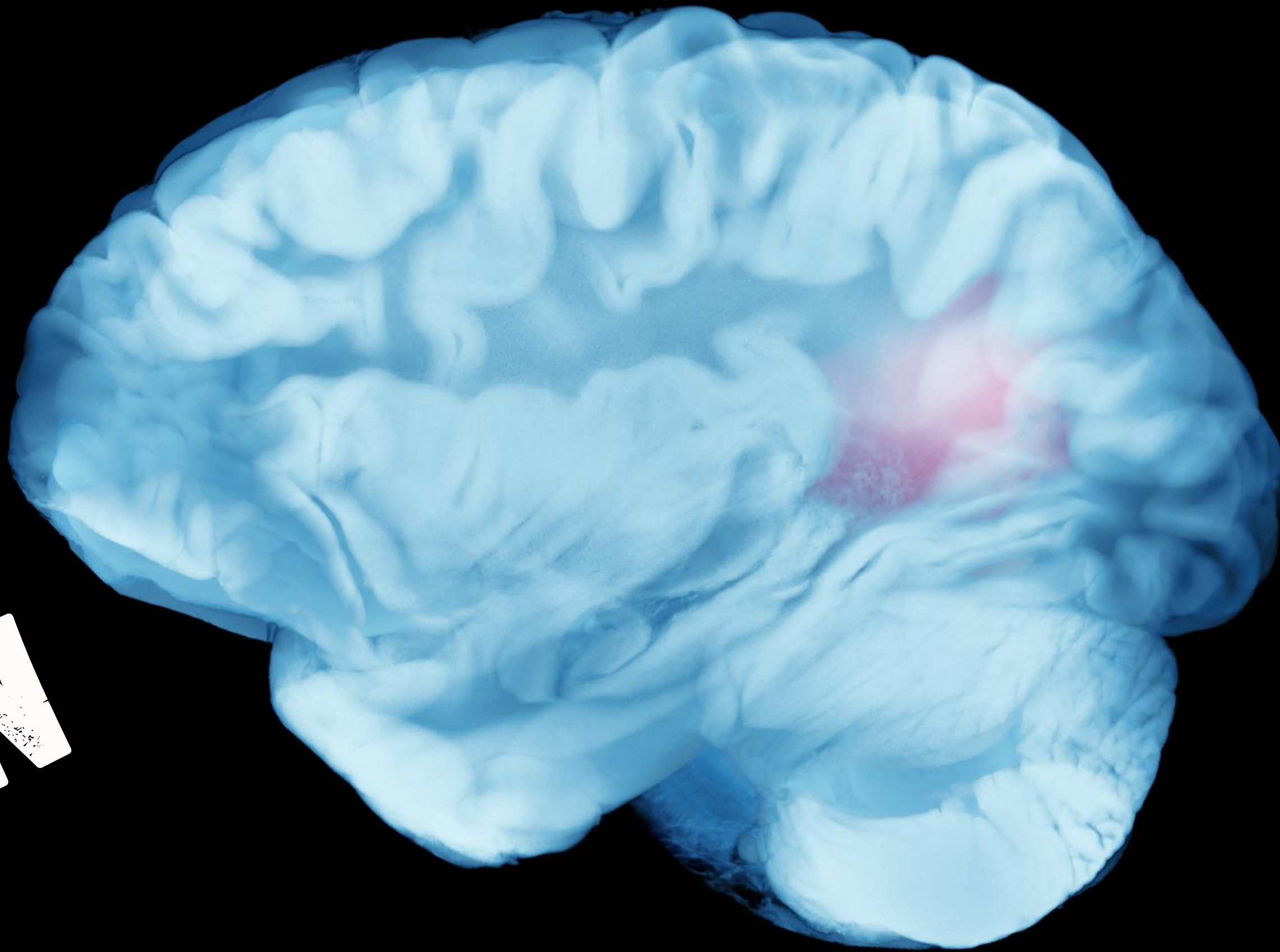
Time

T





**TIME IS
BRAIN**



Call 9-1-1



Most patients arrive too late to be eligible for effective medication.

**DON'T
DRIVE
YOURSELF.
YOU'RE
SUFFERING
BRAIN
DAMAGE.**





**PARAMEDICS
TRANSPORT TO
THE
APPROPRIATE
HOSPITAL**





911 Saves Time



(and brain!)

To: Margaret Probst

Thu 10/13/2022 9:44 AM

Hello Margaret,

I want to sincerely thank you for doing this training with our staff. Just a couple of days ago we had a staff member displaying symptoms of a stroke. She and I both realized it thanks to your training. Staff called 911 immediately and they took her to Sentara. She was experiencing mini strokes and had at least three more while she was in the hospital. Because we, the EMT's, and doctors acted so quickly, she has not sustained any brain damage. We sincerely thank you!! You probably saved her life!

With Care,
Rebecca

Rebecca Lowe
Deputy Director
Prince William Public Libraries
13083 Chinn Park Drive
Woodbridge, VA 22192

***Email shared with
permission***



Be a Stroke Champion

